



GILDA'S CLUB – OCTOBER PROGRAMS

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

New to a support group or have a question? Please contact Diane Morris at 423-9700 x304 or dmorris@gildasclubrochester.org

For questions about other 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 link 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 Facebook or YouTube videos.</p>			1	2 1:00pm Fiber Art w. Ashley—Intro. To Crochet on Zoom.
5 <i>10:00am Walking & Talking— Highland Park</i>	6 12:30pm Cancer Support Group <i>Dine In With Gilda's - Registration Open</i>	7 11:00am Pantry Cooking 6:00pm Cancer Support Group 6:00pm Family Support Group	8 <i>10:00am Gentle Yoga w. Julie LIVE on Zoom</i>	9 9:00am Men's Diner 1:00pm Studio Art w. Melissa
12 <i>10:00am Walking & Talking— Turning Point Park</i> 7:00pm Breast Cancer Support Group	13 12:30pm Cancer Support Group 6:00pm Prostate Support Group 6:00pm Multiple Myeloma Group	14 11:00am Pantry Cooking 6:00pm Cancer Support Group 6:00pm Family Support Group	15 <i>10:00am Gentle Yoga w. Julie LIVE on Zoom</i> <i>12:00pm Ask the Expert- Advanc- es in Immunotherapy in Breast Cancer</i>	16 1:00pm Fiber Art w. Ashley
19 <i>10:00am Walking & Talking— Greece Canal Park</i>	20 12:30pm Cancer Support Group	21 6:00pm Cancer Support Group 6:00pm Family Support Group 5:00pm Dine in With Gilda's	22 <i>10:00am Gentle Yoga w. Julie LIVE on Zoom</i> 6:00pm Paper Quilling—Full	23 1:00pm Studio Art w. Melissa
26 <i>2:00pm Healthy Baking Demo</i>	27 12:30pm Cancer Support Group 6:00pm Prostate Support Group	28 6:00pm Cancer Support Group 6:00pm Family Support Group	29 <i>10:00am Meditation w. Julie</i>	30 1:00pm Fiber Art w. Ashley