



November 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

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.

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

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

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

3-4:00 New Member Orientation RSVP 1

5:30-7:30 Women of Color Group
Noogie Nights

6:15-7:30 Spinning with
WNY Wellness

5

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

Chef Demonstration
Sponsored by Pluta Foundation
Tim Caschette from
AVVINO Restaurant
5:30-7:00pm

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5-6:00 New Member Orient. RSVP

Ask the Expert
Sponsored by Wilmot Cancer Institute
Smoking Cessation
Patty Mallaber
Dinner 5:30 Lecture 6:00

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

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

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

8

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

12:30-1:30 New Member Orientation RSVP

1-2:30 Open Art Room

9

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

10

**Sunday, November 11th
Football Party**
Everyone's Invited!
Sponsored by Gilda's Associate Board
12:45 lunch Bills game 1:15

11

5-6:30 Book Club

6-7:30 Breast Cancer Group
Noogie Nights

6:15-7:30 Spinning with
WNY Wellness

12

12:30-2:00 Cancer Support Group

Community Chefs
Sponsored by
The Village at Unity
Dinner: 5:30

6-7:30 Prostate Group
Survivors' Group
MultipleMyeloma Grp

13

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

5-6:00 New Member Orient. RSVP

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

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Cooking for Wellness
Sponsored by Pluta Foundation
Sue Czap, RD, CSO
12-2pm
OR
Joanna Lipp, RD
5-7pm

15

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

12:30-1:30 New Member Orientation RSVP

2-3:30 Jewelry

16

Heroes Ball
Saturday, November 17th
Call Clubhouse for Details

17

6-7:30 Women of Color Group
**No Noogie Nights

6:15-7:30 Spinning with
WNY Wellness

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**Clubhouse
Closed**

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**Clubhouse
Closed**

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**Clubhouse
Closed**

Happy Thanksgiving

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**Clubhouse
Closed**

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

2:30-3:30 New Member Orientation RSVP

6:15-7:30 Spinning with
WNY Wellness

26

11:30-12:30 New Member Orientation RSVP

12:30-2:00 Cancer Support Group

5-6:30 Acrylic Painting

6-7:30 Prostate Group

27

Frankly Speaking About Cancer
Chronic Lymphocytic Leukemia
Clive Zent MD
from Wilmot Cancer Center
Dinner at 5:30pm

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

28

Art Day
Sponsored by
Margie Kowalski
11-2pm
OR
4-7pm

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

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

30

**Gilda's 3rd Annual
Craft Fair**
Saturday, December 1st
10-3pm
Come shop local & support Gilda's Club
Call clubhouse for details.

HIGHLIGHTS FOR NOVEMBER, 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.

Ask the Expert

Patty Mallaber from New York Smoking Cessation

Wednesday, November 7th - Dinner at 5:30

Sponsored by Wilmot Cancer Institute

Chef Demonstration Tuesday, November 6th - 5:30-7:00

Tim Caschette from AVVINO restaurant - Tim will be cooking a celebration of autumn flavors.

Sponsored by Pluta Foundation

Football Party Sunday, November 11th

Lunch at 12:45, Game at 1pm - Pizza, wings, appetizers, chili cook-off.

Sponsored by Gilda's Associate Board.

Community Chefs Tuesday, November 13th

Dinner: 5:30pm *Sponsored by The Village at Unity.*

Frankly Speaking About Cancer: Chronic Lymphocytic Leukemia

Wednesday, November 28th Dinner: 5:30pm

Clive Zent MD from Wilmot Cancer Institute will speak on how to help manage symptoms with CLL.

Art Day

Thursday, November 29th

Join us for a day of arts, crafts, lunch/dinner and fun!

Sponsored by Margie Kowalski.

WORKSHOPS

Fiber Arts Class - Thursday, November 1st & 8th - 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, November 12th - This month's selection is *Hero of the Empire* by Candace Millard

Cooking for Wellness - Thursday, November 15th - 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, November 10th - Breakfast, Newspaper & Conversation.

ART CLASSES

Open Art Room - Friday, November 9th - The art room is open & Annette will be available to help you work on anything the muse inspires.

Jewelry - Friday, November 16th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

Acrylic Painting - Tuesday, November 27th - Release your inner artist & have some fun painting on canvas. We provide all the materials.

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

November 2018



Happy Thanksgiving



An Affiliate of the
CANCER SUPPORT COMMUNITY

*Touched by cancer.
Empowered by hope.*