









# Gilda's Club Westchester

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

## March 2010 Program Calendar



Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>11:00-12:30 Breast Cancer NWG 11:00-3:00 Mah Jongg</p>	<p>2</p> <p>1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Tool 1:00-2:30 Sistah's Circle 2:00-4:00 Open Quilting 2:30-4:00 Gilda's Singers <b>6:30-8:00 New Member Meeting</b> 6:30-8:00 Gynecological NWG 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p>	<p>3</p> <p>10:30-11:30 Zumba 10:30-12:00 Beading with Diane 12:00-2:00 Wellness Group 6:00-7:00 Yoga <b>6:30-8:00 Couples Night (Members Only)</b> 6:30-8:00 Lung Cancer NWG 6:30-8:00 Blood Cancer NWG 6:30-8:00 Multiple Myeloma NWG</p>	<p>4</p> <p>9:15-10:00 Pilates 1:00-1:30 Walk Fit 1:30-2:30 Stretch &amp; Tone <b>2:30-4:00 Blowouts! The Other Side of the Mirror (For Members Only)</b> 6:30-8:00 Parenting NWG 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p>	<p>5</p> <p>11:00-12:00 Tai Chi 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 <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></p>
<p>8</p> <p>11:00-3:00 Mah Jongg</p>	<p>9</p> <p>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 2:30-4:00 Gilda's Singers 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p>	<p>10</p> <p>10:30-11:30 Pilates <b>11:30-12:00 Cardio-Step</b> 12:00-2:00 Wellness Group 6:00-7:00 Yoga <b>6:30-8:00 Be Your Own Patient Advocate (Open to The Public)</b> 6:30-8:00 Young Adults Living with Cancer NWG 6:30-8:00 Post Treatment NWG</p>	<p>11</p> <p>1:00-1:30 Walk Fit 1:30-2:30 Stretch &amp; Tone 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p>	<p>12</p> <p>12:00-3:00 Open Art Studio 1:00-2:00 Laughter Yoga</p> 	<p><b>Quote of The Month</b></p> <p><i>Correction does much, but encouragement does more. Encouragement after censure is as the sun after a shower.</i></p>
<p>15</p> <p>11:00-3:00 Mah Jongg <b>1:00-2:00 Dealing with Anxiety (Open to The Public)</b> 1:00-3:00 Look Good...Feel Better!</p> 	<p>16</p> <p>1:00-2:00 Yoga 1:00-2:30 Knit One, Crochet Tool 2:00-4:00 Open Quilting 2:30-4:00 Gilda's Singers <b>6:30-8:00 Updates In Colorectal Cancer (Open to The Public)</b> 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p>	<p>17</p> <p>10:30-11:30 Pilates <b>11:30-12:00 Cardio-Step</b> 12:00-1:30 Parents of Children with Cancer NWG 12:00-2:00 Wellness Group 6:00-7:00 Yoga <b>6:30-8:00 New Member Meeting</b> 6:30-8:00 Men's NWG</p>	<p>18</p> <p>9:15-10:00 Pilates 1:00-1:30 Walk Fit 1:30-2:30 Stretch &amp; Tone 2:30-4:00 Red Door Readers 6:30-8:00 Sistah's Circle 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p>	<p>19</p> <p>12:00-3:00 Open Art Studio 1:30-2:15 Zumba</p> 	<p>Please sign up for all classes &amp; 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></p>
<p>22</p> <p>11:00-3:00 Mah Jongg</p> 	<p>23</p> <p>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 2:30-4:00 Gilda's Singers 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p>	<p>24</p> <p>10:30-11:30 Pilates <b>11:30-12:00 Cardio-Step</b> 12:00-2:00 Wellness Group 6:00-7:00 Yoga <b>6:30-8:00 Pizza and Bingo with Gil (Members Only)</b></p>	<p>25</p> <p>9:15-10:00 Pilates 6:30-8:30 Family Group 6:30-8:30 Wellness Group</p>	<p>26</p> <p>12:00-3:00 Open Art Studio 1:00-2:00 Laughter Yoga</p> 	<p><b>Clubhouse Hours</b></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>29</p> <p><i>Clubhouse closes 3:00pm for Passover</i></p> <p>11:00-2:30 Mah Jongg</p>	<p>30</p> <p>1:00-2:30 Knit One, Crochet Tool 2:00-4:00 Open Quilting 2:30-4:00 Gilda's Singers 6:30-8:30 Living with Loss Group 6:30-8:30 Family Group</p>	<p>31</p> <p>12:00-2:00 Wellness Group <b>6:30-8:00 New Member Meeting</b> 6:00-8:00 Coffee Talk with Essie</p>			<p><i>Thank you to E&amp;J Offset Printing, located in Mount Vernon, New York, for donating the printing of our calendar!</i></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, March 2, 6:30-8:00 pm  
Tuesday, March 9, 1:00-2:30 pm  
Wednesday, March 17, 6:30-8:00 pm  
Tuesday, March 23, 1:00-2:30 pm  
Wednesday, March 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

Young Adults Living with Cancer 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!*

### Pizza & Bingo with Gil

*Members Only*

*Wednesday, March 24*

*6:30-8:00 pm*

*Please join our Bingo Master for a fun evening of bingo and pizza with a nice group of people.*

*Children are welcome*

*Reservations are required.*

### Save the Date

Cabaret Night

*featuring Gilda's Singers*

*Wednesday, May 19th*

*Please check out our website*

[www.gildasclubwestchester.org](http://www.gildasclubwestchester.org)

*All the up to date information on Gilda's Club Westchester*

### Red Door Readers / Members Only

*Thursday, March 18 / 2:30-4:00 PM*

*Elizabeth Hughes, Librarian, White Plains Public Library.*

*Call for book and author. Sign up required.*

*(914) 644-8844*

### 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 the Tzedakah Committee of Westchester Reform Temple for sponsoring the Young Adult Networking Group.*

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