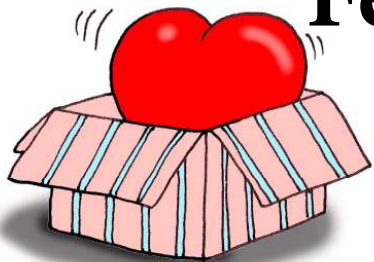


February 2019

Gilda's Club Rochester

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

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



Tuesday

Wednesday

Thursday

Friday

Saturday

Monday

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.

Fiber Arts Class
Sewing, knitting, crochet
12-3:00

Gilda's Diner
For Men Only
8-10am

Creative Expressions at Pluta Integrative Oncology & Wellness Center
Valentine Cards: 12-1:30
Call Pluta for reservations 486-0630

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group
Chef Demonstration
Sponsored by Pluta Foundation featuring Chef Ross Mueller from Native Restaurant 5:30-7pm
Call Pluta for reservations 486-0630

5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights

Gilda's on the Road Wilmot Cancer Center 10-11:30am
Gilda's on the Road Unity Cancer Center 10-12:00noon
2-3:30 Open Art

Dinner & a Movie
Sponsored by Gilda's Associate Board
Dinner at 6:00
Movie: Love, Gilda 6:30pm

5-6:30 Book Club

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group
Community Chefs
Sponsored by Remax Realty Group
Dinner: 5:30
6-7:30 Prostate Group Survivors' Group MultipleMyeloma

1-2:30 Jewelry

Gilda's on the Road Wilmot Cancer Center 10-11:30am
Creative Expressions at Pluta Integrative Oncology & Wellness Center
Valentine Jewelry: 10-11:30
Call Pluta for reservations 486-0630

Gilda's on the Road Lipson Cancer Center @ RGH 9-11:00am

Fiber Arts Class
Sewing, knitting, crochet
12-3:00

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

6:15-7:30 Spinning with WNY Wellness

Winter Break Fun at Gilda's Club
Cooking with Kids with Chef Kevin Toole
co-sponsored with CURE
11:30-2pm

Creative Expressions at Pluta Integrative Oncology & Wellness Center
Painting: 11:30-1:00
Call Pluta for reservations 486-0630

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group

Gilda's on the Road Wilmot Cancer Center 10-11:30am
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights

Cooking for Wellness
Sponsored by Pluta Foundation
5-7:00pm
Joanna Lipp, RD
Call Pluta for reservations 486-0630
5:30-7:00 Painting

Winter Break Fun at Gilda's Club
Lunch & a Movie "Ralph Breaks the Internet"
11:30-2pm

Gilda's on the Road Lipson Cancer Center @ Linden Oaks 12-2:00

2-3:30 Paper Quilting

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

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

Community Chefs
Sponsored by "Keep it Chef" Chef Cordero Rivera
Dinner: 5:30
Ask the Expert: CLL
Lecture: 6:00 with Clive Zent, MD
Sponsored by Wilmot Cancer Institute
6-7:30 Cancer Support Group Family Group Leukemia/Lymphoma
Noogie Nights

Gilda's on the Road Pluta Cancer Center 10-12:00noon
Creative Expressions at Pluta Integrative Oncology & Wellness Center
Paper Mosaics: 12-1:30
Call Pluta for reservations 486-0630

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

6:15-7:30 Spinning with WNY Wellness



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HIGHLIGHTS FOR FEBRUARY 2019

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.

Chef Demonstration - Tuesday, February 5th - 5:30-7:00

*Featuring Chef Ross Mueller from Native Restaurant.
Sponsored by Pluta Foundation. Thank You!*

Dinner & a Movie - Friday, February 8th

Dinner at 6:00, Movie at 6:30 (Love, Gilda)

Sponsored by Gilda's Associate Board. Thank You!

Community Chefs - Dinner: 5:30pm Thank You to our Sponsors!

Tuesday, February 12th - Sponsored by Remax Realty Group.

Wednesday, February 27th - Sponsored by "Keep it Chef" with Chef Cordero Rivera

Ask the Expert : CLL

Wednesday, February 27th- 6:00 lecture

With Clive Zent, MD presenting. Sponsored by Wilmot Cancer Institute. Thank You!

WORKSHOPS

Fiber Arts - Friday, February 1st & 15th - Join us for an afternoon of creating with fiber, sewing, knitting or crochet. Mary and Annette will be available to get you started on a sewing project or teach you how to knit or crochet. We supply all materials needed.

Book Club - Monday, February 11th - This month's selection is *A Man Called Ove*, by Frederick Backman.

Cooking for Wellness - Thursday, February 21st - Fun cooking class where you will prepare several delicious plant based recipes using seasonal foods. Please call Pluta 486-0630 for reservation. Call ahead as classes fill up quickly.

CHILDREN & TEENS

Winter Break Fun at Gilda's Club:

Monday, February 18th - 11:30-2:00 - Cooking with Kids with Chef Kevin Toole

(co-sponsored with CURE)

Friday February 22nd - 11:30-2:00 - Lunch & a Movie (Ralph Breaks the Internet)

FOR MEN

Gilda's Diner - for Men only - Saturday, February 2nd - Breakfast, Newspaper & Conversation.

ART CLASSES

Open Art Room - Thursday, February 7th - The art room is open & Annette will be available to help you work on anything the muse inspires.

Jewelry - Wednesday, February 13th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

Painting - Thursday, February 21st - Release your inner artist & have some fun painting with Acrylics on canvas or Watercolors on paper. We provide all the materials.

Paper Quilting - Monday, February 25th - Using a traditional pattern, you will create a quilt block out of beautiful decorative paper. If you frame it, it'll be perfect for hanging on the wall or giving it to a special quilter in your life.

EXERCISE CLASSES

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

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

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 2019



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*

