



December 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

1:30-2:30 Pearl Necklace
 5-7:00 Pearl Necklace
 6-7:30 Women of Color Group
 Noogie Nights
 6:15-7:30 Spinning with
 WNY Wellness 3

Fiber Arts Class
 11-3:00
 sewing, knitting, crochet
 11:30-12:30 New Member
 Orientation RSVP
 12:30-2:00 Cancer Support Group 4

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

Gilda's on the Road
 Pluta Cancer Center
 10-12:00noon
NEW Creative Expressions:
 Jewelry 101
 Pluta Integrative Oncology &
 Wellness Center
 11:30 - 1
 Call 486-0630 to RSVP 6

Adult Holiday Party
 Sponsored by
 Wilmot Cancer Institute
 Enjoy hearty appetizers, wine,
 raffles & great company!
 6-8 pm 7

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

2-3:30 Ornaments, Bags &
 Tags
 5-6:30 Book Club
 5:30-7:00 Ornaments, Bags &
 Tags
 6-7:30 Women of Color Group
 Breast Cancer Group
 Noogie Nights
 6:15-7:30 Spinning with
 WNY Wellness 10

12:30-2:00 Cancer Support Group
 Community Chefs Sponsored by
 Rochester Latino Rotary
 Dinner 5:30
**Frankly Speaking About Cancer:
 Multiple Myeloma**
Derk Bernold MD
 6 pm
 6-7:30 Prostate Group
 Survivors' Group 11

Fiber Arts Class
 sewing, knitting, crochet
 11-3:00
Cookie Exchange & Pizza Dinner
 Gilda's Board members will be
 doing all the baking! 5:30 pm
 6-7:30 Cancer Support Group
 Family Group
 Noogie Nights 12

Cooking for Wellness
 Sponsored by Pluta Foundation
 Sue Czup, RD, CSO
 12-2pm
 OR
 Joanna Lipp, RD
 5-7pm
 5-6:30 Open Art 13

**Family Holiday
 Party**
 6-8 pm
 Enjoy a fun night out for dinner,
 then decorate your dessert,
 craft & children's raffles. 14

15

Creative Expressions:
 Painting with Friends
 Pluta Integrative Oncology &
 Wellness Center
 10:00 - noon
 Call 486-0630 to RSVP
 6:15-7:30 Spinning with
 WNY Wellness 17

Gilda's on the Road
 Wilmot Cancer Center
 10-11:30am
 11:30-12:30 New Member
 Orientation RSVP
 12:30-2:00 Cancer Support Group
 1:30-3:00 Watercolor
 Painting 18

1-2:30 Open Art Room
 5-6:00 New Member Orient.RSVP
 6-7:30 Cancer Support Group
 Family Group
 Leukemia/Lymphoma Grp
 Noogie Nights 19

Gilda's on the Road
 Lipson Cancer Center
 @ RGH
 9 to 11:00noon
 Gilda's on the Road
 Unity Cancer Center
 9 to 11 am 20

Gilda's on the Road
 Lipson Cancer Center
 @ Linden Oaks
 9-11:00
 11-1:00 Finish the project 21

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Clubhouse Closed
 24

Clubhouse Closed
 25

Clubhouse Closed
 26

Clubhouse Open
 10 to 4
 Creative Expressions:
 Jewelry 101
 Pluta Integrative Oncology &
 Wellness Center
 11:30 - 1
 Call 486-0630 to RSVP 27

Clubhouse Closed
 28

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Clubhouse Closed
 30

Clubhouse Closed
 31

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.

PLEASE remember to register for all activities. Call at least 48 hours in advance to (585)423-9700. Activities without sufficient enrollment may be cancelled.

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

HIGHLIGHTS FOR DECEMBER, 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.

Adult Holiday Party 6-8pm

Friday, December 7th *Sponsored by Wilmot Cancer Institute*

Join us for our annual Adult Holiday Party with hearty hord'oeuvres, fun, laughter & raffles

Community Chefs Dinner at 5:30pm

Tuesday, December 11th - *Sponsored by Rochester Latino Rotary, Thank You!*

Frankly Speaking about Cancer: Multiple Myeloma Tuesday, December 11th

Derk Bernold MD from Interlakes Oncology will be presenting at 6pm

Cookie Exchange and Pizza Dinner Wednesday, December 12th 5:30pm

Gilda's Board members will be doing all the baking!

Family Holiday Party

Friday, December 14th

Enjoy a fun night out with the family for dinner. Then decorate your dessert, make a craft and be there for a kids raffle.

WORKSHOPS

Fiber Arts Class - Tuesday, December 4th & Wednesday, December 12th - *Join us for an afternoon of creating with fiber...sewing or knitting or crochet. Mary and Annette will be available to get you started on a sewing project or teach you how to knit or crochet.*

Book Club - Monday, December 10th - *This month's selection is The Mole People: life in the tunnels beneath New York City By Jennifer Toth.*

Cooking for Wellness - Thursday, December 13th - *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, December 8th - *Breakfast, Newspaper & Conversation.*

ART CLASSES

Pearl Necklace - Monday, December 3rd - 1:30pm class OR 5pm class - *Beautiful chain and pearl necklace for giving or wearing.*

Ornaments, Bags and Tags - Monday, December 10th - 2pm OR 5:30pm class - *Make a new ornament for your tree or to give and then decorate the bag and tag to present it in!*

Open Art Room - Thursday, December 13th and Wednesday, December 19th - *The art room is open & Annette will available to help you work on anything the muse inspires.*

Watercolor Painting - Tuesday, December 18th - *Release your inner artist & have some fun painting with watercolor paints. We provide all the materials.*

Finish the Project - Friday, December 21st - *Need to finish that project started in a past class BEFORE the holidays, this class is for you!*

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

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

December 2018



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*