



# February 2018

**Gilda's Club Rochester**  
255 Alexander Street, Rochester, NY, [www.gildasclubrochester.org](http://www.gildasclubrochester.org),

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

Tuesday

Wednesday

Thursday

Friday

Saturday

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.

Monday

1:30-2:30 QiGong

6-7:30 Women of Color Group  
Noogie Nights

6:15-7:30 Spinning with  
WNY Wellness

5

11:30-12:30 New Member  
Orientation RSVP  
12:30-2:30 Cancer Support Group

**Chef Demonstration**  
*Whole Food Plant Based Private Chef*  
*Mackenzie Zwerniak*  
Sponsored by Pluta Foundation  
5:30-7pm

6

12-3:00 Intro to Sewing & Quilting

5-6:00 New Member Orient.  
RSVP

6-7:30 Cancer Support Group  
Family Group  
Noogie Nights

7

Gilda's on the Road  
Lipson Cancer Center @ RGH  
10-12:00noon

Gilda's on the Road  
Unity Cancer Center  
10-12:00noon

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Gilda's on the Road  
Pluta Cancer Center  
10-12:00noon

12-1:00 New Member Orient.  
RSVP

2-3:30 Valentine's Cards

8

1:30-2:30 QiGong

**Family Fun Night**  
Hosted by  
Camp Open Arms Counselors  
Enjoy dinner, crafts & games  
6-7:30pm

2

Gilda's on the Road  
Lipson Cancer Center  
@ Linden Oaks 10-12:00noon

Gilda's on the Road  
Wilmot Cancer Center  
10-11:30am

1:30-2:30 QiGong

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

3

10

1:30-2:30 QiGong

5-6:30 Book Club

6-7:30 Women of Color Group  
Breast Cancer Group  
Noogie Nights

6:15-7:30 Spinning with  
WNY Wellness

12

Gilda's on the Road  
Wilmot Cancer Center  
10-11:30am

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  
Multiple Myeloma

13

12-3:00 Intro to Sewing & Quilting

5-6:00 New Member Orient.  
RSVP

6-7:30 Cancer Support Group  
Family Group  
Noogie Nights

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**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

15

1:30-2:30 QiGong

**Dinner & Movie**  
Sponsored by Spencerport Rotary  
5:30 pm Dinner  
6:15pm Movie  
"Battle of the Sexes"

16



17

**Winter Break for Noogies**  
**Kids in the Kitchen**

Participants will be cooking in  
the kitchen then enjoying their  
creations! Noon-2pm

1:30-2:30 QiGong

6:15-7:30 Spinning with  
WNY Wellness

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Gilda's on the Road  
Wilmot Cancer Center  
10-11:30am

11:30-12:30 New Member  
Orientation RSVP

12:30-2:30 Cancer Support Group

12:30-2:00 Jewelry

20

12-3:00 Intro to Sewing & Quilting

5-6:00 New Member Orient.  
RSVP

6-7:30 Cancer Support Group  
Family Group  
Noogie Nights

21

**Winter Break for Noogies**  
**Craft Day**  
Lunch provided  
Noon - 2pm

22

**Winter Break for Noogies**  
**Trip to**  
**Rochester Museum**  
**& Science Center**  
12 Noon

Call clubhouse for details

1:30-2:30 QiGong

23

24

1:30-2:30 QiGong

2-3:30 Open Art Room

6:15-7:30 Spinning with  
WNY Wellness

26

11:30-12:30 New Member  
Orientation RSVP

12:30-2:30 Cancer Support Group

6-7:30 Prostate Group

27

12-3:00 Intro to Sewing & Quilting

**Community Chefs**  
Sponsored by Sun Common  
Dinner: 5:30

6-7:30 Cancer Support Group  
Family Group  
Leukemia/Lymphoma Grp

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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.

## HIGHLIGHTS FOR FEBRUARY, 2018

Please call & reserve at least 48 hours before all activities 585-423-9700 or email: [info@gildasclubrochester.org](mailto:info@gildasclubrochester.org)  
Activities without sufficient enrollment may be cancelled.

### **Family Fun Night** - Friday, February 2nd 6-7:30pm

Hosted by Camp Open Arms Counselors. Enjoy dinner, crafts & games.

### **Chef Demonstration** - Tuesday, February 6th

Whole Food Plant Based Private Chef Mackenzie Swerniak will demonstrate a menu that is fresh, organic and just right for the cold winter months.  
Plenty of samples to taste. RSVP

### **Dinner & a Movie** - Friday, February 16th

Sponsored by Spencerport Rotary. 5:30pm Dinner; 6:15pm Movie: "Battle of the Sexes"

### **Community Chefs** - Wednesday, February 28th

Sponsored by Sun Common - Solar Energy. Thank You!! Dinner 5:30pm

## **WORKSHOPS**

**Intro to Sewing & Quilting** - Wednesday afternoons. Sewing & quilting classes for beginners or 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.

**Book Club** - Monday, February 12th - This month's selection is *Everything I Never Told You* by Celeste NG

**Cooking for Wellness** - Thursday, February 15th - 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.

## **CHILDREN & TEENS**

### **Winter Break for Noogies** - RSVP

**Monday, February 19th - Kids in the Kitchen** - Co-Sponsored by CURE Childhood Cancer. 12noon - 2pm - Join us for a fun day in the kitchen.

**Thursday, February 22nd - Craft day** - Lunch included - 12noon - 2pm

**Friday, February 23rd - Trip to Rochester Museum & Science Center.**

Call clubhouse for details and to RSVP

## **FOR MEN**

**Gilda's Diner - for Men only** - Saturday, February 10th - Breakfast, Newspaper & Conversation.

## **ART CLASSES**

**Valentine Cards** - Thursday, February 8th - Anna Delaney & Annette will have Valentine cards to create just in time to mail for Valentines' Day.

**Acrylic Painting** - Tuesday, February 13th - Release your inner artist & have some fun painting on canvas. We provide all the materials.

**Jewelry** - Tuesday, February 20th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

**Open Art Room** - Monday, February 26th - The art room is open & Annette will be available to help you work

## **EXERCISE CLASSES**

**Spinning with WNY Wellness** - Monday Evenings - Join WNY Wellness 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.

## Joining Gilda's Club is easy and it's **FREE!**

### NEW MEMBER ORIENTATIONS:

Tuesdays - 11:30-12:30pm

Wednesdays - 5-6pm

Call ahead for reservations

423-9700 or email: [info@gildasclubrochester.org](mailto:info@gildasclubrochester.org)

## WEEKLY GROUPS

Please check calendar for days & times.

**Cancer Support group** - for men & women living with any type of cancer.

**Family group** - for family members & friends of anyone living with cancer.

**Noogieland** - Noogieland is a special playroom for children who come to Gilda's Club. Parents can bring their children anytime that they are in the clubhouse when they call ahead at least 48 hours in advance.

## NETWORKING GROUPS

These groups meet monthly or bi-weekly.

Please check calendar for days & times.

Breast Cancer group

Deaf Women's group

GYN group

Lymphoma/Leukemia group

Multiple Myeloma group

Prostate group

Women of Color group



### Contact our Program Staff:

585-423-9700

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# Gilda's Club Rochester

A free cancer support community

## February

2018



An Affiliate of the  
CANCER SUPPORT COMMUNITY

Touched by cancer.