



DECEMBER 2009

PROGRAM CALENDAR

MISSION STATEMENT

Our Mission is to create welcoming communities of **FREE** support for everyone living with cancer – men, women, teens and children – along with their families and friends.

Our innovative program is an essential complement to medical care, providing networking and support groups, workshops, education and social activities.

Gilda's Club® Western Pennsylvania

2816 Smallman Street
Pittsburgh, PA 15222
(412) 338-1919

www.gildasclubwesternpa.org



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HIGHLIGHTS IN JANUARY
Gilda's Runners – It's never too early to start training for the 2010 Pittsburgh Marathon/Half Marathon/ Marathon Relay. Join us for an informational meeting on how to participate and raise funds for a wonderful cause...Gilda's Club!! Monday January 4, 6:00-8:00pm. Weekly running group will also return, more details to follow. Please call the clubhouse for details (412)338-1919.
The Return of the White Elephant Pot Luck Exchange - It's back by popular demand. Don't wait in long holiday exchange lines! Instead "regift" an item you received. Bring an appropriate and family friendly wrapped item from home that you'd like to exchange with another member and a side dish to pass. Wed. January 6, 6:00-8:00pm

WHO CAN BECOME A MEMBER?

- Men, women, teens & children touched by any type of cancer (recently diagnosed, recurrence or long term cancer survivor).
- Families & friends touched by cancer in any way or have lost a loved one to cancer.

NEW MEMBER MEETING

New Member Meeting: This is a meeting for anyone who is interested in joining Gilda's Club and would like to learn more about the program. You can share your story or simply sit and listen. This is a one-time meeting for adults with cancer or families/friends living with cancer in their lives. Please call to register.

PLEASE REMEMBER

- Call to register for all classes and events 24 hours in advance.
- Classes and events without a minimum number of pre-registered members may be cancelled.
- If you have a cold or any contagious illness, we ask that you be considerate of fellow members whose immune system may be compromised and wait to visit us when feeling better.
- **Weather – In the event of bad weather, please call ahead of time to see if the scheduled activity is being held or check KDKA-TV or WTAE-TV for closing status.**

NOOGIELAND

A special place for children living with cancer in their lives. Call Kathleen Petulla (412) 338-1919 for more information about how your child can become involved.

SUPPORT GROUPS

Please call Colleen Dwyer (412) 338-1919 to sign up prior to attending a group for the first time.

Bereavement Group: Adults who have experienced the loss of a parent, child or loved one from cancer. Every other Tuesday, 6:00-8:00pm

Family/Friends Group: Family & friends touched by cancer. Thursdays 6:00-8:00pm.

For Kids Only: Activities in the clubhouse for kids/teens. Please register, Tues. December 1, 15 & 29, 6:00-8:00pm and Thurs. December 3, 10 & 17, 6:00-8:00pm

Kid Support: An 8-week peer support group offering children/teens the opportunity to make friends and learn skills to help when cancer is in their lives. Please call (412) 338-1919 with questions. Next Kid Support session will be in January.

Living with the Loss of Spouse/Partner Group – Every other Tuesday 6:00-8:00pm.

Wellness Group: Men and women living with cancer. Tuesdays 11:30-1:30pm and Thursdays 6:00-8:00pm

VOLUNTEERS

Basic Volunteer Orientation – Learn about the Gilda's Club philosophy and available volunteer opportunities. Please call Ann Amato to register for next orientation. Sat. December 5, 9:00-11:00am

Holiday Pot Luck for Volunteers – We would like to celebrate with all of you who do so much for Gilda's Club. Join us for a pot luck and some holiday cheer. Please bring a side dish to share. Wed. December 16, 6:00-7:30pm

NETWORKING GROUPS

Groups for anyone living with the specific diagnosis or common issue. Groups meet to discuss common issues, support one another about fears, relationships, physical challenges, etc. Sign up 24 hours in advance.

After Cancer and Beyond:

Thurs. December 17, 6:00-7:30 pm

Breast Cancer Networking Group:

Tues. December 15, 6:30-8:00 pm.

Gynecologic Networking Group:

Tues. December 15, 6:00-7:30 pm

Living with Cancer in your 20's & 30's:

Tues. December 8 & 22, 6:30-8:00pm

Multiple Myeloma Networking Group:

For anyone living with Myeloma. Group is meeting at a local restaurant for dinner this month. Please call LuAnn Brooks for details (412)372-6391

Prostate Cancer Networking Group:

Tues. December 1, 6:30-8:00 pm

Recurrence Networking Group:

Mon. December 21, 6:30-8:00pm

ONGOING WORKSHOPS

Acting Up Theatre Workshop - is an introductory level theatrical workshop that will focus on theatrical and performance techniques, games, and exercises. Aimed at breaking down borders and barriers, Acting Up is sure to be a fun place to let loose and express yourself. This workshop is for members 15 years old and up. Every Tuesday 6:00-8:00pm

Art Workshop with our Volunteers - No experience necessary and materials will be provided. 12/2 Art with Daviea, 12/9 Art with Donna, 12/16 Silk Holiday Ornaments with Evi (space is limited), & 12/23 art with Cindy, Wed. 1:30-3:00pm, No workshop 12/30. (please register).

Beading Workshop: Holiday Ornament or Bracelet - Join us in making a Holiday bracelet or ornament with beads. Tues. December 15, 5:00-6:00pm

Cooking Workshop: Holiday Hors d'oeuvres - the holidays are upon us. It's always a good time to have an appetizer for company at the ready. Join Mary Lou and Barb for some fun and learn a few new appetizers to serve - we will surprise you with a few of our favorites. Sat. December 19, 11:00-1:00pm

Express Yourself with Writing - Join journaling sisters, Beth Hanis and Nadene Purcell for an exciting night of self expression and creativity through writing and a hands on activity. Light refreshments and materials will be provided. No workshop this month. See you in January!

Gentle Yoga - Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 11:30-12:30pm, Tues. 6:30-7:45pm, Wed. 12:30-1:30pm., and Sat. December 19, 10:00-11:00am. (No Yoga 12/23, 12/28, & 12/30)

Holiday Basketry Weaving Workshop - If traditional basketry, is more your style, then come and create a woven reed basket with an option for beads and/or colored reed/rafia. Wed. December 9, & Mon. December 21, 6:00-8:00pm

Holiday Wreath-making Workshop - Attend this workshop and learn how to make a wreath that can be a beautiful decoration for the holiday season. Materials provided. Space is limited so call early to sign up. Thur. Dec. 3, 12:30-2:30pm

Gilda's Quilters - Our quilters are busy documenting history for Gilda's -- making blocks with member's and volunteer's signatures to create a quilted wall hanging for the Clubhouse. You do not have to be an experienced quilter. They are using 3-4 basic blocks that are easily learned, and you can create those same blocks to create a quilt for your own home. Tues. December 8, 5:30-7:30pm

Give Back Workshop with CREW - Join CREW (Commercial Real Estate Women) as we give back to others that have been touched by cancer. We will sew Satchels of Caring for women currently in chemo. They are unique bags filled with inspirational items. Sat. December 19, 1:00-3:00pm.

Knit Wits (knitting, crocheting, needlepoint or cross-stitch group) – Learn how to knit or bring a project you are currently working on and keep the others company. Please join us if you crochet, needlepoint, cross-stitch or any other needle art. Every Wed. December 2, 9 & 16, 3:00-6:00pm, December 30, 2:00-5:00pm.

New Time Red Door Readers - Come join our adult Gilda's Book Club and enjoy a warm cup of coffee or tea. December's discussion will be on the book *Saturday* by Ian McEwan. December 18, 11:00-1:00pm

Scrapbook Workshop - An introductory class to scrapbooking. Please bring photos and don't forget to sign up for this class, space is limited. Materials and light refreshments will be provided. Come enjoy a wonderful morning of scrapbooking! Sat. December 19, 9:00-1:00pm.

Tai Cooking Workshop -Would you like to learn how to make some Tai cuisine? Attend this hands-on workshop and learn how to make spring rolls and pad thai. Space is limited so call the Clubhouse to register. Tues. Dec. 29, 1:30-3:30pm.

Walk-n-Talk - Join our walking group around the strip. Enjoy the sights and conversation. Every Fri. 11:00-12:00am (no walk 12/25)

EVENTS OUTSIDE THE CLUBHOUSE

Visit **Eyeticue**, the world's finest collection of unique eyewear, every Friday in December for their annual 40% off sale. **RED** Friday is in honor of **Gilda's Club Western PA**. 5% of all new sales of lenses, frames or sunglasses from all **Eyeticue** locations will be donated to **Gilda's Club Western PA**.



Gilda's Club® Western Pennsylvania

A free cancer support community for men, women, teens and children touched by cancer as well as their family and friends.



412-338-1919

DECEMBER 2009

SOCIAL EVENTS

Game Night/Pizza Party with the Pittsburgh Steelers Moms – Join us for an unforgettable night of games, laughter and pizza with our beloved Pittsburgh Steelers Moms. Please call to register by December 2nd. Fri. December 4, 5:30-7:30pm

Super Saturday - Family time in the clubhouse - Join us for art activities and cooking workshop. Don't forget to register. Sat. December 5, 12:00 - 2:00pm

North Star Kids Performance/Potluck Dinner - Join the award winning North Star Kids, ranging in age from 8 to 14 years old, as they perform a song and dance holiday spectacular. Gilda's Club will provide the main dish, please bring a side dish to pass. Register by December 4th. Mon. December 7, 6:00-8:00pm

Holiday Pot Luck for Volunteers -We want to say "thank you" for all that you do so all volunteers are invited to a pot luck. Please bring a side dish to share. Wed. Dec. 16, 6:00-7:30pm

LECTURES/WORKSHOPS

NOCC, The American Cancer Society and Gilda's Club Co-Host a "Look Good, Feel Better" Night - If you are a woman who has not attended a LGFB, and you are currently in active treatment, within six months of completing treatment, or ready to begin treatment please join us! An ACS, beauty professional volunteer, will lead the group through a practical, hands-on experience. Each woman gets a free makeup kit to use during and after the workshop. A light dinner will be provided. Wed. December 2, 6:00-8:00pm **You must call the ACS at 1-800-227-2345 to register in advance and Gilda's Club at (412) 338-1919.**

"I Can Cope" Lecture/Dinner - For those of you who are no longer in treatment, join us for an educational program, facilitated by the ACS. The lecture is for people touched by cancer; either personally, or as a friend or family member. The "I Can Cope" program can dispel cancer myths by presenting straightforward information and answers to your cancer-related questions. Wed. December 2, 6:00-8:00pm

Frankly Speaking About Cancer Treatment Lecture/Dinner - Join us as Lynda Tunon, MSN, RN, OCN, Director Cancer Center Education, UPMC Cancer Center, presents ways to help manage the physical and psychological effects of cancer treatment. Please register (412)338-1919. Wed. December 9, 6:00-8:00pm.

Managing Difficult Emotions Through The Holidays Lecture/Dinner – The holiday season can be a difficult time of year for several reasons. Join Allison Holst, Bereavement Specialist from Family Hospice and Palliative Care, as she discusses some of these difficult emotions and provides tips. Wed. December 16, 6:00-8:00pm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CLUBHOUSE CLOSED	Help Gilda's Club GO GREEN! If you would like to receive the calendar via email please contact us at colleen@gildasclubwesternpa.org	11:30-1:30 Wellness Group 6:00-8:00 Acting Up Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Living with the Loss of Spouse/Partner Group 6:00-8:00 For Kids Only: Activities in the Clubhouse 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga	12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Daviea 3:00-6:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 Look Good...Feel Better Night/Dinner 6:00-8:00 I Can Cope Lecture/Dinner	12:30-2:30 Holiday Wreath Workshop 1:00-2:30 New Member Meeting 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Movie/Game Night	11:00-12:00 Walk-n-Talk 5:30-7:30 Game Night/Pizza Party with the Pittsburgh Steelers Moms	9:00-11:00 Volunteer Orientation 12:00-2:00 Super Saturday	
	6	7 11:30-12:30 Gentle Yoga 6:00-8:00 North Star Kids Performance/Pot Luck Dinner	8 11:30-1:30 Wellness Group 5:30-7:30 Gilda's Quilters 6:00-8:00 Acting Up Workshop 6:30-8:00 Living with Cancer in your 20's & 30's 6:30-7:45 Gentle Yoga	9 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Donna 3:00-6:00 Knit Wits 6:00-8:00 Holiday Basketry Weaving Workshop 6:00-8:00 Frankly Speaking About Cancer Lecture/Dinner 6:00-7:30 New Member Meeting	10 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: In the Kitchen	11 11:00-12:00 Walk-n-Talk	12 CLUBHOUSE CLOSED
	13	14 11:30-12:30 Gentle Yoga	15 11:30-1:30 Wellness Group 5:00-6:00 Beading Workshop: Holiday Ornament or Bracelet 6:00-8:00 Acting Up Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Living with the Loss of Spouse/Partner Group 6:00-8:00 For Kids Only: Activities in the Clubhouse 6:00-7:30 Gynecologic Networking Group 6:30-8:00 Breast Cancer Networking Group 6:30-7:45 Gentle Yoga	16 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Silk Holiday Ornaments with Evi 3:00-6:00 Knit Wits 6:00-7:30 Holiday Pot Luck for Volunteers 6:00-8:00 Managing Difficult Emotions through the Holidays Lecture/Dinner	17 1:00-2:30 New Member Meeting 6:00-7:30 After Cancer & Beyond Networking Group 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Arts & Crafts	18 11:00-12:00 Walk-n-Talk NEW TIME 11:00-1:00 Red Door Readers	19 9:00-1:00 Scrapbook Workshop 10:00-11:00 Gentle Yoga 10:00-11:30 New Member Meeting 11:00-1:00 Cooking Workshop: Holiday Hors d'oeuvres 1:00-3:00 Give Back Workshop with CREW
	20	21 11:30-12:30 Gentle Yoga 6:00-8:00 Holiday Basket Weaving Workshop 6:30-8:00 Recurrence Networking Group	22 11:30-1:30 Wellness Group 6:00-8:00 Acting Up Workshop 6:30-8:00 Living with Cancer in your 20's & 30's 6:30-7:45 Gentle Yoga	23 No Yoga 1:30-3:00 Art Workshop with Cindy No Knitting Clubhouse Closed at 4pm	24 25 Happy Holidays Clubhouse Closed		26
	27	28 No Yoga Clubhouse Closed at 5pm	29 11:30-1:30 Wellness Group 1:30-3:30 Tai Cooking Workshop 6:00-8:00 Acting Up Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Living with the Loss of Spouse/Partner Group 6:00-8:00 For Kids Only: Activities in the Clubhouse 6:30-7:45 Gentle Yoga	30 No Yoga 1:30-3:00 Open Art 2:00-5:00 Knit Wits Clubhouse Closed at 5pm	31 Clubhouse Closed at 2pm	1 Happy New Year!	Become a Member It's FREE 1. Call (412) 338-1919 to register for a New Member Meeting (NMM). 2. Attend New Member Meeting (NMM). 3. Meet with a staff member to create a FREE Customized Membership Plan. 4. Participate and come to the clubhouse as often as you like.