

Sexuality After Prostate Cancer
COMING IN SEPTEMBER

Nutrition and Wellness Along Your Cancer Journey
COMING IN AUGUST

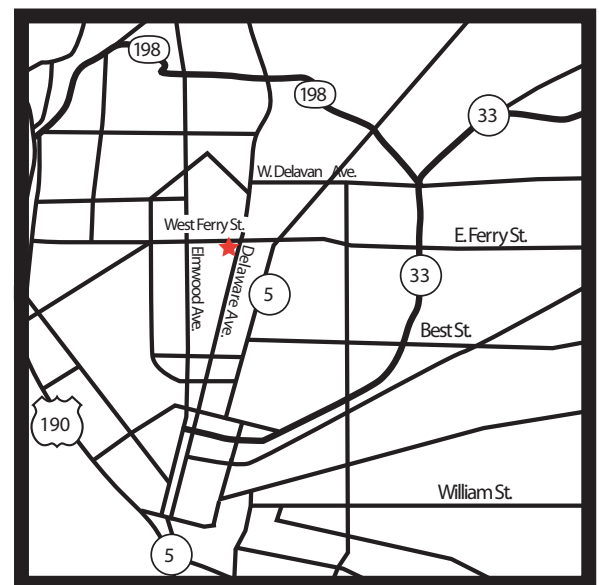
July/August 2010

Program Calendar



Non-Profit
 US Postage
 PAID
 Buffalo, NY
 Permit #4366

How to find us



716.332.5900
 1140 Delaware Avenue • Buffalo, NY 14209
www.gildasclubwny.org

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, donation opportunities or other ways to support us, please contact us at 716.332.5900.

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

And 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(c)(3) non-profit corporation funded by gifts from individuals, foundations and corporations.

STAFF DIRECTORY:

Mary Beth Karr - Executive Director
 Kathy Kurtz - Interim Program Director/Noogieland Coordinator
 Christy Castner - Program Coordinator
 Robin Vail - Development Coordinator
 Heidi Billittier - Coordinator of Volunteers

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: kkurtz@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.

July 2010

New Member Meeting PLEASE NOTE NEW TIMES AND DAYS

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.

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

4-5pm 5:30-7pm	Tai Chi Couples Networking Group	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch Networking Group 11:30am-12:30pm Knitting Walking Group 1-2pm	2	3
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INDEPENDENCE DAY OBSERVED

CLUB CLOSED

4

11am-noon Noon-2pm 2-4pm 5:30-7pm 5:30-6:30pm 6:40-7:40pm	Qi Gong Open beading – no instruction Wellness Group Metastatic Networking Group NEW DAY Yoga Tango	1-3pm 5:30-6:30pm 6-8pm 6-7pm 6-8pm 6-8pm 6:30-8pm	Art Workshop Yoga Noogie Nights: Small Talk NO New Member Meeting tonight Wellness Group Family and Friends Family and Friends Alumni (bereavement) Breast Cancer Networking Group	7	4-5pm 5:45-7:15pm 6-7:30pm 6-7:30pm 6-7:30pm	Tai Chi Lung Cancer Networking Group Living with Cancer in Your 20's and 30's Men's Networking Group Noogie Nights NO Lymphoma-Leukemia Group this month only	8	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch Networking Group 12:30-1:30pm Gilda's Poetry Reading Walking Group 1-2pm	9	10
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11

10-11:20am 11:30am-12:30pm	Yoga Spanish NEW SUMMER TIME	11am-noon Noon-2pm 2-4pm 5:30-7pm 5:30-6:30pm 6:40-7:40pm	Qi Gong Open beading – no instruction Wellness Group Movin' on/Helping Hands Yoga Meditation Tango	1-3pm 5:30-6:30pm 6-8pm 6-8pm 6-8pm 6:30-8pm	Art Workshop Yoga Noogie Nights: Fun on the Porch Wellness Group Family and Friends Group Red Door Readers: Twenties Girl	2-3pm 4-5pm 4:30-6pm 6-8pm	New Member Meeting (new time and day) Tai Chi Kidney Cancer Networking Group Pot Luck Supper	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch Networking Group 1-2pm Walking Group	16	17
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18

10-11:20am 11:30am-12:30pm	Yoga Spanish	Noon-2pm 11am-noon 2-4pm 5:30-6:30pm 6:40-7:40pm	Open beading – no instruction Qi Gong Wellness Group Yoga Tango	1-3pm 5:30-6:30pm 6-8pm 6-7pm 6-8pm 6-8pm 6:30-8pm	Art Workshop Yoga Noogie Nights: Movie Night New Member Meeting Wellness Group Family and Friends Family and Friends Alumni (bereavement) Young Breast Cancer Networking Group	4-5pm 4-5:30pm	Tai Chi GYN Group	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch Networking Group 1-2pm Walking Group	23	24
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25

10-11:20am 11:30am-12:30pm	Yoga Spanish	11am-noon Noon-2pm 2-4pm 5:30-7pm 5:30-6:30pm 6:40-7:40pm	Qi Gong Open beading – no instruction Wellness Group Teen Night Yoga Tango Meditation	1-3pm 5:30-6:30pm 6-8pm 6-8pm 6-8pm	Art Workshop Yoga Noogie Nights: Sand Art Wellness Group Family and Friends Group	2-3pm 4-5pm 6-7:30pm	New Member Meeting Tai Chi Ask the Expert: Addressing Cancer in the Workplace	9-10am Intro to Resistance Training 10:15-11:30am Yoga 11:30am-12:30pm Brown Bag Nutritional Lunch Networking Group 1-2pm Walking Group	30	31
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Special Events in July

Pot Luck Supper – On Thursday, July 15, volunteers Diane Ceravolo and her daughter Gabrielle Harrington will host our dinner. And we just may have some karaoke to go along with them. You just need to bring a side, a salad or a dessert. RSVP by Tuesday, July 13th.

Poetry Reading – Friday, July 9th after the Brown Bag Nutrition lunch, the poets of Gilda's Club poetry class will read from their work.

Ask the Expert: Addressing Cancer in the Workplace, Thursday, July 29th, 6-7:30pm, presented by Denise Mercurio-Riley, MS, CRC. Join us for a discussion of issues related to work life when you have cancer. There can be so many decisions about work when your are diagnosed with cancer: How do you talk to your boss and co-workers about your cancer? Choosing to continue working or to take leave

during treatment; returning to work after treatment; changes in roles and work load; is my job at risk? Bring your questions and share your experiences in addressing the important decisions related to your work life when you have cancer, both during and after treatment.



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. And please note new days and times.

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 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.

Lymphoma/Leukemia Networking Group – 7-8:30pm on the second Thursday. No Meeting in July.

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 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-2pm. Wednesdays 3:30-5:30pm, a class will be taught. Tuesday beading is on. Wednesday beading on vacation for July and August.

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. 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 espanol? 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 – July: *Twenties Girl* by Sophie Kinsella; 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.