



September 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.

Tuesday

Wednesday

Thursday

Friday

Saturday

Monday

**Gildas's Closed
Happy Labor Day**

3

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

4

12-3:00 Intro to Sewing & Quilting
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

11:30-12:30 New Member
Orientation RSVP
2-3:30 Jewelry
1:30-2:30 QiGong

7

1

12:30-2:00 Euchre
1:30-2:30 QiGong
5-6:30 Book Club
6-7:30 Breast Cancer Group
Noogie Nights

10

11:30-12:30 New Member
Orientation RSVP
12:30-2:00 Cancer Support Group
**Community Chefs
Sponsored by
Spencerport Rotary
Dinner: 5:30 pm**
6-7:30 Prostate Group
Survivors' Group
MultipleMyeloma

11

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

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
1:00-2:00 Gentle Exercise
2-3:30 Acrylic Painting

13

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

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

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12:30-2:00 Euchre
1:30-2:30 QiGong
2-3:30 Open Art Room
6-7:30 Women of Color Group
Noogie Nights

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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

18

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

19

**Cooking for Wellness
Sponsored by Pluta Foundation
12-2pm Sue Czap, RD, CSO
or
5-7 pm Joanna Lipp, RD
RSVP**
1:00-2:00 Gentle Exercise

20

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

21

22

12:30-2:00 Euchre
1:30-2:30 QiGong
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
**Ask the Expert
Sponsored by Wilmot Cancer Institute
What's new with
Prostate Cancer Treatments
Dr. Tom Frye
Dinner: 5:30 pm**
6-7:30 Prostate Group

25

12-3:00 Intro to Sewing & Quilting
**Community Chefs
Sponsored by
PriceWaterhouseCoopers
Dinner: 5:30 pm**
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
1:00-2:00 Gentle Exercise
2-3:30 Greeting Cards

27

1:30-2:30 QiGong
**Dinner & a Movie
Sponsored by
Brockport Elks Club
Dinner 5:30 pm
Movie: 6:15 pm
"I Feel Pretty"
with Amy Schumer**

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HIGHLIGHTS FOR SEPTEMBER

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.

Community Chefs

Dinner 5:30pm

Tuesday, September 11th - Sponsored by Spencerport Rotary

Wednesday, September 26th - Sponsored by PriceWaterhouseCoopers

Thank you so much!

Ask the Expert

Tuesday, September 25th

Sponsored by Wilmot Cancer Institute

What's New in Treatments for Prostate Cancer

with Dr. Tom Frye

Dinner & a Movie

Sponsored by Brockport Elks Club

Friday, September 28th - Dinner: 5:30pm

Movie at 6:15: "I Feel Pretty" with Amy Schumer

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.

Euchre - Monday, September 10th, 17th & 24th - Come join this fast paced card game with other members. Snacks provided.

Book Club - Monday, September 10th - This month's selection is *Where'd You Go, Bernadette* by Maria Semple

Cooking for Wellness - Thursday, September 20th - 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**

FOR MEN

Gilda's Diner - For Men Only - Saturday, September 15th - Breakfast, Newspaper & Conversation.

ART CLASSES

Jewelry - Friday, September 7th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

Acrylic Painting - Thursday, September 13th - Release your inner artist & have some fun painting on canvas. We provide all the materials.

Open Art Room - Monday, September 17th - The art room is open & Annette will be available to help you work on anything the muse inspires.

Greeting Cards - Thursday, September 27th - Some fun cards to make for your Fall celebrations.

EXERCISE CLASSES

Gentle Exercise - Thursday, September 13th, 20th & 27th - Sarah Lane-Ayers, American Council on Exercise, Fitness specialist - Sarah will provide motivation, knowledge & creativity to help you find your best possible self with gentle exercise.

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

September 2018



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*