



May 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

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.

Wednesday

2-3:30 **Open Art Room**
5-6:00 New Member Orientation RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 1

Thursday

Gilda's on the Road Wilmot Cancer Center 10-11:30am
Gilda's on the Road Unity Cancer Center 10-12:00noon 2

Friday

Gilda's on the Road Pluta Cancer Center 10-12:00noon
1-2:00 New Member Orientation RSVP 3

Saturday

DESTASH EVENT
9-2:00 pm
Call clubhouse for details 4

Monday

2-3:30 **Glass Painting**
6-7:30 Women of Color Group Breast Cancer Group
Noogie Nights 6

Creative Expressions at Pluta Integrative Oncology & Wellness Center Acrylic Painting 11-1:00
Call Pluta to RSVP - 486-0630
12:30-2:00 Cancer Support Group
Chef Demonstration
Sponsored by Pluta Foundation
Featuring chef from F. Olivers 5:30 - 7pm 7

5-6:00 New Member Orientation RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 8

Gilda's on the Road Wilmot Cancer Center 10-11:30am & Lipson Cancer Center @ RGH 10-12:00noon
THANK YOU CARESTREAM YOUNG PROFESSIONALS
Day Of Caring Volunteers 9

Gilda's on the Road Lipson Cancer Center @ Linden Oaks 10-12:00 noon
Fiber Arts Class
Sewing, knitting, crochet 12-3:00 10

Gilda's Diner For Men Only
8-10am 11

2-3:30 **Acrylic Painting**
5-6:30 **Book Club**
Ask the Expert
Intraoperative Radiation Therapy
Dr. Medeiros & Dr. Atanas.
Lipson Cancer Center
Dinner at 5:30 Lecture 6 pm
6-7:30 Women of Color Group Breast Cancer Group
Noogie Nights 13

12:30-2:00 Cancer Support Group
Community Chefs
Sponsored by Genetaska
Dinner: 5:30
Ask the Expert
Advances in Prostate Cancer
Dr. Zhang, Wilmot Cancer Institute
Lecture 6 pm
6-7:30 Prostate Group Survivors' Group Multiple Myeloma 14

Creative Expressions at Pluta Integrative Oncology & Wellness Center Chain Maille Jewelry 11-12:30
Call Pluta to RSVP - 486-0630
5-6:00 New Member Orientation RSVP
6-7:30 Cancer Support Group Family Group 15

Gilda's on the Road Wilmot Cancer Center 10-11:30am
Cooking for Wellness
Sponsored by Pluta Foundation
12-2pm
Sue Czap, RD, CSO
Call Pluta to RSVP -486-0630 16

Gilda's on the Road Lipson Cancer Center @ St. Mary's 10-12:00noon
1-2:00 New Member Orientation RSVP 17

10-11:00 **Walk in the Neighborhood**
1-2:30 **Euchre**
2-3:00 New Member Orientation RSVP 20

Creative Expressions at Pluta Integrative Oncology & Wellness Center Acrylic Painting 11-1:00
Call Pluta to RSVP- 486-0630
11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group 21

Community Chefs
Sponsored by Stantec
Dinner: 5:30
6-7:30 Cancer Support Group Family Group Leukemia/Lymphoma Grp
Noogie Nights 22

Gilda's on the Road Wilmot Cancer Center 10-11:30am
Gilda's on the Road Highland Cancer Center 10-12:00noon
2-3:30 **Open Art Room** 23

Fiber Arts Class
Sewing, knitting, crochet 11-2:00 24

Clubhouse Closed
Happy Memorial Day
27

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group
5-6:00 New Member Orientation RSVP
6-7:30 Prostate Group 28

5-6:00 New Member Orientation RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights 29

Gilda's on the Road Wilmot Cancer Center 10-11:30am
ART DAY
Sponsored by Susan Kirwin
10 to 2 pm 30

Creative Expressions at Pluta Integrative Oncology & Wellness Center Open Jewelry 12-1:30 pm
Call Pluta to RSVP- 486-0630 31

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

HIGHLIGHTS FOR MAY, 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.

Chef Demonstration- Tuesday, May 7th
featuring Chef from F. Olivers.
Sponsored by Pluta Foundation
5:30-7pm

Ask the Expert - Monday, May 13th
Intraoperative Radiation Therapy & SaviScout Updates
Presented by Dr. Medeiros & Dr. Atanas
Dinner at 5:30, Lecture at 6:00

Ask the Expert - Tuesday, May 14th
Advances in Prostate Cancer Treatment
Sponsored by Wilmot Cancer Institute
Presented by Dr. Zhang
Dinner at 5:30, Lecture at 6:00

Thank You!! Community Chefs
Dinner: 5:30pm
Tuesday, May 14th, Sponsored by Genetaska
Wednesday, May 22nd, Sponsored by Stanec

WORKSHOPS

Fiber Arts - Friday, May 10th and May 24th - 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, May 13th - This month's selection is *The Overstory* By Richard Powers

Cooking for Wellness - Thursday, May 16th - Fun cooking class where you will prepare several delicious plant based recipes using seasonal foods. Classes available: 12-2pm class with Sue Czup, RD, CSO
Please call ahead as classes fill up quickly.

Euchre - Monday, May 20th - Enjoy a lively game of euchre with other members. We will also teach you the game.

FOR MEN

Gilda's Diner - for Men only - Saturday, May 11th - Breakfast, Newspaper & Conversation.

ART CLASSES

Open Art Room - Wednesday, May 1st & Thursday, May 23rd - The art room is open & Annette will be available to help you work on anything the muse inspires.

Glass Painting - Monday, May 6th - Create a sping image of flowers, etc. on a glass plate, or pair of wine glasses.

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

ART DAY- Thursday, May 30th - Sponsored by Susan Kirwin...Thank You!! Join us for a day of arts, crafts, lunch and fun! RSVP

EXERCISE CLASSES

Walk in the Neighborhood - Monday, May 20th - Enjoy a stroll around the Park Ave area with program staff.

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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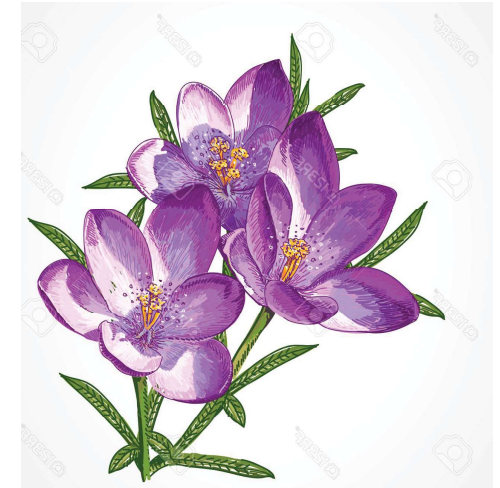
Program Manager

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Gilda's Club Rochester

A free cancer support community

May 2019



An Affiliate of the
CANCER SUPPORT COMMUNITY

Touched by cancer.
Empowered by hope.