



March 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.

Monday

Tuesday

Wednesday

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

1:30-2:30 QiGong
Dinner & a Movie
Dinner at 5:30 pm
Movie at 6:15pm
"Just Getting Started"
with Morgan Freeman &
Tommy Lee Jones

1:30-2:30 QiGong
Ask the Expert:
BRCA & Beyond
Jessica Salamone,
Certified Genetics Counselor from
Elizabeth Wende Breast Care
6-7:30pm
6-7:30 Women of Color Group
Noogie Nights
6:15-7:30 Spinning with
WNY Wellness

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

12-3:00 Intro to Sewing & Quilting
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
12-2:00 Card Games
2-3:30 Jewelry

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

1:30-2:30 QiGong
5-6:30 Book Club
6-7:30 Breast Cancer Group
Noogie Nights
6:15-7:30 Spinning with
WNY Wellness

12:30-2:30 Cancer Support Group
Integrated Lecture Series
Meditation- Liz Sheen, RN
5:30-7:00
5:30 **Community Chefs Dinner**
6-7:30 **Survivors Group**
6-7:30 Prostate Group
Multiple Myeloma Group:
Updates for MM Treatment
with Frank Passero, MD

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

Cooking for Wellness
Sue Czap, RD, CSO
Sponsored by Pluta Foundation
12-2pm
Cooking for Wellness
Joanna Lipp, RD
Sponsored by Pluta Foundation
5-7pm

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
1:30-2:30 QiGong
1:30-3:00 Open Art

Gilda's Diner
For Men Only
8-10am

1:30-2:30 QiGong
3-4:30 Fiber Necklace
6:15-7:30 Spinning with
WNY Wellness

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

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

12:30-2:00 Knit & Crochet
Ask the Expert:
Social Security & SSI
Jason McNash from
Benefit Representatives of
America
2-3:30pm

11:30-12:30 New Member
Orientation RSVP
1:30-2:30 QiGong
Gilda's Guys
Bachelor Auction
7:00pm
Call Clubhouse for Details

Gilda's Cup
Saturday, March 24th
Call Clubhouse for Details.

Crosscheck Cancer
Sunday, March 25th
Call Clubhouse for Details.

1:30-2:30 QiGong
6-7:30 Women of Color Group
Noogie Nights
6:15-7:30 Spinning with
WNY Wellness

11:30-12:30 New Member
Orientation RSVP
12:30-2:30 Cancer Support Group
5:30-7:00 Acrylic Painting
6-7:30 Prostate Group

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

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
11:30-12:30 New Member
Orientation
12:30-2:00 Knit & Crochet

Gilda's on the Road
Lipson Cancer Center
@ Linden Oaks
10-12:00 noon
11:30-12:30 New Member
Orientation
1:30-2:30 QiGong

March is
National Umbrella
Month



HIGHLIGHTS FOR MARCH, 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.

NEW Starting this month:

Survivors Group - Tuesday, March 13th -

Designed to provide support for those who have moved beyond active treatment.

Please call Mary Casselman-Collazo for more information and to RSVP.

Dinner & a Movie - Friday, March 2nd Dinner at 5:30, Movie 6:15.

"Just Getting Started" with Morgan Freeman and Tommy Lee Jones.

Ask the Expert - Monday, March 5th

BRCA & Beyond

*Presented by Jessica Salamone, Certified Genetics Counselor
from Elizabeth Wende Breast Care*

Integrated Lecture Series - Tuesday, March 13th - Meditation

Presented by Liz Sheen, RN, Yoga & Meditation Instructor, Board Certified in Holistic Nursing & Health. Sponsored by Wilmot Cancer Institute.

Ask the Expert - Thursday, March 22nd - Social Security & SSI

Jason McNash from Benefit Representatives of America will share his years of experience with Social Security benefits.

Community Chefs - Wednesday, March 28th

Sponsored by Sun Common- Solar Energy. Thank You!! Dinner 5:30pm

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.

Knit & Crochet - Thursday, March 1st, 22nd, 29th- Stitch, knit & chat as you work on that project that just never seems to get finished...or we'll teach you how to knit or crochet. (We supply all materials)

Card Games - Thursday, March 8th - Euchre? Poker? Gin Rummy? Go Fish? Lets just play cards!!!

Book Club - Monday, March 12th -This month Elinor Oliphant is Completely Fine by Gail Honeyman.

Cooking for Wellness - Thursday, March 15th - 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, March 17th - Breakfast, Newspaper & Conversation.

ART CLASSES

Jewelry - Thursday, March 8th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

Open Art Room - Friday, March 16th- The art room is open & Annette will available to help you work on anything the muse inspires.

Fiber Necklace - Monday, March 19th - Lightweight yarns and ribbons are used to make this simple & fun to wear necklace.

Acrylic Painting -Tuesday, March 27th - Release your inner artist & have some fun painting on canvas. We provide all the materials.

EXERCISE CLASSES

Spinning WNY Wellness - Monday Evenings - Join WNY Wellness group & exercise on our stationary bikes.

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

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



March

2018



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*