



GILDA'S CLUB – JANUARY 2021 PROGRAMS

Gilda's Club Rochester offers FREE cancer support programs to anyone affected by cancer.

For questions about our programs please contact Carin Adams at 423-9700 x316 or cadams@gildasclubrochester.org

Registration is required for any program with red text. [Click on the links to learn more and to register.](#) You can also visit www.gildasclubrochester.org/calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>New programs are in bold and italics.</i></p> <p>Support group links are provided by the facilitator.</p> <p>Click on the links to be taken to our YouTube videos.</p>	<p><i>Happy New Year ! The office is closed until 1/4/2021.</i></p>			<p>1</p> <p>Register here for Dine In With Gilda's—pick up on 1/13 or 1/14.</p>
<p>4</p> <p>10:00am Coffee & Conversation</p> <p>1:00pm Meditation on YouTube</p> <p>6:00pm Women of Color Group</p>	<p>5</p> <p>12:30pm Cancer Support Group</p>	<p>6</p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>7</p> <p>10:00am Gentle Yoga w. Julie LIVE on Zoom</p>	<p>8</p> <p>9:00am Men's Virtual Diner</p> <p>1:00pm Twinkle Stars Table Runner Quilting w. Ashley</p>
<p>11</p> <p>10:00am Coffee & Conversation</p> <p>1:00pm Meditation on YouTube</p> <p>7:00pm Breast Cancer Support Group</p>	<p>12</p> <p>12:30pm Cancer Support Group</p> <p>5:00pm Ask the Expert—Cancer + COVID</p> <p>6:00pm Prostate Support Group</p> <p>6:00pm Multiple Myeloma Group</p>	<p>13</p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>14</p> <p>10:00am Gentle Yoga w. Julie LIVE on Zoom</p> <p>6:00pm Gilda's ROC Strength</p>	<p>15</p> <p>1:00pm Jewelry Making w. Melissa</p>
<p>18</p> <p>10:00am Coffee & Conversation</p> <p>1:00pm Healthy Baking w Kat</p> <p>1:00pm Meditation on YouTube</p> <p>6:00pm Women of Color Group</p>	<p>19</p> <p>12:30pm Cancer Support Group</p>	<p>20</p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>21</p> <p>10:00am Gentle Yoga w. Julie LIVE on Zoom</p> <p>6:00pm Gilda's ROC Strength</p>	<p>22</p> <p>1:00pm Twinkle Stars Table Runner Quilting w. Ashley Continued</p>
<p>25</p> <p>10:00am Coffee & Conversation</p> <p>1:00pm Meditation on YouTube</p> <p>6:30pm LIVE Virtual BINGO night</p>	<p>26</p> <p>12:30pm Cancer Support Group</p> <p>6:00pm Prostate Support Group</p> <p>6:00pm Multiple Myeloma Group</p>	<p>27</p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>28</p> <p>10:00am Gentle Yoga w. Julie LIVE on Zoom</p> <p>6:00pm Gilda's ROC Strength</p>	<p>29</p> <p>1:00pm Watercolor Postcards w Melissa</p>