

GILDA'S CLUB – NOVEMBER PROGRAMS

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

New to a support group or have questions about any of our programs? Please contact Carin Adams—423-9700 x316 or cadams@gildasclubrochester.org

Registration is required for any program with red text. Click on the link to learn more and to register. You can also visit www.gildasclubrochester.org



Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>10:00am –Coffee & Conversation</u>	3 12:30pm Cancer Support Group	4 6:00pm Cancer Support Group 6:00pm Family Support Group	5 <u>10:00am Gentle Yoga w. Julie LIVE on Zoom</u>	6 1:00pm <u>Studio Art w. Melissa</u>
9 10:00am – <u>Coffee & Conversation</u> 7:00pm Breast Cancer Support Group	10 12:30pm Cancer Support Group 6:00pm Prostate Support Group 6:00pm Multiple Myeloma Group	11 6:00pm Cancer Support Group 6:00pm Family Support Group	12 10:00am <u>Gentle Yoga w. Julie LIVE on Zoom</u> <u>7pm The Actual Dance– LIVE performance on Zoom</u>	13 9:00am <u>Men's Virtual Diner</u> 1:00pm <u>Fiber Art w Ashley</u>
16 <u>10:00am –Coffee & Conversation</u>	17 <u>12:00pm Ask the Expert—Lung Cancer</u> 12:30pm Cancer Support Group	18 6:00pm Cancer Support Group 6:00pm Family Support Group	19 <u>10:00am Gentle Yoga w. Julie LIVE on Zoom</u> 6:00pm Paper Quilling—Full	20 1:00pm <u>Studio Art w. Melissa</u>
23 <u>12pm—Meditation w Julie</u>	24 12:30pm Cancer Support Group 6:00pm Prostate Support Group	25	26 <i>Happy Thanksgiving from all of us at Gilda's Club Rochester!</i>	27
30 <u>10:00am –Coffee & Conversation</u>				<i>New programs are in bold and italics.</i> Support group links are provided by the facilitator. Click on the <u>links</u> to be taken to our YouTube videos.

The office is closed the week of Thanksgiving. Please contact your facilitator for information about your support group.