January 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year's Day **No program** **1**	**2**
3	10-11:20am Yoga **4**	10-11am poetry without rhyme 11am-noon Qi Gong Noon-2pm Open beading no instruction 1-2pm New Member Meeting 2-4pm Wellness Group 2:15-3:30pm Glee Club 5:30-6:30pm Yoga 6:40-7:40pm Tango **5**	1-3pm Art Workshop 3:30-5:30pm Beading 5:30-6:15pm active yengar-based asana+ 6:15-7pm restorative yoga 6-8pm Noogie Nights: Small Talk 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group 6-8pm Family and Friends Alumni (bereavement) 6:30-8pm Breast Cancer Networking Group **6**	10-11am Spanish 4:30-5:30pm T'ai Chi Ch'uan 5:30-7:30pm Couples' Networking Group **7**	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Networking Lunch 11:30am-12:30pm Mah Jongg **8**	10am-noon Scrapbooking 10:30am-12:30pm Sisters' Network **9**
10	10am-noon Card-making 10-11:20am Yoga Noon-2pm Brown Bag Lunch and Movie **11**	10-11am poetry without rhyme 11-noon Qi Gong Noon-2pm Open beading no instruction 1-2pm New Member Meeting 2-4pm Wellness Group 5:30-6:30pm Yoga 5:30-7pm Movin' on/ Helping Hands 6:40-7:40pm Tango 6:40-7:40pm Meditation **12**	1-3pm Art Workshop 6-8pm Noogie Nights 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group 6:30-8pm Red Door Readers: *Water for Elephants* **13**	5:45-7:15pm Lung Cancer Networking Group 4:30-5:30pm T'ai Chi Ch'uan 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 **14**	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 **15**	**16**
17	**Closed in honor of Dr. Martin Luther King** **18**	10-11am poetry without rhyme 11am-noon Qi Gong Noon-2pm Open beading no instruction 1-2pm New Member Meeting 2-4pm Wellness Group 2:15-3:30pm Glee Club 5:30-6:30pm Yoga 6:40-7:40pm Tango **19**	1-3pm Art Workshop 3:30-5:30pm Beading 5:30-6:15pm active yengar-based asana+ 6:15-7pm restorative yoga 6-8pm Noogie Nights 6-7pm NO New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group 6-8pm Family and Friends Alumni (bereavement) 6:30-8pm Young Breast Cancer Survivors Networking Group **20**	10-11am Spanish 4:30-5:30pm T'ai Chi Ch'uan 4:30-6pm Kidney Cancer Networking Group **6-8pm Pot Luck Supper sponsored by Bureau Veritas with the North Collins Singers** **21**	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Networking Lunch 11:30am-12:30pm Mah Jongg **22**	**23**
24/31	10-11:20am Yoga **25**	10-11am poetry without rhyme Noon-2pm Open beading 11am-noon Qi Gong 1-2pm New Member Meeting 2-4pm Wellness Group 5:30-6:30pm Yoga 5:30-7pm Teen Night: Teen Writing Contest Reception 5:30-7pm NEW Metastatic Networking Group 6:40-7:40pm Tango 6:40-7:40pm Meditation **26**	1-3pm Art Workshop 6-8pm Noogie Nights 6-7pm New Member Meeting 6-8pm Wellness Group 6-8pm Family and Friends Group **27**	4-5:30pm GYN Group **28**	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Networking Lunch **29**	**30**

Special Events in January

Pot Luck Supper – On Thursday, January 21st Bureau Veritas will sponsor a pot luck. We will be serenaded by Jill and the North Collins Singers. Please bring a side dish, salad or dessert and sign up by Wednesday, January 19th.

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 4th 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 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 – 7-8:30 pm 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.

Sisters Network – This group meets from 10:30am-12:30pm on the second Saturday of the month and is for African American women living with breast cancer.

Ongoing Activities continued

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. A skill will be taught 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.

Card-making – Join us for card-making the second Monday of every month from 10am-noon. All necessary supplies will be provided.

Knit Wits – Knitting occurs on the first and third Friday 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.

Quilting – On the second Saturday of the month, members and volunteers gather to quilt from 10:30am-noon. On winter break.

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.

Scrapbooking – Join us for scrapbooking on the second Saturday from 10am-noon. Supplies are plentiful but you may bring your own as well.

Spanish Quieres habla espanol? – 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

Glee Club – This singing group meets every other Tuesday.

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 – January: *Water for Elephants* by Sara Gruen, February: *Look at Me* by Jennifer Egan

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.