



# GILDA'S CLUB—SEPTEMBER 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](mailto:dmorris@gildasclubrochester.org)

For questions about other programs please contact Carin Adams at 423-9700 x316 or [cadams@gildasclubrochester.org](mailto: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](http://www.gildasclubrochester.org/calendar)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><i>New programs are in bold and italics.</i></b></p> <p>Support group links are provided by the facilitator.</p> <p>Click on the <a href="#">links</a> to be taken to our Facebook or YouTube videos.</p>	<p>1</p> <p>11:30am <a href="#">Gentle Yoga w. Julie</a></p> <p>12:30pm Cancer Support Group</p>	<p>2</p> <p>11:00am <a href="#">Pantry Cooking</a></p> <p><b><i>12:00pm Ask the Expert—Plant Based Eating &amp; Portion Sizes</i></b></p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>3</p>	<p>4</p> <p>1:00pm <a href="#">Fiber Art w. Ashley—Intro to Crochet</a></p>
<p>7</p> <p>LABOR DAY HOLIDAY</p> <p>CLUBHOUSE IS CLOSED</p> <p><b><i><a href="#">Dine In With Gilda's - Registration Open</a></i></b></p>	<p>8</p> <p>11:30am <a href="#">Gentle Yoga w. Julie</a></p> <p>12:30pm Cancer Support Group</p> <p>6:00pm Prostate Support Group</p> <p>6:00pm Multiple Myeloma Group</p>	<p>9</p> <p>11:00am <a href="#">Pantry Cooking</a></p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>10</p> <p><b><i>2:00pm <a href="#">Healthy Baking Demo</a></i></b></p>	<p>11</p> <p>1:00pm <a href="#">Studio Art w. Melissa</a></p>
<p>14</p> <p><b><i>10:00am <a href="#">Walking &amp; Talking—Highland Park</a></i></b></p> <p>7:00pm Breast Cancer Support Group</p>	<p>15</p> <p>11:30am <a href="#">Gentle Yoga w. Julie</a></p> <p>12:30pm Cancer Support Group</p>	<p>16</p> <p>11:00am <a href="#">Pantry Cooking</a></p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>17</p> <p><b><i>9:00am <a href="#">Men's Diner</a></i></b></p> <p>10:00am <a href="#">Wellness Tips</a></p>	<p>18</p> <p>1:00pm <a href="#">Fiber Art w. Ashley—Granny Squares</a></p>
<p>21</p> <p><b><i>10:00am <a href="#">Walking &amp; Talking—Turning Point Park</a></i></b></p>	<p>22</p> <p><b><i>10:00am Outdoor Yoga &amp; Meditation (Reg opens 9/9)</i></b></p> <p>12:30pm Cancer Support Group</p> <p>6:00pm Prostate Support Group</p>	<p>23</p> <p>11:00am <a href="#">Pantry Cooking</a></p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p> <p><b><i>Dine in with Gilda's—Pick Up</i></b></p>	<p>24</p> <p>10:00am <a href="#">Wellness Tips</a></p> <p><b><i>6:00pm <a href="#">Paper Quilling</a></i></b></p> <p><b><i>Dine in with Gilda's—Pick Up</i></b></p>	<p>25</p> <p>1:00pm <a href="#">Studio Art w. Melissa</a></p> <p>5:00pm <a href="#">Dine In With Gilda's on YouTube</a></p>
<p>28</p> <p><b><i>10:00am <a href="#">Walking &amp; Talking—Greece Canal Park</a></i></b></p>	<p>29</p> <p>11:30am <a href="#">Gentle Yoga w. Julie</a></p> <p>12:30pm Cancer Support Group</p>	<p>30</p> <p>11:00am <a href="#">Pantry Cooking</a></p> <p>6:00pm Cancer Support Group</p> <p>6:00pm Family Support Group</p>	<p>1</p> <p>10:00am <a href="#">Wellness Tips</a></p>	<p>2</p> <p>1:00pm <a href="#">Fiber Art w. Ashley</a></p>