



January 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

Clubhouse Closed

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

Creative Expressions:
Jewelry 101
Pluta Integrative Oncology &
Wellness Center
11:30 - 1:00
Call 486-0630 to RSVP
Gilda's on the Road
Pluta Cancer Center
10-12:00noon

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
Fiber Arts Class
Sewing, knitting, crochet
12-3:00

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

Creative Expressions:
Beginning Watercolor
Pluta Integrative Oncology &
Wellness Center
2-3:30
Call 486-0630 to RSVP

11:30-12:30 New Member
Orientation RSVP
12:30-2:00 Cancer Support Group
Community Chefs
Sponsored by UBS Financial
Dinner: 5:30
6-7:30 Prostate Group
Survivors' Group
Multiple Myeloma Grp

2-3:30 Jewelry
5-6:00 New Member Orient.
RSVP
6-7:30 Cancer Support Group
Family Group
Noogie Nights

Gilda's on the Road
Unity Cancer Center
10-12:00noon
Fiber Arts Class
Sewing, knitting, crochet
12-3:00

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

Tailgate Party
For Men Only
Sunday, January 20th
Sponsored by Cesar and Tom
Dinner at 2pm. Game at 3pm.
Please RSVP

6:15-7:30 Spinning with
WNY Wellness

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

Creative Expressions:
Paper Quilting
Pluta Integrative Oncology &
Wellness Center
11:30 - 1:00
Call 486-0630 to RSVP
12:30-2:00 Cancer Support Grp

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

Cooking for Wellness
Sponsored by
Pluta Foundation
12-2pm
Call Pluta (585) 486-0630
to RSVP

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

2-3:30 Painting

**Rochester Museum &
Science Center
for Families**
1-4pm
Call clubhouse to RSVP

11:30-12:30 New Member
Orientation RSVP
12:30-2:00 Cancer Support Group
5:30-7:00 Open Art Room
6-7:30 Prostate Group

Community Chefs
Sponsored by
Spencerport Rotary
Dinner: 5:30
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
Fiber Arts Class
Sewing, knitting, crochet
12-3:00

Creative Expressions:
Jewelry: Pearl Necklace
Pluta Integrative Oncology &
Wellness Center
11:30 - 1:00
Call 486-0630 to RSVP

Ask the Expert:
Sponsored by Wilmot Cancer Institute
Clinical Trials
Dr. Marcus Noel
Dinner at 5:30

Creative Expressions:
Glass Painting
Pluta Integrative Oncology &
Wellness Center
11:30 - 1:00
Call 486-0630 to RSVP
12:30-2:00 Cancer Support Grp

Frankly Speaking About AML
Ronald Sham, MD
From Lipson Cancer Center
Dinner at 5:30pm
Talk at 6:00pm
6-7:30 Cancer Support Group
Family Group
Leukemia/Lymphoma Grp
Noogie Nights

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
2-3:30 Valentine Cards

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

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

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

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HIGHLIGHTS FOR JANUARY, 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.

Community Chefs

Dinner: 5:30pm

Tuesday, January 8th, Sponsored by UBS Financial. Thank You.

Wednesday, January 23rd, Sponsored by Spencerport Rotary. Thank You.

Ask the Expert

Sponsored by Wilmot Cancer Institute

Monday, January 28th

Clinical Trials with Marcus Noel, MD presenting.

Dinner at 5:30pm

Frankly Speaking about AML

Wednesday, January 30th

Presented by Ronald Sham, MD from Lipson Cancer Center

Dinner at 5:30pm

WORKSHOPS

Fiber Arts -Friday, January 4th, Thursday, 10th and 24th Join us for an afternoon of creating with fiber... sewing or knitting or crochet. Mary & Annette will be available to get you started on a sewing project or teach you how to knit or crochet.

Book Club - Monday, January 14th -This month's selection is **On Wings of Eagles** by Ken Follett.

Cooking for Wellness - Thursday, January 17th- Fun cooking class where you will prepare several delicious plant based recipes using seasonal foods. **12-2pm** class with Sue Czap, RD,CSO

Please call ahead as class fills up quickly. Call Pluta to reserve: 486-0630.

CHILDREN & TEENS

Rochester Museum & Science Center for Families

Monday, January 21st - 1-4pm Meet JJ at RMSC. Call clubhouse to RSVP

FOR MEN

Gilda's Diner - for Men Only - Saturday, January 5th - Breakfast, Newspaper & Conversation.

Tailgate Party - for Men Only - Sunday, January 20th - Underwritten by Cesar and Tom. Dinner at 2pm.

Game at 3pm. Please RSVP

ART CLASSES

Jewelry - Wednesday, January 9th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

Painting - Friday, January 18th - Release your inner artist & have some fun painting with Acrylics on canvas or Watercolors on paper. We provide all the materials.

Open Art Room - Tuesday, January 22nd - The art room is open & Annette will be available to help you work on anything the muse inspires.

Valentine Cards - Thursday, January 31st- Annette will have some lovely papers and designs for you to make a special valentine!

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

January 2019



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*