






# Gilda's Club Westchester

A free cancer support community for people living with cancer, their families, and friends

## August 2010 Program Calendar



Mon	Tue	Wed	Thu	Fri	Sat
2 11:00-12:30 Breast Cancer NWG 11:00-12:00 Mah Jongg	3 1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Tool! 2:00-4:00 Open Quilting <b>3:30-5:30 Rapid Relief from Fear (Open To the Public) New Member Meeting</b> 6:30-8:00 Gynecologic NWG 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group	4 10:30-11:30 Zumba 12:00-2:00 Wellness Group 6:00-7:00 Yoga 6:30-8:00 Lung Cancer NWG 6:30-8:30 Blood Cancer NWG 6:30-8:00 Multiple Myeloma NWG	5 9:15-10:00 Pilates 6:30-8:00 Parenting NWG 6:30-8:30 Family Group 6:30-8:30 Wellness Group	6 11:00-12:00 Tai Chi 12:00-3:00 Open Art Studio	We are located at 80 Maple Avenue White Plains, NY 10601-5105 Visit our website at <a href="http://www.gildasclubwestchester.org">www.gildasclubwestchester.org</a> If you prefer to receive this calendar by email, please contact Essie at <a href="mailto:Esteckler@gildasclubwestchester.org">Esteckler@gildasclubwestchester.org</a>
9 11:00-3:00 Mah Jongg	10 1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Tool! <b>1:00-2:30 New Member Meeting</b> 2:00-4:00 Open Quilting 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group 	11 10:00-11:00 Pilates 11:00-11:30 Cardio Step 12:00-1:30 Parents of Children with Cancer NWG Wellness Group Yoga <b>6:30-8:00 2nd Annual Caribbean/Calypso Night (Members Only)</b> 6:30-8:00 Post Treatment NWG	12 6:30-8:30 Family Group 6:30-8:30 Wellness Group	13 12:00-3:00 Open Art Studio 1:30-2:15 Zumba 	<u><b>Quote of The Month</b></u>  <i>The best way to cheer yourself up is to try to cheer someone else up.</i>
16 11:00-3:00 Mah Jongg <b>1:00-3:00 Look Good...Feel Better! (Open To the Public)</b>	17 1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Tool! 2:00-4:00 Open Quilting <b>6:30-8:00 New Member Meeting</b> 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group	18 10:00-11:00 Pilates 11:00-11:30 Cardio Step 12:00-2:00 Wellness Group <b>6:30 pm Night of Remembrance (Members Only)</b> 6:00-7:00 Yoga 6:30-8:00 Men's Networking Group	19 9:15-10:00 Pilates 2:30-4:00 Red Door Readers 6:30-8:30 Family Group 6:30-8:30 Wellness Group	20 12:00-3:00 Open Art Studio	Please sign up for all classes & events. Any activity without a reservation 24 hours prior will be cancelled.  Free Membership Call for information (914) 644-8844 <a href="http://www.gildasclubwestchester.org">www.gildasclubwestchester.org</a>
23 11:00-3:00 Mah Jongg	24 1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Tool! <b>1:00-2:30 New Member Meeting</b> 2:00-4:00 Open Quilting 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group	25 10:00-11:00 Pilates 11:00-11:30 Cardio Step 12:00-2:00 Wellness Group 6:00-7:00 Yoga	26 9:15-10:00 Pilates 6:30-8:30 Family Group 6:30-8:30 Wellness Group	27 12:00-3:00 Open Art Studio 	<b>Clubhouse Hours</b> Mon 9:00 AM - 5:30 PM Tues., Wed., Thurs. 9:00 AM-8:30 PM Fri- 9:00 AM- 4:00 PM
30 11:00-3:00 Mah Jongg	31 1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Tool! 2:00-4:00 Open Quilting <b>6:30-8:00 New Member Meeting</b> 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group			<u><b>Coming in September</b></u> <i>Easy Self-Hypnosis Let's Make Up Look Good...Feel Better! Keep the Caring in Care Partnering Holistic Approach to Living with Cancer</i>	<i>Thank you to E&amp;J Offset Printing, located in Mount Vernon, New York, for donating the printing of our calendar!</i>

## How to Join Gilda's Club Westchester

Gilda's Club Westchester is a free cancer support community for men, women, and children living with cancer, their families and friends. Membership is **free** and easy!

1. Call us at (914) 644-8844 or drop by at 80 Maple Avenue, White Plains, NY
2. Sign up to attend a New Member Meeting
3. Develop a Customized Membership Plan to meet your needs
4. Participate in the Program as much as you want

### What to Expect at a New Member Meeting

Scheduled at Gilda's Club Westchester several times per month, these sessions can include any number of prospective members as well as a facilitator and a cancer survivor or family member volunteer. The facilitator describes the Gilda's Club Program. The session concludes with a tour of the clubhouse and the scheduling of a Customized Membership Plan meeting if the person wishes to complete the membership process.

### New Member Meetings

*Tuesday, August 3, 6:30-8:00 PM*

*Tuesday, August 10, 1:00-2:30 PM*

*Tuesday, August 17, 6:30-8:00 PM*

*Tuesday, August 24, 1:00-2:30 PM*

*Tuesday, August 31, 6:30-8:00 PM*

### Customized Membership Plan (CMP)

This one hour, one on one collaborative discussion with a licensed mental health professional allows each prospective member to structure a personal and unique plan for emotional and social support at Gilda's Club Westchester. This personalized plan incorporates the parts of the Gilda's Club Program that best meet the individual's needs and interests.

### Support Groups

All support groups are facilitated by licensed mental health professionals. If you are interested in a group, call (914) 644-8844

Below is a description of the weekly support groups.

### Wellness Groups

Weekly on-going support groups for people living with cancer.

### Family and Friends Groups

Weekly on-going support groups for families and friends of people living with cancer.

### Living with Loss Groups

Weekly groups for adults who have had a significant person in their lives die of cancer.

### Networking Groups

Monthly on-going cancer specific groups that have both a supportive and informational component for people living with cancer. They are facilitated by licensed mental health professionals.

Breast Cancer NWG  
Blood Cancer NWG  
Gynecological NWG

Multiple Myeloma NWG –also open to family & friends.

Lung Cancer NWG-also open to family & friends.

Men's NWG-for men with any type of cancer.

Post-Treatment NWG

Parents of Children with Cancer NWG

Parenting NWG-For parents living with cancer, who have children or teens. This is also open to spouses and partners.

*Thank you to OSI Pharmaceuticals Foundation, Inc. for sponsoring the Lung Cancer Networking Group.*

*Thank you to Sole Ryeders and Friends for sponsoring 2010 lectures and workshops for women impacted by breast and gynecologic cancers.*

*Interested in assisting us with outreach? Stop by the Clubhouse and we'll give you some GCW brochures for you to bring to your next doctor's appointment.  
Thank You!*

### 2<sup>nd</sup> Annual Caribbean/Calypso Night (Members Only)

*Wednesday, August 11*

*6:30-8:00 PM*

*Listen to the steel drums while sipping frozen fruit drinks. Sing along to Harry Belafonte and join the Conga line. Feel like you are in the Caribbean without leaving White Plains. Tropical dress code is encouraged and we will vote on the best dressed. A head wrap demonstration will complete the island feeling. "Don't Worry...Be Happy" will be the theme for this fun event. Families are welcome.  
Sign up required.*

### Rapid Relief from Fear, Anger, Worry, Negativity and Stress

*Tuesday, August 3/3:30-5:30 PM*

*Scott E Weiner, Ph.D*

*Do you want easy and fast relief so you can enjoy the benefits of more positive attitudes and a less stressful life? Learn easy 1-minute self help techniques to let go of your stressful thoughts, relax rapidly, and proactively prevent stress. This relaxing workshop includes Calming guided imagery. Sign up required.*

### Red Door Readers

*Thursday, August 19*

*2:30-4:00PM*

*Elizabeth Hughes, Librarian, White Plains Public Library.  
Enchanting and evocative, Ray Bradbury's Dandelion Wine is an affirmation of youth and childhood summers filled with wonder.  
Sign up required.*



### Member Information

*In order to appropriately plan for materials and room set up, it is extremely important that you register for any activity you want to attend at least 24 hours in advance. If for some reason you need to cancel, we would appreciate as much advance notice as possible. Thank You!*

*Thank you to the David H. Wolf Celebration of Life Fund for sponsoring the Men's Networking Group.*