



July 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

12:30-2:30 Cancer Support Group
6-7:30 Cancer Support Group
Family Group
*No Noogie Nights

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**Clubhouse
Closed**

3

**Clubhouse
Closed**

Happy 4th of July!

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**Clubhouse
Closed**

5

**Clubhouse
Closed**

6

7

Camp Open Arms
9:00-3:00pm

1:30-2:30 QiGong

6-7:30 Breast Cancer Group
*No Noogie Nights
during weeks of Camp

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Camp Open Arms
9:00-3:00pm

12:30-2:00 Cancer Support Group
**Community Chefs
Sponsored by Bulman Family
and Friends
5:30 pm**

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

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Camp Open Arms
9:00-3:00pm

12-3:00 Intro to Sewing & Quilting

6-7:30 Cancer Support Group
Family Group
*No Noogie Nights during
weeks of Camp

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Camp Open Arms
9:00-3:00pm

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

2-3:30 Jewelry

12

Camp Open Arms
9:00-3:00pm

1:30-2:30 QiGong

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

14

Camp Open Arms
9:00-3:00pm

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

1:30-2:30 QiGong

2-3:30 Open Art Room

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Camp Open Arms
9:00-3:00pm

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

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Camp Open Arms
9:00-3:00pm

12-3:00 Intro to Sewing & Quilting
5-6:00 New Member Orient.
RSVP

6-7:30 Cancer Support Group
Family Group
*No Noogie Nights during
weeks of Camp

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Camp Open Arms
9:00-3:00pm

Gilda's on the Road
Lipson Cancer Center @ RGH
9-11 am

Gilda's on the Road
Wilmot Cancer Center
12:30 -2 pm

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Camp Open Arms
9:00-3:00pm

1:30-2:30 QiGong

**Red Wings Baseball
for Men Only
Call Clubhouse for tickets,
limited number available.**

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1:30-2:30 QiGong

2-3 pm New Member
Orientation RSVP

6-7:30 Women of Color Group
Noogie Nights

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

5:30-7:00 Acrylic Painting

6-7:30 Prostate Group

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12-3:00 Intro to Sewing & Quilting
**Community Chefs
Sponsored by Mark Siwiec of
Howard Hanna Real Estate
Dinner: 5:30**

6-7:30 Cancer Support Group
Family Group
Noogie Nights

25

Gilda's on the Road
Pluta Cancer Center
9:30-11:00 am

**Celebrating National
Ice Cream Month**
Join us for an old-fashioned
Ice Cream Social
1-2:30 pm

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Gilda's on the Road
Wilmot Cancer Center
10:00-11:30 am

11-12noon New Member
Orientation RSVP

1:30-2:30 QiGong

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July is National
Ice Cream Month

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

1:30-2:30 QiGong

30

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

2-3:30 Gem Chip Necklace

**Red Wings Baseball
Call Clubhouse for tickets,
limited number available.**

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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.

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

HIGHLIGHTS FOR JULY, 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.

CHILDREN & TEENS
Camp Open Arms - July 9th-20th
Call clubhouse for details.

Community Chefs- Dinner 5:30pm

Tuesday, July 10th

Sponsored by Bulman Family & Friends.

Wednesday, July 25th

Sponsored by Mark Siwiec of Howard Hannah Real Estate.

Thank You!

Celebrate National Ice Cream Month!

Thursday, July 26th

Join us for an old-fashioned Ice Cream Social. Lots of ice cream and toppings. Yummy!

Tuesday, July 31st

Red Wings Baseball - Redwings vs SWB RailRiders - Game starts at 7:05 pm.

Please call for tickets. Tickets are limited.

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.

FOR MEN

Gilda's Diner - for Men only - Saturday, July 14th

Breakfast, Newspaper & Conversation.

Red Wings Baseball - for Men only - Friday, July 20th - Redwings vs Norfolk - Game starts at 6:05 pm. *Please call for tickets. Tickets are limited.*

ART CLASSES

Jewelry - Thursday, July 12th, - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

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

Acrylic Painting - Tuesday, July 24th, Release your inner artist & have some fun painting on canvas. We provide all the materials.

Gem Chip Necklace - Tuesday, July 31st - Special necklace made with chips of semi-precious gems. Simply elegant! Good project for beginners or seasoned beaders.

EXERCISE CLASSES

QiGong - Monday & Friday Afternoons- Check calendar for dates- 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

July 2018



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*