



**Fun Fact:**  
It's National Noodle Month!

# March 2019

## 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.

Thursday

Friday

Saturday

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.

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

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

Monday

Tuesday

Wednesday

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

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

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

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

Creative Expressions at  
Pluta Integrative Oncology &  
Wellness Center  
12-2:00 Painting  
Call Pluta for reservations 486-0630

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

2-3:30 **Painting**

10-12:00noon

6:15-7:30 **Spinning**

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

6-7:30 **Noogie Nights**

2-3:30 **Painting**

10-12:00noon

Creative Expressions at  
Pluta Integrative Oncology &  
Wellness Center  
11-1:00pm - Inspiration Box  
Call Pluta for reservations 486-0630

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

12-2:00 **Inspiration Box**

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

**Clubhouse Closed**  
Staff Retreat Day

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

5-6:30 **Book Club**  
6-7:30 Women of Color Group  
Breast Cancer Group  
**Noogie Nights**

**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**

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

**Clubhouse Closed**  
Staff Retreat Day

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

6:15-7:30 **Spinning**

6-7:30 Prostate Group  
Survivors' Group  
Multiple Myeloma

6-7:30 **Noogie Nights**

**Cooking for Wellness**  
Sponsored by Pluta Foundation  
12-2pm  
Sue Czap, RD, CSO  
Call Pluta for reservations 486-0630

**Clubhouse Closed**  
Staff Retreat Day

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

Creative Expressions at  
Pluta Integrative Oncology &  
Wellness Center  
10-11:30 - Paper Quilting  
Call Pluta for reservations  
486-0630

2-3:30 **Open Art**

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

**Ask the Expert:**  
**Colorectal Cancer**  
Presented by Dr. Richard Dunne  
Dinner: 5:30 Lecture: 6:00  
Sponsored by Wilmot Cancer Institute

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

Gilda's on the Road  
Lipson Cancer Center  
@ Linden Oaks 9:30-11:30 am

6:15-7:30 **Spinning**

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

6-7:30 **Noogie Nights**

**Ask the Expert:**  
**Colorectal Cancer**  
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6-7:30 Women of Color Group  
**Noogie Nights**

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

**Community Chefs**  
Sponsored by ReMax Realty  
Dinner: 5:30

**Frankly Speak about AML**  
6:00pm  
Ronald Sham, MD  
from Lipson Cancer Center  
6-7:30 Cancer Support Group  
Family Group  
Leukemia/Lymphoma  
**Noogie Nights**

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

**C.U.R.E.'s**  
**Parent's Night Out**  
Cooking class for parents whose  
child has cancer.  
Call 473-0180 to RSVP

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

6:15-7:30 **Spinning**

6-7:30 Prostate Group

**Frankly Speak about AML**  
6:00pm  
Ronald Sham, MD  
from Lipson Cancer Center  
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486-0630

**Sewing Saturday!**  
Spend the day sewing your  
heart out!  
10-2pm  
RSVP!  
We'll provide a light lunch.

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## HIGHLIGHTS FOR MARCH, 2019

Please call & reserve at least 48 hours before all activities 585-423-9700 or email: [info@gildasclubrochester.org](mailto:info@gildasclubrochester.org)

Activities without sufficient enrollment may be cancelled.

### Community Chefs Dinner: 5:30pm

**Tuesday, March 12th** Sponsored by Spencerport Rotary. Thank you!

**Wednesday, March 27th** Sponsored by ReMax Realty. Thank you!

### Frankly Speaking about AML

**Wednesday, March 27th - 6:00pm** Lecture

Dr. Ronald Sham from Lipson Cancer Center

### Ask the Expert: Colorectal Cancer -Thursday, March 21st

Presented by Dr. Richard Dunne

Sponsored by Wilmot Cancer Institute. Thank you!

Dinner at 5:30, Lecture at 6:00

### WORKSHOPS

**Fiber Arts - Friday, March 1st & 15th**- 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, March 11th** -This month's selection is *The Interestings* by Meg Wolitzer

**Cooking for Wellness - Thursday, March 21st** - This is a fun cooking class where you will prepare several delicious plant based recipes using seasonal foods. 12-2pm class with Sue Czup, RD,CSO. Please call Pluta 486-0630 to reserve.

**"Sewing Saturday"**- Saturday, March 30th - Spend 4 hours here with Gilda's members working on your sewing projects. Bring in something you are already working on or you can start something here using our fabrics. We'll provide a light lunch.

### FOR MEN

**Gilda's Diner-for Men only**- Saturday, March 16th - Breakfast, Newspaper & Conversation.

### ART CLASSES

**Painting - Thursday, March 7th** -Release your inner artist & have some fun painting with Acrylics on canvas or watercolors on paper. We provide all the materials.

**Inspiration Box - Wednesday, March 13th** - Decorate a small wooden box with paints or papers and then add folded up papers with favorite quotes or inspirational words inside for a unique gift or something to cherish for yourself.

**Open Art Room - Tuesday, March 19th** The art room is open & Annette will be available to help you work on anything the muse inspires.

**Jewelry - Tuesday, March 26th** - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

### 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](mailto: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

Mary Casselman-Collazo, LMSW

Program Director

[mcasselman@gildasclubrochester.org](mailto:mcasselman@gildasclubrochester.org)

Annette Leutung, BFA

Program Manager

[aleutung@gildasclubrochester.org](mailto:aleutung@gildasclubrochester.org)

Jennifer Johnson, BSW

Program Manager

[jjohnson@gildasclubrochester.org](mailto:jjohnson@gildasclubrochester.org)

# Gilda's Club Rochester

A free cancer support community

## March 2019



It's National Noodle  
Month!



An Affiliate of the  
CANCER SUPPORT COMMUNITY

Touched by cancer.  
Empowered by hope.