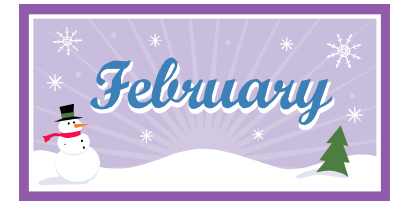





Gilda's Club Westchester

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

February 2012 Program Calendar



Mon	Tue	Wed	Thu	Fri	Sat
		<p>10:30-11:30 Zumba</p> <p>12:00-2:00 Wellness Group</p> <p>1:00-2:30 Restorative Yoga</p> <p>1:00-2:30 Assertive Communication: The Art of Getting Your Needs Met (Open to The Public)</p> <p>6:00-7:00 Yoga</p> <p>6:30-8:00 New Member Meeting</p> <p>6:30-8:00 Blood Cancer NWG</p> <p>6:30-8:00 Lung Cancer NWG</p> <p>6:30-8:00 Gastrointestinal NWG</p> <p>6:30-8:00 Multiple Myeloma NWG</p>	<p>2</p> <p>10:00-11:30 Put It Together Collage Making (Members Only)</p> <p>1:00-1:30 Walk Fit</p> <p>1:30-2:30 Stretch & Tone</p> <p>6:30-8:30 Family Group</p> <p>Wellness Group</p>	<p>3</p> <p>#4</p> <p>10:30-12:00 Relaxing Profoundly (Open to The Public)</p> <p>10:30-12:00 Art For Everyone with Gail (Members Only)</p> <p>12:00-3:00 Open Art Studio</p>	<p>We are located at 80 Maple Avenue White Plains, NY 10601-5105 Visit our website at www.gildasclubwestchester.org If you prefer to receive this calendar by email, please contact Essie at Esteckler@gildasclubwestchester.org</p>
<p>6</p> <p>11:00-12:30 Breast Cancer NWG</p> <p>11:00-3:00 Mah Jongg</p>	<p>7</p> <p>12:00-1:00 Yoga</p> <p>1:00-2:30 Knit One, Crochet Tool</p> <p>1:00-2:30 New Member Meeting</p> <p>1:00-2:30 Sistah's Circle</p> <p>1:00-3:00 Open Quilting</p> <p>2:30-4:00 Gilda's Singers</p> <p>6:30-8:00 Gynecologic NWG</p> <p>6:30-8:30 Living with Loss Group</p> <p>6:30-8:30 Family Group</p>	<p>8</p> <p>12:00-1:00 Pilates</p> <p>12:00-2:00 Wellness Group</p> <p>6:00-7:00 Yoga</p> <p>6:30-8:00 Post Treatment NWG</p>	<p>9</p> <p>9:30-10:15 Pilates Fusion</p> <p>10:00-11:30 Put It Together Collage Making (Members Only)</p> <p>1:00-1:30 Walk Fit</p> <p>1:30-2:30 Stretch & Tone</p> <p>6:30-8:00 Five to Thrive (Open to The Public)</p> <p>6:30-8:30 Family Group</p> <p>6:30-8:30 Wellness Group</p>	<p>10</p> <p>10:30-12:00 Art For Everyone with Gail (Members Only)</p> <p>12:00-3:00 Open Art Studio</p> 	<p><u>Quote of The Month</u></p> <p><i>"When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn."</i></p>
<p>13</p> <p>11:00-3:00 Mah Jongg</p>	<p>14</p> <p>11:00-12:00 Laughter Yoga</p> <p>12:00-1:00 Yoga</p> <p>1:00-2:30 Knit One, Crochet Tool</p> <p>1:00-3:00 Open Quilting</p> <p>2:30-4:00 Gilda's Singers</p> <p>6:30-8:00 New Member Meeting</p> <p>6:30-8:30 Living with Loss Group</p> <p>6:30-8:30 Family Group</p>	<p>15</p> <p>12:00-2:00 Wellness Group</p> <p>1:00-2:30 Beading with Diane</p> <p>1:00-2:30 Restorative Yoga</p> <p>6:00-7:00 Yoga</p> <p>6:30-8:00 Couples Night (Members Only)</p> <p>6:30-8:00 Men's NWG</p> <p>7:00-8:30 In The Pink NWG</p>	<p>16</p> <p>9:30-10:15 Pilates Fusion</p> <p>10:00-11:30 Put It Together Collage Making (Members Only)</p> <p>1:00-1:30 Walk Fit</p> <p>1:30-2:30 Stretch & Tone</p> <p>2:30-4:00 Red Door Readers</p> <p>6:30-8:00 Sistah's Circle</p> <p>6:30-8:00 Integrative Strategies for Cancer Patients (Open to The Public)</p> <p>6:30-8:00 Sistah's Circle</p> <p>6:30-8:30 Family Group</p> <p>6:30-8:30 Wellness Group</p>	<p>17</p> <p>10:30-12:00 Art For Everyone with Gail (Members Only)</p> <p>12:00-3:00 Open Art Studio</p> 	<p>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 www.gildasclubwestchester.org</p>
<p>20</p> <p>Clubhouse Closed President's Day</p> 	<p>21</p> <p>1:00-2:30 Knit One, Crochet Tool</p> <p>1:00-2:30 New Member Meeting</p> <p>1:00-3:00 Open Quilting</p> <p>2:30-4:00 Gilda's Singers</p> <p>6:30-8:30 Living with Loss Group</p> <p>6:30-8:30 Family Group</p>	<p>22</p> <p>12:00-1:00 Pilates</p> <p>12:00-2:00 Wellness Group</p> <p>1:15-2:00 Zumba</p> <p>6:00-7:00 Yoga</p>	<p>23</p> <p>9:30-10:15 Pilates Fusion</p> <p>10:00-11:30 Put It Together Collage Making (Members Only)</p> <p>1:00-1:30 Walk Fit</p> <p>1:30-2:30 Stretch & Tone</p> <p>6:30-8:30 Family Group</p> <p>6:30-8:30 Wellness Group</p> <p>7:00-8:30 Prostate Cancer NWG</p>	<p>24</p> <p>12:00-3:00 Open Art Studio</p>	<p><u>Inclement Weather Closings</u></p> <p>In the event of inclement weather, please check our website: www.gildasclubwestchester.org or listen to the following radio stations for revised clubhouse hours and closures: 100.7 FM, 103.9 FM, 106.3 FM, 1230 AM, 1460 AM.</p>
<p>27</p> <p>11:00-3:00 Mah Jongg</p>	<p>28</p> <p>11:00-12:00 Laughter Yoga</p> <p>12:00-1:00 Yoga</p> <p>1:00-2:30 Knit One, Crochet Tool</p> <p>1:00-2:30 New Member Meeting</p> <p>1:00-3:00 Open Quilting</p> <p>2:30-4:00 Gilda's Singers</p> <p>5:45-8:00 Gilda's Dinner/Members Only</p> <p>6:30-8:30 Living with Loss Group</p> <p>6:30-8:30 Family Group</p>	<p>29</p> <p>12:00-2:00 Wellness Group</p> <p>6:00-7:00 Yoga</p> <p>6:30-8:00 Stay Positive and Be Prepared: An Introduction To Estate Planning and Advanced Directives (Open To The Public)</p>		<p><u>Coming in March</u></p> <p><i>*Role of Acupuncture in Cancer Treatment</i> <i>*Purely Poetry</i> <i>*For Women Only: Intimacy Sexuality and Cancer</i> <i>*Healthy Eating On A budget</i></p>	<p>Clubhouse Hours</p> <p>Mon- 9:00 AM - 5:00 PM Tues., Wed., Thurs. 9:00 AM-8:30 PM Fri- 9:00 AM- 4:00 PM</p>

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

Wednesday, February 1, 6:30-8:00 PM
Tuesday, February 7, 1:00-2:30 PM
Tuesday, February 14, 6:30-8:00 PM
Tuesday, February 21, 1:00-2:30 PM
Tuesday, February 28, 1:00-2:30 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
Prostate Cancer NWG
Gastrointestinal 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

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

In The Pink NWG-for young women living with breast cancer.

Thank you to Sole Ryeders & Friends for sponsoring our weekly support groups.

Thank you to Mile of Hope Breast Cancer Foundation for sponsoring our breast cancer networking groups.

Assertive Communication: The Art of Getting Your Needs Met (Open to The Public)

Wednesday, February 1/1:00-2:30 PM/Mimi Leibman, Ph.D
Dealing with serious challenges often requires us to advocate for ourselves and obtain needed information and assistance. Speaking assertively is a skill that anyone can learn. In this session, we will discuss and practice assertive communication strategies. Sign up required.

Art For Everyone with Gail /Members Only

Friday, February 3, 10, 17/10:30-12:00 PM
Gail Gazes, artist/teacher and GCW member.
Take the fear out of art and just have fun! Explore a variety of art media such as oil pastels, watercolors, acrylics, pen and ink, colored pencils, collage and mixed media.
Sign up required.

Red Door Readers/Members Only

Thursday, February 16/2:30-4:00 PM
A Whistling Season, a story set in Montana.
Written by Western writer Ivan Doig, this book is strong on both language and character. Sign up required.

Laughter Yoga/Members Only

Tuesday, February 14 & 28
11:00-12:00 PM/Instructor Saufung
Laughter Yoga is a combination of simple, empowering and otherwise "tension-releasing" laughter exercises combined with gentle yoga breathing techniques.
Sign up required.

Inclement Weather Closings

In the event of inclement weather, please check our website: www.gildasclubwestchester.org or listen to the following radio stations for revised clubhouse hours and closures:
100.7 FM, 103.9 FM, 106.3 FM,
1230 AM, 1460 AM.

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.