



September 2019

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/Sunday

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group
Creative Expressions at Pluta Integrative Oncology & Wellness Center
Acrylic Painting 11 to 1 pm
Call Pluta to RSVP 486-0630 3

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
Gilda's on the Road Unity Cancer Center 10-12:00noon
2-3:30 Acrylic Painting 5

Gilda's on the Road Pluta Cancer Center 10-12:00noon
Fiber Arts Class
Sewing, knitting, crochet 12-3:00 6

Clubhouse Closed
Happy Labor Day

Monday 2

7/8

Creative Expressions at Pluta Integrative Oncology & Wellness Center
Open Jewelry 11 to 12:30
Call Pluta to RSVP 486-0630

5-6:30 Book Club

6-7:30 Breast Cancer Group 9

12:30-2:00 Cancer Support Group
Community Chefs
Sponsored by Gilda's Club
Dinner: 5:30
5:30-7:00 Open Art Room
6-7:30 Prostate Group Survivors' Group MultipleMyeloma 10

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

11

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

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

12

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

1-2:00 New Member Orientation RSVP

13

Heroes Ball
Saturday,
September 14th

14/15

2-3:30 Stone Tree Sculpture

6-7:30 Women of Color Group
Noogie Nights

16

Creative Expressions at Pluta Integrative Oncology & Wellness Center
Stone Tree Sculpture 11 to 1pm
Call Pluta to RSVP 486-0630

12:30-2:00 Cancer Support Grp

17

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

18

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

19

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

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

20

21/22

2-3:00 New Member Orientation RSVP

6-7:30 Women of Color Group
Noogie Nights

23

12:30-2:00 Cancer Support Group
Ask the Expert: Prostate Cancer
Reoccurrence & Side Effects
Latest Research & Treatments
with Dr. Zhang
Sponsored by Wilmot Cancer Institute
Dinner at 5:30pm

6-7:30 Prostate Group

24

Community Chefs
Sponsored by
Spencerport Rotary
Dinner: 5:30

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

25

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

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

1-2:30 Open Jewelry

26

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

27

Gilda's Diner
For Men Only
8-10am

28/29

10-11:00 Walk in the Neighborhood

2-3:00 New Member Orientation RSVP

30

Please Remember:
Gilda's is a
fragrance free zone
and
If you have a cold or another
contagious illness, visit the
clubhouse when you feel better.

Gilda's on the Road
is sponsored by
Northwestern Mutual
Thank You!

HIGHLIGHTS FOR SEPTEMBER, 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.

Community Chefs

Dinner: 5:30pm

Tuesday, September 10th Sponsored by Gilda's Club

Wednesday, September 25th Sponsored by Spencerport Rotary. Thank You!

Ask the Expert

Tuesday, September 24th

**Prostate Cancer: Reoccurrence & Side Effects, Latest Research & Treatments
with Dr. Zhang from Wilmot Cancer Institute**

Dinner at 5:30; Lecture at 6pm

Sponsored by Wilmot Cancer Institute. Thank You!

WORKSHOPS

Fiber Arts - Fridays, September 6th and 20th - 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, September 9th - This month's selection is Becoming by Michelle Obama.

Cooking for Wellness - Thursday, September 19th - Fun cooking class where you will prepare several delicious plant based recipes using seasonal foods. 5-7pm class with Joanna Lipp, RD.
Please call Pluta (486-0630) ahead as classes fill up quickly.

FOR MEN

Gilda's Diner - for Men only - Saturday, September 28th - Breakfast, Newspaper & Conversation.

ART CLASSES

Acrylic Painting - Thursday, September 5th - Release your inner artist & have some fun painting on canvas. We provide all the materials.

Open Art Room - Tuesday, September 10th - The art room is open & Annette will be available to help you work on anything the muse inspires.

Stone Tree Sculpture - Monday, September 16th - Created with bead chips, wire and driftwood these become stunning pieces of unique sculpture. You can make one in fall colors of oranges and reds or spring colors of green.

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

EXERCISE CLASSES

Walk in the Neighborhood - Monday September 30th - Join program staff for a stroll around the Park Avenue area.

**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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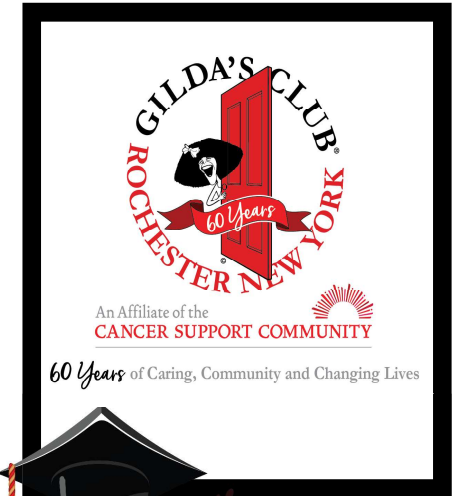
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Gilda's Club Rochester

A free cancer support community



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