

| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY |
|--------|---|--|---|---|--|----------|
|        | 10-11:20am Yoga                                     | 10-11am poetry without rhyme<br>11am-noon Qi Gong<br>Noon-2pm Open beading – no instruction<br>1-2pm New Member Meeting<br>2-4pm Wellness Group<br>5:30-6:30pm Yoga<br>6:40-7:40pm Tango   | 1-3pm Art Workshop<br>3:30-5:30pm Beading<br>6-8pm Noogie Nights: Small Talk<br>6-7pm New Member Meeting<br>6-8pm Wellness Group<br>6-8pm Family and Friends Group<br>6-8pm Family and Friends Alumni (bereavement)<br>6:30-8pm Breast Cancer Networking Group                  | 10-11am Spanish<br>4:30-5:30pm Tai Chi<br>5:30-7:30pm Couples' Networking Group   | 9-10am Intro to Resistance<br>Training<br>10:15-11:30am Yoga<br>11:30am-12:30pm Brown Bag<br>Nutritional<br>Networking<br>Lunch<br>11:30am-12:30pm Knitting  |          |
|        | 10-11:20am Yoga<br>10am-12pm Card-making            | 10-11pm poetry without rhyme<br>11am-noon Qi Gong<br>Noon-2pm Open beading – no instruction<br>1-2pm New Member Meeting<br>2-4pm Wellness Group<br>5:30-6:30pm Yoga<br>5:30-7pm Movin' on/<br>Helping Hands<br>6:40-7:40pm Tango<br>6:40-7:40pm Meditation   | 1-3pm Art Workshop<br>6-8pm Noogie Nights: Taste Test Night<br>6-7pm New Member Meeting<br>6-8pm Wellness Group<br>6-8pm Family and Friends Group<br>6:30-8pm Red Door Readers: <i>The Good Thief</i>   | 4:30-5:30pm Tai Chi<br>5:45-7:15pm Lung Cancer<br>Networking group<br>6-7:30pm Living with Cancer in<br>Your 20's and 30's<br>6-7:30pm Men's Networking<br>Group<br>6-7:30pm Noogie Nights<br>7-8:30pm Lymphoma-Leukemia<br>Group | 9-10am Intro to Resistance<br>Training<br>Yoga<br>10:15-11:30am Brown Bag<br>11:30am-12:30pm Nutritional<br>Networking<br>Group<br>11:30am-12:30pm Mah Jongg |          |
|        | 10-11:20am Yoga<br>11am-7pm <b>The Jewelry Show</b> | 10-11am poetry without rhyme<br>11am-noon Qi Gong<br>Noon-2pm Open beading – no instruction<br>1-2pm New Member Meeting<br>2-4pm Wellness Group<br>5:30-6:30pm Yoga<br>6:40-7:40pm Tango   | 1-3pm Art Workshop<br>3:30-5:30pm Beading<br>6-8pm Noogie Nights: Bingo<br>6-7pm New Member Meeting<br>6-8pm Wellness Group<br>6-8pm Family and Friends Group<br>6-8pm Family and Friends Alumni (bereavement)<br>6:30-8pm Young Breast<br>Cancer Survivors<br>Networking Group | 10-11am Spanish<br>4:30-5:30pm Tai Chi<br>4:30-6pm Kidney Cancer<br>Networking Group<br>6-8pm <b>Pot Luck Supper –</b><br>Taco Bar and Trivial<br>Pursuit with the<br>Girl Scouts   | 9-10am Intro to Resistance<br>Training<br>Yoga<br>10:15-11:30am Brown Bag<br>11:30am-12:30pm Nutritional<br>Networking<br>Lunch<br>11:30am-12:30pm Knitting  |          |
|        | 10-11:20am Yoga                                     | 10-11am poetry without rhyme<br>Brown Bag Lunch &<br>Learn – Reiki<br>Noon-1pm Open beading – no instruction<br>11am-noon Qi Gong<br>1-2pm New Member Meeting<br>2-4pm Wellness Group<br>5:30-6:30pm Yoga<br>5:30-7pm Teen Night –<br>Talent Show<br>5:30-7pm Metastatic Networking<br>6:40-7:40pm Tango<br>6:40-7:40pm Meditation | 1-3pm Art Workshop<br>6-8pm Noogie Nights: Make<br>Your Own Castle<br>6-7pm New Member Meeting<br>6-8pm Wellness Group<br>6-8pm Family and Friends<br>Group   | 4-5:30pm GYN Group<br>4:30-5:30pm Tai Chi<br>5-6pm Rubber Stamping<br>Crafts<br>6-7:30pm <b>Sexuality After<br/>Breast and GYN<br/>Cancers</b>  | 9-10am Intro to Resistance<br>Training<br>Yoga<br>10:15-11:30am Brown Bag<br>11:30am-12:30pm Nutritional<br>Networking<br>Lunch<br>11:30am-12:30pm Mah Jongg |          |
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# March 2010

Please remember that we are SMOKE FREE, FRAGRANCE FREE and PESTICIDE FREE.

## New Member Meeting

This is a meeting for anyone interested in joining Gilda's Club and 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 adults with cancer and for families and friends of people living with cancer. Please call to make a reservation.

## Special Events in March

**The Jewelry Show** – Local Jewelry Artists will participate in a one day only show and sale on Monday, March 15th. All artists create handmade pieces that are unique and one of a kind. A portion of the proceeds benefit Gilda's Club WNY. This is a great way to introduce your friends to us. Light refreshments will be available.

**Pot Luck Supper** – March 18th from 6-8pm, Girl Scout Troup 386 brings us a Taco bar and then we will play Trivial Pursuit. Please bring a side or a dessert. RSVP by Monday, March 15.

**Brown Bag Lunch & Learn: Reiki** – Tuesday, March 23rd, noon-1pm, presented by Lisa Peterangelo who will discuss the benefits of using Reiki, a complimentary therapy, during an illness, in addition to traditional western medicine. Bring a lunch and your questions about Reiki. Guests are welcome. Please register by Monday, March 22nd.

clinical psychologist in private practice specializing in sexuality and relationships as well as cancer survivorship issues. Women who have been diagnosed with breast and GYN cancers will have the opportunity to learn more about the ways these types of cancer can affect sexual function and self-image, including information about specific treatment effects as well as strategies for addressing these concerns. Members are welcome to come alone or bring their significant others. Light refreshments will be served. RSVP by March 23rd.

**Rubber Stamping Crafts** – Join us Thursday, March 25th, 5-6pm, to create bookmarks, note cards, and more with our large collection of rubber stamps and ink. It's a fun and simple way to create art & add your personal touch to paper crafts. Supplies will be provided, but you are welcome to bring a project of your own and use the variety of stamps available. This workshop is hosted by the Movin' On/Helping Hands Networking Group. Invite a guest; all are welcome. Please sign up in advance.

**Ask the Expert** – Sexuality After Breast and GYN Cancers – March 25th from 6-7:30pm. In addition to serving as facilitator of our breast cancer networking groups, Dr. Lisa Anillo is a

## Ongoing Activities – Basic 3+

**New Member Meeting** – This is a meeting 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.

### 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 the first time.

#### TWICE MONTHLY

**Family and Friends Alumni Group** – This group meets on the first and third Wednesday of the month. It is for members who have had a family member or friend die from cancer. It is facilitated by Mary Lynn Acee-Kielich.

#### MONTHLY NETWORKING

**Breast Cancer Networking Group** – Lisa Anillo, PhD facilitates this monthly group which meets the first Wednesday of every month.

**Gynecological Cancer Networking Group** – This group is for women who have, or have had, any type of gynecological cancer and would like to share experiences and support, the group will meet from 4-5:30pm on the fourth Thursday of every month.

**Kidney Cancer Networking Group** – 4:30-6 pm on the third Thursday.

**Living with Cancer in Your 20s and 30s** – This Support Group is for young adults to share their unique cancer experiences. This group meets from 6-7:30pm on the second Thursday.

**Living with Metastatic Illness** – 5:30-7pm on the fourth Tuesday. When cancer comes back or metastasizes it often creates a special set of feelings and issues. Meet others to compare experiences, gain wisdom and share strength.

**Lung Cancer Networking Group** – 5:45-7:15pm on the second 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** – 7-8:30pm on the second Thursday.

**Men's Group** – This is a Networking Group that meets the second Thursday of the month for men who are living with women living with cancer. Charles Syms, LCSW facilitates this group.

## Ongoing Activities continued

**Movin' On** – This Networking Group is for cancer survivors. It is part of Gilda's Club pH&d component and offers perspective, helping hands and discovery for those at least two years beyond treatment who want to integrate the cancer experience and move forward. Christy Castner will facilitate this group on the second Tuesday from 5:30-7pm.

**Young Breast Cancer Survivors Networking Group** – 6:30-8pm on the third Wednesday of the month, this group is for young women living with breast cancer. This group is facilitated by Lisa Anillo, PhD.

### Workshops

**Saturday programming is on hold for a few months.**

**Art Workshop** – This group meets every Wednesday from 1-3pm. Joan teaches a skill on the first Wednesday of the month. You may either continue with your project throughout the month or choose another art form to create your own project. No previous art experience necessary.

**Beading** – There is open beading every Tuesday from noon-2pm. Two Wednesdays a month, a class will be taught. Please check calendar for dates.

**Knit Wits** – Knitting occurs on the first and third Fridays from 11:15am-12:30pm. Bring projects in progress or come and learn. Kibitzers welcome.

**Meditation** – Many forms of meditation and relaxation are taught and practiced. Join us on the second and fourth Tuesdays.

**poetry without rhyme** – Tuesday morning is the time to write poetry – no experience necessary.

**Resistance Training** – We will all gain something from resistance training on Friday mornings from 9-10am. We have 3 and 5 pound weights for you to use.

**Spanish Quiéres habla español?** Come join us for a class in conversational Spanish on the first and third Thursday of the month from 10-11am.

**Tai Chi/Qi Gong** – Tuesday mornings from 11am-noon, come and enjoy qi gong. Then on Thursdays from 4:30-5:30pm, we offer tai chi.

**Tango** – Learn to tango – come alone or come together at 6:40pm on Tuesday evenings.

**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 your body to a little relaxation and stress relief. Wear loose and comfortable clothing. Yoga mats are provided.

### Social

**Mah Jongg** – Come play this ancient Asian game on the second and fourth Friday mornings. If you've never played, we will be delighted to teach you.


**Pot Luck Supper** – The third Thursday of every month – it's fun! and it's always delicious. PLEASE SIGN UP and let us know what you are bringing.

**Red Door Readers** – March, *The Good Thief*, Hannah Tinti; April, *13 Reasons Why*, Jay Asher; May, *Buffalo Lockjaw*, Greg Ames; June, *Little Bee*, Chris Cleave; July, *Twenties Girl*, Sophie Kinsella; August, *The Help*, Kathryn Stockett; September, *Oliver Kitteridge*, Elizabeth Strout; October, *The Girl with the Dragon Tattoo*, Stieg Larson.

### NoogieLand

**\*NoogieNights** – A weekly evening for children (ages 3-12) who have been touched by cancer to come together and have fun through art & play. (Please sign up 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.

**\*NoogieNights are sponsored by Univera Healthcare.** 

### 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.

**During inclement weather watch Channel 2 or go to WGRZ.com to find out if we are closed.**