



# June 2019

**June is National  
Fruit & Veggie Month!**

## 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.

Saturday/Sunday

**Sunday, June 2nd  
Cancer Survivors Day  
Brunch**

11:30am-1:30pm  
RSVP by May 30th

1/2

Monday

Tuesday

Wednesday

Thursday

Friday

10-11 Walk in the Neighborhood

2-3:00 New Member  
Orientation RSVP  
2-3:30 Open Art Room

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Creative Expressions at  
Pluta Integrative Oncology &  
Wellness Center  
Acrylic Painting 11-1:00pm  
Call Pluta to RSVP - 486-0630

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

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

5

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

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

6

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

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

7

8/9

5-6:30 Book Club

**Frankly Speaky about  
Immunotherapy  
Dr. Patrick Reagan  
Sponsored by  
Wilmot Cancer Institute  
Dinner at 5:30pm**

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

10

12:30-2:00 Cancer Support Group

**Community Chefs  
Sponsored by IDE VW  
Dinner: 5:30**

6-7:30 Prostate Group  
Survivors' Group  
MultipleMyeloma

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Creative Expressions at  
Pluta Integrative Oncology &  
Wellness Center  
Ankle Bracelet 11-12:30pm  
Call Pluta to RSVP 486-0630

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

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

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

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

2-3:30 Open Jewelry

14

15/16

10-11 Walk in the Neighborhood

2-3:00 New Member  
Orientation RSVP  
2-4:00 Acrylic Painting

17

Creative Expressions at  
Pluta Integrative Oncology &  
Wellness Center  
Acrylic Painting 11-1:00pm  
Call Pluta to RSVP 486-0630

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

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

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

**Cooking for Wellness  
Sponsored by  
Pluta Foundation  
5-7pm Joanna Lipp, RD  
Call Pluta to RSVP 486-0630**

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Gilda's on the Road  
St. Mary's  
10-12:00noon

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

21

22/23

2-3:30 Ankle Bracelet

6-7:30 Women of Color Group  
Noogie Nights

24

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

6-7:30 Prostate Group

25

**Community Chefs  
Sponsored by Gilda's Club  
Dinner: 5:30**

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

26

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

Gilda's on the Road  
Highland Hospital  
10-12:00noon

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Creative Expressions at  
Pluta Integrative Oncology &  
Wellness Center  
12-1:30pm Open Jewelry Making  
Call Pluta to RSVP 486-0630

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If you have a cold or another contagious illness, we ask that you visit the clubhouse when you feel better.

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## HIGHLIGHTS FOR JUNE, 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.

### Cancer Survivors Day Brunch

Sunday, June 2nd 11:30-1:30 pm

RSVP by May 30th

*Please join us for delicious food, comradery and raffles.*

*This year we are very excited to have John Schila Photography who will be doing professional portraits of individuals and families. A wonderful way to celebrate this special occasion.*

### Frankly Speaking about Immunotherapy

Monday, June 10th

*Presented by Dr. Patrick Reagan*

*Sponsored by Wilmot Cancer Institute*

### Community Chefs

Dinner: 5:30pm

Tuesday, June 11th, *Sponsored by IDE VW - Thank You!*

Wednesday, June 26th, *Sponsored by Gilda's Club*

### WORKSHOPS

**Fiber Arts** - Friday, June 7th & 21st RSVP- Join us for an afternoon of creating with fiber...sewing, knitting or crochet. Mary & 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, June 10th -This month's selection is *The Overstory* by Richard Powers

**Cooking for Wellness** - Thursday, June 20th - Fun cooking class where you will prepare several delicious plant based recipes using seasonal foods. 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 15th - Breakfast, Newspaper & Conversation.

### ART CLASSES

**Open Art Room** - Monday, June 3rd - The art room is open & Annette will be available to help you work on anything the muse inspires.

**Open Jewelry** - Friday, June 14th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

**Acrylic Painting** - Monday, June 17th -Release your inner artist & have some fun painting on canvas. We provide all the materials.

**Ankle Bracelet** - Monday, June 24th -Time to get ready for those summer outfits with a fun ankle bracelet!

### EXERCISE CLASSES

**Walk in the Neighborhood** - Monday, June 17th - Enjoy a stroll around the Park Avenue Area with program staff.

## 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

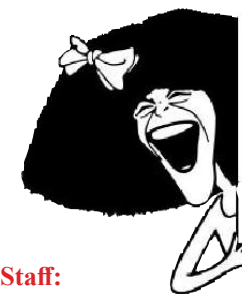
GYN group

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

## June 2019



An Affiliate of the  
CANCER SUPPORT COMMUNITY

Touched by cancer.  
Empowered by hope.