

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	10-11:20am Yoga	11am-noon Qi Gong Noon-2pm Open beading – no instruction 2-4pm Wellness Group 5:30-7pm Metastatic Networking Group 5:30-6:30pm Yoga 6:40-7:40pm Tango	1-3pm Art Workshop 5:30-6:30pm Yoga 6-7pm New Member Meeting 6-8pm Noogie Nights: Small Talk 6-8pm Wellness Group 6-8pm Family and Friends 6-8pm Family and Friends Alumni (bereavement) 6:30-8pm Breast Cancer Networking Group	4-5pm Tai Chi 5:30-7pm Couples Networking Group	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Networking Lunch 11:30am-12:30pm Knitting 1-2pm Walking Group	6

8	10-11:20am Yoga 11:30am-12:30pm Spanish	11am-noon Qi Gong Noon-2pm Open beading – no instruction 2-4pm Wellness Group 5:30-7pm Movin' on/Helping Hands 5:30-6:30pm Yoga 6:40-7:40pm Meditation 6:40-7:40pm Tango	1-3pm Art Workshop 5:30-6:30pm Yoga 6-8pm Noogie Nights: Your Choice Night 6-8pm Wellness Group 6-8pm Family and Friends Group 6:30-8pm Red Door Readers: <i>The Help</i> by Kathryn Stockett	2-3pm New Member Meeting 4-5pm Tai Chi 5:45-7:15pm Lung Cancer Networking group 6-7:30pm Living with Cancer in Your 20's and 30's 6-7:30pm Men's Networking Group 6-7:30pm Noogie Nights 7-8:30pm Lymphoma-Leukemia Group	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Networking Lunch 1-2pm Walking Group	13
---	--	--	--	---	--	----

15	10-11:20am Yoga	11am-noon Qi Gong Noon-2pm Open beading – no instruction 2-4pm Wellness Group 5:30-6:30pm Yoga 6:40-7:40pm Tango	9:30am-Noon Living Healthy Workshop, week 1 1-3pm Art Workshop 5:30-6:30pm Yoga 6-8pm Noogie Nights: Crayon Cabins 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends 6-8pm Family and Friends Alumni (bereavement) 6:30-8pm Young Breast Cancer Networking Group	4-5pm Tai Chi 4:30-6pm Kidney Cancer Networking Group 6-8pm Pot Luck Supper	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Networking Lunch 11:30am-12:30pm Knitting 1-2pm Walking Group	20
----	-----------------	--	---	---	--	----

22	10-11:20am Yoga 11:30am-12:30pm Spanish	11am-noon Qi Gong Noon-2pm Open beading – no instruction 2-4pm Wellness Group 5:30-7pm Teen Night 5:30-6:30pm Yoga 6-7pm New Member Ice Cream Social 6:40-7:40pm Tango 6:40-7:40pm Meditation	9:30am-Noon Living Healthy Workshop, week 2 1-3pm Art Workshop 5:30-6:30pm Yoga 6-8pm Noogie Nights 6-8pm Wellness Group 6-8pm Family and Friends Group	2-3pm New Member Meeting 4-5pm Tai Chi 4-5:30pm GYN Group 6-7pm Ask the Expert: Cancer and Nutrition	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Networking Lunch 1-2pm Walking Group	27
----	--	--	--	---	--	----

29	10-11:20am Yoga	11am-noon Qi Gong Noon-2pm Open beading – no instruction 2-4pm Wellness Group 5:30-6:30pm Yoga 6:40-7:40pm Tango	<h1>August 2010</h1> <h2>New Member Meeting</h2> <p>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.</p>			<p>Please remember that we are SMOKE FREE, FRAGRANCE FREE and PESTICIDE FREE.</p>	 <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p> <p>716.332.5900 1140 Delaware Ave. • Buffalo, NY 14209 www.gildasclubwny.org</p>
30			31				

Special Events in August

Pot Luck Supper – On Thursday, August 19, we will have our pot luck supper and you just need to bring a side, a salad or a dessert. RSVP by Tuesday, August 17.

New Member Ice Cream Social – Tuesday, August 24th, 6-7pm. Come meet other new members, enjoy a cool treat and learn more about some of the groups and activities at Gilda's Club WNY. If you have joined GCWNY during the past 3 months or if you consider yourself a new member – perhaps not attending as much as you would like – please join us for this social. Also, if you are a long time member and want to welcome others or share about your favorite activities, please feel free to join us for this gathering. Please sign up by Monday, Aug. 23rd to help us plan. This event is sponsored by the Movin' On/Helping Hands Networking Group.

Ask the Expert: Nutrition and Wellness Along Your Cancer Journey – presented by Leslie Bonci, R.D., M.P.H., L.D.N. Join us for a discussion of how to eat for pleasure and health when living with cancer. Learn about ways to eat, exercise, manage stress and focus on

moving forward. Thursday, August 26, 6-7pm; free and open to the public; men and women impacted by any type of cancer are encouraged to attend. The registration number is 1-866-631-6280. Sponsored by Genentech.

Living Healthy Workshop – Join us for a six-week workshop series provided by P2 Collaborative of WNY and the American Red Cross, Greater Buffalo Chapter. The series will provide information and practical skills on managing chronic health problems, including: pain management, nutrition, exercise, appropriate use of medications, communicating effectively with physicians, evaluating new treatments and more. Wednesdays, 9:30am-noon, Aug. 18 to Sept. 22. Call the American Red Cross, Greater Buffalo Chapter at 716-878-2371 to register. This workshop is free and open to the public. Call soon because space is limited.



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 Anllo, 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 – 4:30-6pm 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 first 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.

Ongoing Activities continued

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.

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 Anllo, PhD.

Workshops

Art Workshop – This group meets every Wednesday from 1-3pm. She 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-2. Every Wednesdays 3:30-5:30pm, a class will be taught. Wednesday beading is on vacation in July and August.

Knit Wits – Knitting occurs on the first and third Fridays from 11:15-12:30pm. 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. On Summer Vacation.

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 – Quieres habla español? Come join us for a class in conversational Spanish on the second and fourth Monday after yoga in July and August.

Tai Chi/Qi Gong Tuesday mornings from 11am-noon, come and enjoy qi gong. Then on Thursdays from 4-5pm, 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

Glee Club – On hold.

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. **ON SUMMER VACATION.**

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 – August: *The Help* by Kathryn Stockett; September: *Olive Kitteridge* by Elizabeth Strout; October: *The Girl with the Dragon Tattoo* by 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.

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.