













Gilda's Club Westchester

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

July 2010 Program Calendar



| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|--|--|
| <p><u>Coming in August</u></p> <p>Rapid Relief From Fear Night of Remembrance Second Annual Caribbean Night Look Good...Feel Better!</p> | | | <p>1</p> <p>6:30-8:30 Family Group 6:30-8:30 Wellness Group 6:30-8:00 Parenting NWG</p> | <p>2</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>5</p> <p>Clubhouse Closed Happy July 4th</p>  | <p>6</p> <p>1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Too! 2:00-4:00 Open Quilting 3:30-5:30 Easy Self-Hypnosis (Open to The Public) 6:30-8:00 Gynecologic NWG 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p> | <p>7</p> <p>10:30-11:30 Zumba 12:00-2:00 Wellness Group 6:00-7:00 Yoga 6:30-8:00 Lung Cancer NWG 6:30-8:00 Blood Cancer NWG 6:30-8:00 Multiple Myeloma NWG</p> | <p>8</p> <p>9:15-10:00 Pilates 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p> | <p>9</p> <p>12:00-3:00 Open Art Studio 1:30-2:15 Zumba</p>  | <p><u>Quote of The Month</u></p> <p>Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.</p> |
| <p>12</p> <p>11:00-12:30 Breast Cancer NWG 11:00-3:00 Mah Jongg</p>  | <p>13</p> <p>1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Too! 1:00-2:30 New Member Meeting 2:00-4:00 Open Quilting 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p> | <p>14</p> <p>(New Time) 10:00-11:00 Pilates 11:00-11:30 Cardio Step 10:30-12:00 Beading with Diane 12:00-1:30 Parents of Children with Cancer NWG 12:00-2:00 Wellness Group 6:00-7:00 Yoga 6:30-8:00 Night of Belly Dancing (Members Only) 6:30-8:00 Post Treatment NWG</p>  | <p>15</p> <p>9:15-10:00 Pilates 1:00-1:30 Walk Fit 1:30-2:30 Stretch & Tone 2:30-4:00 Red Door Readers 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p>  | <p>16</p> <p>11:00-12:00 Tai Chi 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>19</p> <p>11:00-3:00 Mah Jongg 1:00-3:00 Look Good...Feel Better! (Open to The Public)</p>  | <p>20</p> <p>1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Too! 2:00-4:00 Open Quilting 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p> | <p>21</p> <p>(New Time) 10:00-11:00 Pilates 11:00-11:30 Cardio Step 12:00-2:00 Wellness Group 6:00-7:00 Yoga 6:00-7:30 For Men Only (Open to The Public) 6:30-8:00 New Member Meeting 6:30-8:00 Men's Networking Group</p> | <p>22</p> <p>6:30-8:00 Beading with Diane 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p> | <p>23</p> <p>New 12:00-1:00 Zumba 12:00-3:00 Open Art Studio</p>  | <p>Clubhouse Hours</p> <p>Mon 9:00 AM - 5:30 PM Tues., Wed., Thurs. 9:00 AM-8:30 PM Fri- 9:00 AM- 4:00 PM</p> |
| <p>26</p> <p>11:00-3:00 Mah Jongg</p> | <p>27</p> <p>1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Too! 1:00-2:30 New Member Meeting 1:30-3:00 Summer Herbal Stress Relief (Open to The Public) 2:00-4:00 Open Quilting 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p> | <p>28</p> <p>(New Time) 10:00-11:00 Pilates 11:00-11:30 Cardio Step 12:00-2:00 Wellness Group 6:00-7:00 Yoga</p> | <p>29</p> <p>9:15-10:00 Pilates 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p> | <p>30</p> <p>12:00-3:00 Open Art Studio</p>  | <p>Thank you to E&J Offset Printing, located in Mount Vernon, New York, for donating the printing of our calendar!</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

Tuesday, July 13, 1:00-2:30 PM

Wednesday, July 21, 6:30-8:00 PM

Tuesday, July 27, 1:00-2:00 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.

*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!*

To Our Members

*Walk Fit, Stretch & Tone / Sistah's Circle
will return in September*

Red Door Readers

Thursday, July 15

2:30-4:00 pm

Elizabeth Hughes, Librarian, White Plains Library

Join us as we discuss To Kill a Mockingbird. The only book ever written by Harper Lee, this timeless American classic was first published fifty years ago. Sign up required.



Night of Belly Dancing

(Members Only)

Wednesday, July 14

6:30-8:00 PM

Join Violet and Laura as they teach us the art of belly dancing.

Light refreshments will be served.

Sign up required.

Summer Herbal Stress Relief

Bonnie Rogers

Tuesday, July 27

1:30-3:00 PM

Are you experiencing stress in your life? Do you want to relax a little? Join us as we explore a wealth of simple and commonly available remedies that can provide the soothing calm we can all use time to time. 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 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.

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