



April 2018

Gilda's Club Rochester

255 Alexander Street, Rochester, NY, www.gildasclubrochester.org, 585-423-9700

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1:30-2:30 QiGong
6:15-7:30 Spinning with WNY Wellness 2

Gilda's on the Road
Wilmot Cancer Center
10-11:30 am
11:30-12:30 New Member Orientation RSVP
12:30-2:30 Cancer Support Group 3

12-3:00 Intro to Sewing & Quilting
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 4

Gilda's on the Road
Unity Cancer Center
10-12:00noon
2-3:30 Greeting Cards 5

Lunch & Learn
Journaling & Meditation
Presented by Gina Scalzo
12-1:30pm
1:30-2:30 QiGong 6

"Pink the Rink"
Rochester Amerks vs. Toronto Marlies
7:05 pm
Tickets available for members.
Please call clubhouse for details. 7

1:30-2:30 QiGong
5-6:30 Book Club
6-8:00 Women of Color Group Breast Cancer Group
Noogie Nights
6:15-7:30 Spinning with WNY Wellness 9

11:30-12:30 New Member Orientation RSVP
12:30-2:30 Cancer Support Group
Community Chefs
Sponsored by Cesar Collazo
Dinner: 5:30
6-7:30 Prostate Group
New! Survivor's Group
Multiple Myeloma Group 10

12-3:00 Intro to Sewing & Quilting
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 11

Gilda's on the Road
Wilmot Cancer Center
10-11:30 am
3:30-5:00 Open Art Room
Ask the Expert:
Laughter Yoga
presented by Joellen Kuhl & Dale Heffer
6-7pm 12

Lunch & Learn
Journaling & Meditation
Presented by Gina Scalzo
12-1:30pm
1:30-2:30 QiGong 13

Gilda's Diner
For Men Only
8-10am 14

Gilda's on the Road
Wilmot Cancer Center
10-11:30 am
1:30-2:30 QiGong
6:15-7:30 Spinning with WNY Wellness 16

Gilda's on the Road
Lipson Cancer Center
@ Linden Oaks
10-12:00noon
11:30-12:30 New Member Orientation RSVP
12:30-2:30 Cancer Support Group 17

12-3:00 Intro to Sewing & Quilting
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 18

Cooking for Wellness
Sue Czap, RD, CSO
Sponsored by Pluta Foundation
12-2pm
Cooking for Wellness
Joanna Lipp, RD
Sponsored by Pluta Foundation
5-7pm 19

Gilda's on the Road
Pluta Cancer Center
10-12noon
1-2:30 Jewelry
1:30-2:30 QiGong 20


April is International Guitar Month 21

1:30-2:30 QiGong
6:15-7:30 Spinning with WNY Wellness
Comics Against Cancer
at Geva Theater
7:00pm
Call Clubhouse for Details 23

11:30-12:30 New Member Orientation RSVP
12:30-2:30 Cancer Support Group
5-7:00 Acrylic Painting
6-7:30 Prostate Group 24

12-3:00 Intro to Sewing & Quilting
Community Chefs
Sponsored by Staff of St. Kateri School
Dinner: 5:30
6-7:30 Cancer Support Group Family Group
Leukemia/Lymphoma Grp
Noogie Nights 25

Gilda's on the Road
Lipson Cancer Center
@ RGH
10-12:00noon
Gilda's on the Road
Wilmot Cancer Center
10-11:30 am 26

1:30-2:30 QiGong
We'll try again....
Dinner & a Movie
Dinner at 5:30pm
Movie at 6:15pm
"Just Getting Started"
with Morgan Freeman & Tommy Lee Jones 27

28

1:30-2:30 QiGong
6-7:30 Women of Color Group
Noogie Nights
6:15-7:30 Spinning with WNY Wellness 30

30

Clubhouse Hours - Monday-Thursday 9am-5pm, Fridays 9am-4pm. Hours extended where programs are scheduled.

Gilda's is a Fragrance Free Zone - PLEASE refrain from using any perfumed or scented products when visiting the clubhouse.

PLEASE remember to register for all activities. Call at least 48 hours in advance to (585)423-9700. Activities without sufficient enrollment may be cancelled.

If you have a cold or another contagious illness, we ask that you be considerate of people whose immune systems may be compromised & visit the clubhouse when you feel better.

HIGHLIGHTS FOR APRIL 2018

Please call & reserve at least 48 hours before all activities 585-423-9700 or email: info@gildasclubrochester.org

Activities without sufficient enrollment may be cancelled.

Save the Date!!!! Sunday, May 6th - "An Afternoon of Fine Music"
A benefit for Gilda's Club. Featuring Dr. Eugene Toy (RRH ob/gyn) on piano.
St. Catherine's Church, 26 Mendon-Iona Road, Mendon, NY - 3pm
Donations greatly appreciated at the door.

Community Chefs

Tuesday, April 10th

Sponsored by Cesar Collazo Thank You!! Dinner 5:30pm

Wednesday, April 25th

Sponsored by Staff of St. Kateri School Thank You!! Dinner 5:30pm

Ask the Expert

Laughter Yoga - Thursday, April 12th - 6-7pm

Presented by Certified Teachers: Joellen Kuhl & Dale Heffer

Dinner & a Movie

Friday, April 27th Dinner at 5:30 Movie at 6:15

Hopefully the weather will cooperate this month.....

"Just Getting Started" with Morgan Freeman & Tommy Lee Jones

WORKSHOPS

Intro to Sewing & Quilting - Wednesday afternoons - Sewing & quilting classes for beginners & advanced students. Quilting expert, Nancy Gay, is available to show you the basics, advanced tips, & tricks for your sewing & quilting projects. We provide all the machines & necessary fabric.

Lunch & Learn - Friday, April 6th and 13th - MSW Intern, Gina Scalzo, will be on-hand to teach about combining the practices of meditation and journaling. Join us for lunch first.

Book Club - Monday, April 9th - This month's selection is *Soloist* by Steve Lopez.

Cooking for Wellness - Thursday, April 19th - Fun cooking class where you will prepare several delicious plant based recipes using seasonal foods. Classes available: **12-2pm** class with Sue Czap, RD,CSO
OR 5-7pm class with Joanna Lipp, RD. **Please call ahead as classes fill up quickly.**

FOR MEN

Gilda's Diner - for Men only - Saturday, April 14th - Breakfast, Newspaper & Conversation.

ART CLASSES

Greeting Cards - Thursday, April 5th - Stock up on greeting cards for spring and early summer by making your own handmade cards.

Open Art Room - Thursday, April 12th - The art room is open & Annette will be available to help you work on anything the muse inspires.

Jewelry - Friday, April 20th - Beginners & seasoned beaders are welcome to create something with our lovely beads. Annette will teach basic and advanced techniques.

Acrylic Painting - Tuesday, April 24th - Release your inner artist & have some fun painting on canvas. We provide all the materials.

EXERCISE CLASSES

Spinning with WNY Wellness - Monday Evenings - Join WNY Wellness group for exercise on our stationary bikes.

QiGong - Monday & Friday Afternoons - QiGong instructor, Geoff Lister will be teaching this class for beginners and those with experience. Sponsored by Wilmot Cancer Institute.

Gilda's Club Rochester

A free cancer support community

April
2018



An Affiliate of the
CANCER SUPPORT COMMUNITY

Touched by cancer.
Empowered by hope.