



An Affiliate of the 
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

Program Calendar

January 2012

COMING IN FEBRUARY

Valentine's Party

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

New Year's Day

1

Clubhouse Closed

2

11am-Noon Qi Gong
2-4pm Wellness Group
4-5pm Yoga

3

10-11:30am Yoga
11am-12pm Spanish
1-3pm Art
3:30-5:30pm Beading
6-8pm Noogie Nights-
Small Talk
6-8pm Wellness Group
6-8pm Family & Friends Group
6-8pm Bereavement Group
6:30-8pm Breast Cancer Group

4

10-11:30am Yoga
5:30-7pm Couples Group
6-7pm **New Member Meeting**

5

10:15-11:30am Yoga
11:30am-12:30pm Nutritional
Networking
Lunch

6

10-11am Yoga
10-11am Kids Crafts
and Games
11:15am-12:15pm Tai Chi

7

Please remember
that we are
**SMOKE FREE,
FRAGRANCE FREE
AND
PESTICIDE FREE.**

8

Clubhouse Closed

9

11 am-12pm Qi Gong
2-4pm Wellness Group
4-5pm Yoga
5:30-6:30pm Meditation

10

10-11:30am Yoga
1-3pm Art
3:30-5:30pm Beading
6-8pm Noogie Nights
6-8pm Wellness Group
6-8pm Family & Friends Group
6:30-8pm Red Door Readers:
Room
by Emma Donahue

11

10-11:30am Yoga
12-1pm **New Member Meeting**
5:45-7:15pm Lung Cancer Group
6-7:30pm Men's Group-Cancelled
6-7:30pm Cancer in your 20s &
30s Group
6-7:30pm Noogieland Open
6:30-8pm Leukemia &
Lymphoma Group
6:30-8pm Multiple Myeloma
Group

12

10:15-11:30am Yoga
11:30am-12:30pm Nutritional
Networking
Lunch

13

10-11am Yoga
10-11am Kids Crafts
and Games
11:15am-12:15pm Tai Chi

14

Martin Luther King, Jr. Day
Clubhouse Closed AM
1-2pm Hospice
Bereavement Group
2-4pm **Look Good Feel Better**

15

Clubhouse Closed AM

16

11 am-12pm Qi Gong
12:30-2pm **Effective
Communication with
Your Practitioner -
Part 1**
2-4pm Wellness Group
4-5pm Yoga

17

10-11:30am Yoga
11am-12pm Spanish
1-3pm Art
3:30-5:30pm Beading
6-8pm Noogie Nights
6-8pm Wellness Group
6-8pm Family & Friends
Group
6:30-8pm Young Breast Cancer
Group

18

10-11:30am Yoga
12-1pm **New Member Meeting**
4:30-6pm Kidney Cancer Group
6-8pm **Potluck**

19

10:15-11:30am Yoga
11:30am-12:30pm Nutritional
Networking
Lunch

20

10-11am Yoga
10-11am Kids Crafts
and Games
11:15am-12:15pm Tai Chi

21

Clubhouse Closed

22

Clubhouse Closed

23

11am-12pm Qi Gong
12-1:30pm **Chinese New Year
Party**
2-4pm Wellness Group
4-5pm Yoga
5:30-6:30pm Meditation
5:30-7pm Teen Night
6-7pm **New Member Meeting**

24

10-11:30am Yoga
1-3pm Art
3:30-5:30pm Beading
6-8pm Noogie Nights
6-8pm Wellness Group
6-8pm Family & Friends
Group

25

10-11:30am Yoga
4-5:30pm GYN Group

26

10:15-11:30am Yoga
11:30am-12:30pm Nutritional
Networking
Lunch

27

10-11am Yoga
10-11am Kids Crafts
and Games
11:15am-12:15pm Tai Chi

28

Clubhouse Closed

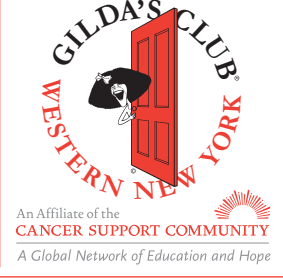
29

Clubhouse Closed

30

11am-Noon Qi Gong
2-4pm Wellness Group
4-5pm Yoga

31



January 2012

New Member Meeting
This is an orientation meeting for anyone interested in joining Gilda's Club who would like to learn more about what we have to offer. You can share your story with others or just listen. This is a one-time meeting for people with cancer and for families and friends of people living with cancer. Please call to make a reservation - 716.332.5900.

Special Events in January

Kids Crafts & Games – Bring the kids each Saturday in January for Crafts & Games with our talented Noogieland volunteers. Kids ages 3 & up are welcome, every Saturday at 10 am. Call to register in advance.

Effective Communication with Your Practitioner - Communicating with your practitioner can add unnecessary stress during treatment. In this two-part workshop participants will learn tools for speaking comfortably with health care providers. Part 1 is scheduled for Tuesday, January 17th, 12:30-2 pm. Part 2 will be Tuesday, February 21st, 12:30-2 pm. Presented by our very own, Ellen Melamed, M.A., educator and practitioner of the Alexander Technique.

Pot Luck Supper – On Thursday, January 19th, please join us for a Potluck Supper. Please sign up in advance and plan to bring a side dish, dessert, or beverage to share. We are happy to have the Clarence High School National Honor Society return as hosts this month.

Look Good, Feel Better – Monday, January 16th, 2-4pm - This program is presented by the American Cancer Society to help women currently undergoing cancer treatment with their appearance related to side effects from that treatment. Each woman learns to perform her own makeover using make-up provided. Space is very limited so please register by calling the American Cancer Society at 1-800-227-2345.

Chinese New Year Party – Tuesday, January 24th, 12-1:30 pm – Our Qi Gong class will be hosting its annual potluck Chinese New Year Party. Bring a dish to share, wear something red and ring in the New Year with Chinese flair & flavor. Call in advance to register.



Ongoing Activities

New Member Meeting – This is an orientation for those who have not yet joined Gilda's Club and would like to learn more about what we have to offer. You can share your story with others or just listen. This is a one-time meeting for adults with cancer and their families and friends. Please call to make a reservation. Please call 716.332.5900 to make a reservation.

Support Groups

WEEKLY

Wellness Groups and Family Groups – Separate support groups for those living with cancer and their family and friends. Members meet weekly to share thoughts, feelings and experiences. Please contact Program staff before attending for the first time.

MONTHLY NETWORKING

Breast Cancer Networking Group – Monthly group for women with breast cancer meets the first Wednesday of every month, 6:30-8 pm. (Funded by WNY Affiliate of Susan G. Komen for the Cure.)

Bereavement Group – This group meets on the 1st Wednesday of the month, 6-8 pm. It is for members who have had a family member or friend die from cancer.

Gynecological Cancer Networking Group – This group is for women with a present or past diagnosis of any type of gynecological cancer who would like to share experiences and support. The group will meet from 4-5:30 pm on the 4th Thursday of every month.

Kidney Cancer Networking Group – 4:30-6 pm on the 3rd Thursday of every month.

Living with Cancer in Your 20s and 30s – This Networking Group provides an opportunity is for young adults to share their unique cancer experiences. The group meets from 6-7:30 pm on the 2nd Thursday of every month.

Lung Cancer Networking Group – 5:45-7:15 pm on the 2nd Thursday of the month. This monthly group is for men and women living with lung cancer and will provide an opportunity for information gathering and support.

Lymphoma/Leukemia Networking Group – 6:30-8 pm on the 2nd Thursday of every month. Family members are welcome to attend this meeting. (Co-sponsored by the Leukemia and Lymphoma Society)

Men's Group – A Networking Group that meets the 2nd Thursday of the month 6-7:30 pm. The group is for men whose significant other is living with cancer.



Ongoing Activities, continued

Multiple Myeloma Networking Group – Held monthly on the 2nd Thursday of each month from 6:30-8 pm. This group welcomes anyone with a Multiple Myeloma diagnosis and their family members. (Co-sponsored by the Leukemia and Lymphoma Society)

Sarcoma Support Group – Meets the 4th Tuesday of every month, 4-5:30 pm (On hold – Call program staff for more info. Group is co-sponsored with Roswell Park Cancer Institute).

Young Breast Cancer Survivors Networking Group – 6:30-8 pm on the third Wednesday of the month. This group is for women under age 40 living with breast cancer. (Funded by the WNY Affiliate of Susan G. Komen for the Cure.)



WORKSHOPS

Art Workshop – Every Wednesday from 1-3 pm. Our volunteer artist teaches a skill on the 1st Wednesday of the month and you may either continue with your project throughout the month or choose another art form to create something new. No previous art experience necessary.

Beading – Meets every Wednesday 3:30-5:30 pm. Members are welcome to get creative with beads.

Knitting – Bring projects in progress or come and learn or just come for fun to knit and visit with others. (Call about availability of assistance/instruction and group knitting.)

Meditation – Many forms of meditation and relaxation are taught and practiced. Join us on the second and fourth Tuesdays, 5:30 - 6:30 pm.

poetry without rhyme – Tuesdays at noon is the time to write poetry - no experience necessary. *On hold in January.*

Spanish – Quieres habla espanol? Come join us for a class in conversational Spanish on the 1st and 3rd Wednesdays from 11 am-12 pm

Qi Gong – Tuesday mornings, 11 am-Noon – gentle & relaxing exercise.

Tai Chi – Held on Saturdays, 11:15 am -12:15 pm. This ancient system of movements and positions has benefits for mind & body.

Yoga – Yoga is a great way to relax the body and mind while stretching and toning muscles. Take some time during your busy schedule to treat yourself to a little relaxation and stress relief. Wear loose and comfortable clothing. Yoga mats are provided or you may bring your own.

SOCIAL

Gilda's Glee Club – Held the 2nd and 4th Thursdays from 2 pm-3:30 pm – Have fun while singing familiar songs and meeting new people! *On hold in January.*

Pot Luck Supper – Hosted on the 3rd Thursday of every month, 6-8 pm. It is fun and it's always delicious. PLEASE SIGN UP and let us know what you are bringing. We are happy to have the Clarence High School National Honor Society return as hosts this month.

Red Door Readers – The Gilda's Club book club meets on the second Wednesday of the month, 6:30-8 pm. January: *Room* by Emma Donahue; February: *Love Walked In* by Marisa De Los Santos

Nutritional Networking Lunch – Meets Fridays at 11:30am to discuss nutritious eating & recipes. You may bring a dish to share (*meat-free, dairy-free, no refined sugars preferred*) or bring a lunch for yourself. New-comers are encouraged to attend without bringing a dish and just visit with the group.

NOOGIELAND

NoogieNights – A weekly evening of fun and support for children (ages 4-12) who have been touched by cancer. (Please sign up 48 hours in advance).

Noogieland Open – Supervised recreation time for children (ages 4-12) who have been touched by cancer. (Please register 48 hours in advance).

Teen Night – A monthly get together for teens who have been affected by cancer. Pizza is provided and teens can bring a friend. Be sure to call at least 24 hours in advance.

During Inclement weather watch Channel 2 or go to WGRZ.com to find out if we are closed. You may also call 716.332.5900 and check ext. 209 or 212 for information on delays or cancellations.

Gilda's Club Activities

Register at least 24 hours in advance for all activities at 716.332.5900. If you decide to register at the last minute, please call to make sure there is enough room. Classes without a minimum number of pre-registered members may be canceled.

Membership in Gilda's Club is free to people living with cancer as well their family and friends. Gilda's Club is a not-for-profit organization supported by donations from individuals, corporations, and foundations. In order to sustain our unique program, Gilda's Club Board members, staff and volunteers work hard to build a financial foundation that allows us to offer our free program to members. In keeping with our philosophy, Gilda's Club does not solicit our members for donations, although if interested, we welcome member participation. If you or someone you know would like to be kept informed of Gilda's Club special events, donations opportunities or other ways to support us, please contact us at 716.332.5900.

STAFF DIRECTORY:

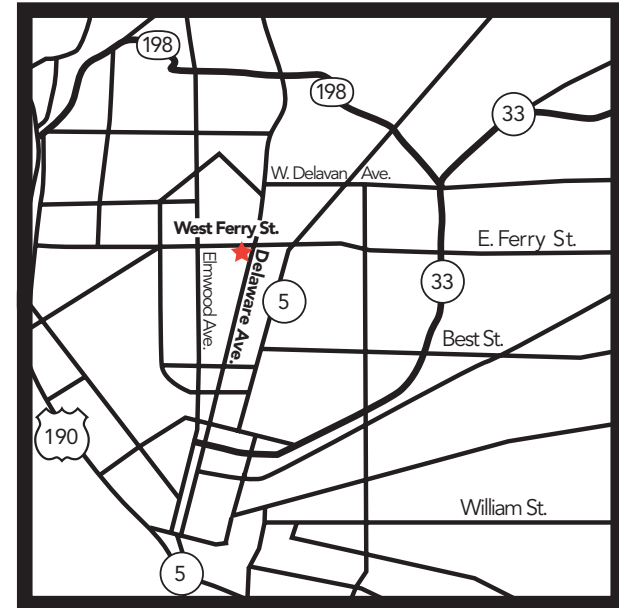
Judith Skretny – Executive Director
Christy Castner – Program Director
Shelly Marabella – Coordinator of Children's Programs
Terri Campbell – Development Coordinator
Joanne Winnert – Secretary

If you no longer wish to receive this calendar or if your address has changed, please call us at 716.332.5900 or e-mail: ccastner@gildasclubwny.org

If you know someone who is experiencing cancer in their family, please have them call us if they would like to be put on our mailing list.

Reminder: If you have a cold or any contagious illness, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you are feeling better.

How to Find Us



716.332.5900

1140 Delaware Avenue • Buffalo NY 14209

www.gildasclubwny.org

Become a Member

Three steps to membership and continued use of Gilda's Club Western New York

1. Call 716.332.5900 to speak to a Program Staff person.
2. Come to a New Member Meeting to learn about us.
3. Create a Customized Membership Plan.

Membership is free.

For more information on becoming a member, a volunteer or to make a tax-deductible donation, please contact us. Gilda's Club is a 501© (3) non-profit corporation funded by gifts from individuals, foundations and corporations.