

June 2018



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.

Friday

Saturday

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.

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 compromised & visit the clubhouse when you feel better.

1:30-2:30 QiGong
National Cancer Survivors Day Picnic
Sponsored by EWBC
6 pm 1

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Monday

Tuesday

Wednesday

Thursday

1:30-2:30 QiGong
6-7:30 Women of Color Group
Noogie Nights 4

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 5

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

Gilda's on the Road
Pluta Cancer Center
10-12:00noon
5:30-7:30 Deaf Women Group
Hello Pain Chronic Pain Management Program 6-7:30pm 7

ART DAY 10-2:30pm
Join us for a day of art projects, lunch and fun!
1:30-2:30 QiGong 8

Gilda's Diner For Men Only 8-10am 9

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
1:30-2:30 QiGong
5-6:30 Book Club
6-7:30 Breast Cancer Group
Noogie Nights 11

12:30-2:00 Cancer Support Group
Community Chefs Sponsored by Ide VW Dinner: 5:30pm
6-7:30 Prostate Group Survivors Group
Multiple Myeloma Group:
Speaker: 6pm John Killip
from MM Journey Partners 12

12-3:00 Intro to Sewing & Quilting
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 13

5:30-7:00 Open Art
Hello Pain Chronic Pain Management Program 6-7:30pm 14

Gilda's on the Road
Unity Cancer Center
10-12:00noon
11:30-12:30 New Member Orientation RSVP
1:30-2:30 QiGong 15

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1:30-2:30 QiGong
2:30-4:00 Jewelry
6-7:30 Women of Color Group
Noogie Nights 18

Gilda's on the Road
Lipson Cancer Center @ RGH
10-12:00noon
11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group 19

12-3:00 Intro to Sewing & Quilting
Ask the Expert Seeking Serenity Suzanne Feather, LMSW 1-2:00pm
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 20

Cooking for Wellness Sponsored by Pluta Foundation 12-2pm Sue Czap, RD, CSO or 5-7pm Joanna Lipp, RD
Hello Pain Chronic Pain Management Program 6-7:30pm 21

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
11:30-12:30 New Member Orientation RSVP
1:30-2:30 QiGong 22

Sunday, June 24th Surviving in Style Fashion Show
Call Clubhouse for Details 23

1:30-2:30 QiGong
Join WNY Wellness Group for an outdoor bike ride every Monday evening. Check their website for times & location: www.wnywp.org 25

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group
6-7:30 Prostate Group 26

12-3:00 Intro to Sewing & Quilting
Community Chefs Sponsored by The Button Family Dinner: 5:30pm
6-7:30 Cancer Support Group Family Group
Leukemia/Lymphoma Grp
Noogie Nights 27

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
Gilda's on the Road
Lipson Cancer Center @ Linden Oaks
10-12:00noon 28

1:00-2:30 Acrylic Painting
1:30-2:30 QiGong 29



HIGHLIGHTS FOR JUNE, 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.

[Camp Open Arms starts July 9th - Please call Clubhouse for Details.](#)

National Cancer Survivors Day Picnic- Friday, June 1st
*Celebrate Cancer Survivors Day at Gilda's. The festivities are for the entire family.
Dinner will start at 6 pm followed by carnival games and raffles.
The picnic is sponsored
by Elizabeth Wende Breast Care*



ASK THE EXPERT

Seeking Serenity - June 20th - *Suzanne Feather, LMSW will lead a session on meditation and deep breathing to help with the stress of cancer treatment and every day life.*

Community Chefs - Dinner 5:30pm

Tuesday, June 12th - Sponsored by IDE VW. Thank You!!

Wednesday, June 27th - Sponsored by The Button Family. Thank You!!

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, June 11th- *This month's selection is Major Pettigrew's Last Stand by Helen Simonson*

Cooking for Wellness - Thursday, June 21st - *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, June 9th - *Breakfast, Newspaper & Conversation.*

ART CLASSES

Art Day - Friday, June 8th - *Join us for a day of arts, crafts, lunch and fun! Our theme for the projects we will be making is Summer Fun.*

Open Art Room - Thursday, June 14th - *The art room is open & Annette will available to help you work on anything the muse inspires.*

Jewelry - Monday, June 18th - *Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.*

Acrylic Painting- Friday June 29th -*Release your inner artist & have some fun painting on canvas. We provide all the materials.*

EXERCISE CLASSES

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



Cancer Action, Inc.
255 Alexander Street
Rochester, NY 14607

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Gilda's Club Rochester

A free cancer support community

June 2018



*Cancer support for the whole family, the whole time.
Gilda's Club is a free, nonprofit support community for anyone touched by cancer.*



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*