

# June 2018



## Gilda's Club Rochester

255 Alexander Street, Rochester, NY, [www.gildasclubrochester.org](http://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

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

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](http://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



June is Rose Month

## 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

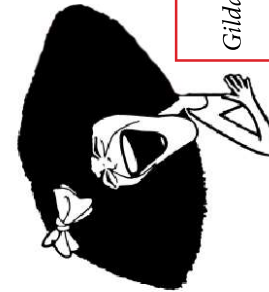
**QiGong** - Monday & Friday Afternoons - *QiGong instructor, Geoff Lister will be teaching this class for beginners and those with experience. Sponsored by Wilmot Cancer Institute.*

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

Return Service Requested



# 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.*