



April 2019

is National Volunteers Month!!!



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

2-3:30 **Open Art Room**
Comics against Cancer
7pm
Geva Theater
Call clubhouse for details

1

Tuesday

Creative Expressions:
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

2

Wednesday

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

3

Thursday

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

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

4

Friday

Gilda's on the Road
Pluta Cancer Center 10-12:00pm
Fiber Arts Class
Sewing, knitting, crochet
12-3:00pm
"PINK THE RINK"
Rochester Amerks 7:05pm
Tickets available for members.
please call clubhouse for details.

5

Saturday

Tailgate Party for Men only
Saturday, April 6th
Basketball Playoffs
Call clubhouse for start time

6

Creative Expressions at Pluta Integrative Oncology & Wellness Center
Open Jewelry Making 11:30-1:00
Call Pluta to RSVP 486-0630
5-6:30 **Book Club**
6-7:30 Women of Color Group Breast Cancer Group
Noogie Nights
6:15-7:30 **Spinning**

8

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group
Community Chefs
Sponsored by Gilda's Club
Dinner: 5:30
6-7:30 Prostate Group Survivors' Group MultipleMyeloma

9

2-3:30 **Painting**
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights

10

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

Gilda's on the Road
Lipson Cancer Center @ RGH
9-11:00

11

Gilda's on the Road
Lipson Cancer Center @ Linden Oaks 10-12:00
Dinner & a Movie
Sponsored by The Villages at Unity
Dinner at 6:00
Movie: Bohemian Rhapsody

12

13

Spring Break Fun for Kids
Lunch and a Movie
"Mary Poppins Returns"
12-2pm
6:15-7:30 **Spinning**

15

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
5-7:00 Deaf Women

16

2-3:30 **Jewelry Class**
5-6:00 New Member Orient. RSVP
6-7:30 Cancer Support Group Family Group
Noogie Nights

17

Gilda's on the Road
Wilmot Cancer Center
10-11:30am
Cooking for Wellness
Sponsored by Pluta Foundation
5-7pm
Joanna Lipp, RD
Call Pluta to RSVP - 486-0630

18

Gilda's on the Road
Lipson Cancer Center @ St. Mary's 10-12:00
Fiber Arts Class
Sewing, Knitting, Crochet
12-3:00

19

20

6-7:30 Women of Color Group
Noogie Nights
6:15-7:30 **Spinning**

22

11:30-12:30 New Member Orientation RSVP
12:30-2:00 Cancer Support Group
5:30-7:00 **Tree of Life Pendant**
6-7:30 Prostate Group

23

Community Chefs
Sponsored by Staff of St. Kateri School
Dinner: 5:30
6-7:30 Cancer Support Group Family Group Leukemia/Lymphoma Grp
Noogie Nights

24

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

Gilda's on the Road
Highland Cancer Center
1- 2:30 pm

25

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

26

Sunday, April 28th
-3pm
"An Afternoon of Fine Music"
A benefit for Gilda's Club.
Featuring Dr. Eugene Toy
St. Catherine's Church, Mendon

2:30-3:30 New Member Orientation RSVP
6:15-7:30 **Spinning**

29

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

30

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

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.

SAVE THE DATE
Art Day
May 30th

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.

HIGHLIGHTS FOR APRIL, 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.



April is National Volunteers Month



We'd like to extend a special THANK YOU to all our Volunteers here at Gilda's Club!
When you are in the clubhouse this month if you see a volunteer... please thank them !

Thank You!! **Community Chefs - Dinner: 5:30pm** Thank You!!

Tuesday, April 9th, Sponsored by Gilda's Club

Wednesday, April 24th, Sponsored by Staff of St. Kateri School

Dinner & a Movie - Friday, April 12th : Dinner at 6:00,

Movie at 6:30: *Bohemian Rhapsody.*

Sponsored by the Villages at Unity. Thank You!!

“An Afternoon of Fine Music” - Sunday, April 28th

A benefit for Gilda's Club. Featuring Dr. Eugene Toy (RRH ob/gyn) on piano.
St. Catherine's Church, 26 Mendon-Iona Road, Mendon, NY - 3pm

WORKSHOPS

Fiber Arts - Friday, April 5th and 19th - 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, April 8th - This month's selection is *The Muralist* by Barbara Shapiro.

Cooking for Wellness - Thursday, April 18th - 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) to RSVP.

CHILDREN & TEENS

Spring Break Fun for Kids: Lunch & a Movie - Monday, April 15th. Lunch at 12noon and movie, (Mary Poppins Returns) immediately following. Parents must be in clubhouse with children.

FOR MEN

Tailgate Party for Men only - Saturday, April 6th - Basketball playoffs & dinner!

Call clubhouse for start time.

Gilda's Diner - for Men only - Saturday, April 20th - Breakfast, Newspaper & Conversation.

ART CLASSES

Open Art Room - Monday, April 1st - The art room is open & Annette will be available to help you work on anything the muse inspires.

Jewelry - Wednesday, April 17th - Beginners & seasoned beaders are welcome to create something with all our lovely beads. Annette will teach basics & advanced techniques.

Painting - Wednesday, April 10th - Release your inner artist & have some fun painting on canvas. We provide all the materials.

Tree of Life Pendant - Tuesday, April 23rd - Create a wire and bead pendant in the shape of the Tree of Life.

EXERCISE CLASSES

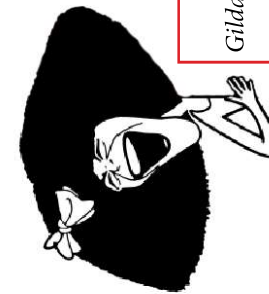
Spinning with WNY Wellness - Monday Evenings - Join WNY Wellness for exercise on stationary bikes.

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Cancer Action, Inc.
255 Alexander Street
Rochester, NY 14607

Return Service Requested



Cancer support for the whole family, the whole time.
Gilda's Club is a free, nonprofit support community for anyone touched by cancer.

Gilda's Club Rochester

A free cancer support community



April 2019

National Month of Hope!



An Affiliate of the
CANCER SUPPORT COMMUNITY

Touched by cancer.
Empowered by hope.