

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 2009						
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.						
	10-11:20am 2-4pm Yoga Look Good Feel Better	10-11am 11am-noon Noon-2pm 1-2pm 2-4pm 5:30-6:30pm 6:40-7:40pm poetry without rhyme Qi Gong Open beading – no instruction New Member Meeting Wellness Group Yoga Tango	1-2:30pm 3-5pm 5:30-6:15pm 6:15-7pm 6-8pm 6-7pm 6-8pm 6-8pm 6-8pm 6-8pm Art Workshop Beading m: active yengar-based asana+ restorative yoga Noogie Nights: Small Talk New Member Meeting Wellness Group Family and Friends Group Alumni (bereavement) Breast Cancer Networking Group	4:30-5:30pm 5:30-7pm 6-7:30pm 6-7:30pm 6-7:30pm 7-8:30pm T'ai Chi Ch'uan Lung Cancer Networking Group Men's Networking Group Living with Cancer in Your 20's and 30's Noogie Nights Lymphoma-Leukemia Group	9-10am 10:15-11:30am 11:30am-12:30pm Intro to Resistance Training Yoga Brown Bag Nutritional Networking Lunch Mah Jongg	9:30-10:30am 10am-noon 10:30am-12:30pm 10:30am-noon Yoga Scrapbooking Sisters' Network Quilting
4	5	6	7	8	9	10
10am-noon 10-11:20am Noon-2pm Card-making Yoga Brown Bag Lunch and Movie	10-11am 11am-noon Noon-2pm 1-2pm 2-4pm 5:30-6:30pm 5:30-7pm 6:40-7:40pm 6:40-7:40pm poetry without rhyme Qi Gong Open beading – no instruction New Member Meeting Wellness Group Yoga Movin' On/ Helping Hands Tango Meditation	1-2:30pm 6-8pm 6-7pm 6-8pm 6:30-8pm Art Workshop Noogie Nights: Kitchen Fun New Member Meeting Wellness Group Family and Friends Group Red Door Readers: <i>The Monsters of Templeton</i>	10:30-11:30am 4:30-5:30pm 4:30-6pm Spanish T'ai Chi Ch'uan Kidney Cancer Networking Group No Pot Luck This Month (see Noogiefest)	9-10am 10:15-11:30am 11:30am-12:30pm Intro to Resistance Training Yoga Brown Bag Nutritional Networking Lunch Knitting	16	18
11	12	13	14	15	16	18
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18	19	20	21	22	23	24
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25	26	27	28	29	30	31

Special Events in October

Look Good, Feel Better: on Monday, October 5 from 2-4pm, this program will be presented by the American Cancer Society to help women currently undergoing cancer treatment with their appearance related to side effects of that treatment. Each woman learns to perform her own makeover using make-up provided. Space is very limited so please sign up asap by calling the American Cancer Society at 1-800-227-2345. The next program will be 12/14/2009, followed by 2/22/2010, 4/26/2010 & 6/21/2010.

Laugh for the Health of It – Thursday, October 22nd 6:30-7:30pm Learn all the ways that laughter can enhance your life. This program focuses on the benefits of bringing more laughter and humor into your day. This is a fun, interactive program. With the help of Certified Laughter Leader, Nancy Weil, get ready to let the magic of laughter work for you!

NOOGIEFEST: Thursday, October 29th from 5:30-7pm. This annual inter-generational Halloween party is always fun! Join us for food, games, contests, costumes and much more. The students from U.B. will again join in the merriment. Bring your entire family! Costumes are STRONGLY encouraged but no full face masks. RSVP by Tuesday, October 27th.



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 Anlio, 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.

Lung Cancer Networking Group – 5:30-7pm 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 – 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.

Ongoing Activities continued

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.

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 Anlio, PhD.

Workshops

Art Workshop – This group meets every Wednesday from 1-2:30pm. 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 – Check calendar

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-12:15pm. 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.

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 español? Come join us for a class in conversational Spanish on the first and third Thursday of the month.

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 – Please call for dates and time.

Mah Jongg – Come play this ancient Asian game the second and fourth Friday morning. 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. **No pot luck this month.**

Red Door Readers – October: *The Monsters of Templeton* by Lauren Groff, November: *Still Alice* by Lisa Genova, December: *Guernsey Literary and Potato Peel Society* by Mary Ann Schaffer, 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.