

PROGRAM CALENDAR DECEMBER 2011



Cancer Support

Gilda's Club® Western Pennsylvania

2816 Smallman Street • Pittsburgh, PA 15222

(412) 338-1919

www.gildasclubwesternpa.org

Mission Statement

Our Mission is to create welcoming communities of 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.



Check out our website www.gildasclubwesternpa.org for a new Gilda's Club newsletter

Holiday Celebration: Music & Potluck
Enjoy a night of music performed by members of the Oakland Girls Choir which is comprised of girls in 4th - 7th grade from all over Allegheny County. They will be singing carols from different parts of the world. Please bring a side dish to share. No desserts please. Be sure to sign up! Wed. December 21, 6:00-8:00pm

DECEMBER HIGHLIGHTS:



2816 Smallman Street
Pittsburgh, PA 15222



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

Are you interested in a support group? Would you like to learn more about support groups? Please contact Colleen at (412)338-1919 or colleen@gildasclubwesternpa.org

Pre-registration is required when attending a group for the first time.

Adult Groups:

Bereavement Group: Adults who have experienced the loss of a family or friend member from cancer. The 1st and 3rd Tuesday of the month, 6:00-8:00pm

Family/Friends Group: Family and Friends touched by cancer. Every Thursday 6:00-8:00pm

Wellness Group – Men and women living with cancer. Every Thursday 6:00-8:00pm

Kid/Teen Groups:

For Kids/Teens—Activities for kids and teens who are touched by cancer. Thurs. Dec 1, 8, 15, & 22, 6:00-8:00pm

Kids/Teens Bereavement Group—Support group for kids/teens who have lost a loved one to cancer. Tues. Dec 6 & 20, 6:00-8:00pm

VOLUNTEERS

Basic Volunteer Orientation – Learn about the Gilda's Club philosophy and available volunteer opportunities. Please call Ann Amato with questions and the date of the next orientation.

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.

Breast Cancer:Tues. Dec. 6 & 20, 6:30-8:00pm

Living Life Post Treatment:Thurs. Dec. 1 & 15, 6:00-7:30pm

Multiple Myeloma:.....No Group. Call Lou Ann for Holiday Celebration information 412-372-6391 or 412-389-8222.

Prostate Cancer:Tues. Dec. 6, 6:30-8:00pm

Young Adult:Thurs. Dec. 8 Holiday Party 5:30-7:30pm

Recurrence & Metastatic:No Group This Month

ONGOING WORKSHOPS

Art Workshops with our Volunteers – Holiday Wall Hanging Tree 12/7, Peyote Embellishment 12/14 (1:30-3:30pm), Make Your Own Mascot Part I 12/21, Make Your Own Mascot Part II 12/28

Beading Workshop – For beginners and those who would like to continue working on a project they have already started. Please sign up. Tues. December 20, 5:00-6:30pm

Bellydancing – For new and experienced dancers. Taught by Kate, a professional belly dance artist. Please wear comfortable, exercise clothing and bring a hip scarf if you have one! Sat. December 17, 12:00-1:00pm

Cooking: Soul-Warming Chicken Soup – Join volunteer Suzy to learn how to make a rich stock and then customize an infinite variety of soups by what you add to the stock in terms of starches, vegetable, finishes (ie. lemon juice, soy, wine, salsa...) and garnishes (crisps, cheese, avocados...). Be sure to sign up! Sat. December 3, 11:00-1:00pm

Fitness Fun – Let's start the day off right! Join personal trainer Jeff Kosko for a fun, no experience necessary, low impact exercise class. Sat. December 3, 10:00-11:00am

Gentle Yoga – Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 12:00-1:00pm (No class 12/26), Tues. 6:30-7:45pm (No class 12/13 & 12/27), Wed. 12:30-1:30pm, and Fri. 10:00-11:00am

Gilda's Great Bracelet Give Back – Want to give back to Gilda's Club? Come make bracelets which will then be sold in "Gilda's Store" to benefit the Clubhouse. We need your help! Sat. December 17, 11:00-1:00pm

Gilda's Quilters – No workshop this month.

Greeting Cards Workshop: Turn Up The Heat – Join us as we create beautiful, handmade greeting cards with volunteer Dottie! Don't forget to register. Sat. December 17, 1:00-3:00pm

Guided Relaxation – The Amrit method of yoga nidra is a meditation-based relaxation practice that nourishes on all levels. Optional - bring your favorite pillow and/or blanket to be comfy!! Tues. December 13, 12:00-1:00pm

Peyote Embellishment – Join Volunteer Suzanne as she leads this beading workshop. Bring your completed peyote bracelets and learn how to embellish them. Wed. December 14, 1:30-3:30pm

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. Every Wed. 3:00-6:00pm, except 12/28- 1:00-4:00pm

Meditation – How can we deal with the stress in our lives? Join John Jones, an instructor in the Osher programs at Pitt and CMU, as he teaches us how to meditate. The more classes you attend, the more proficient you will become. Every Mon. 1:00-2:30pm. No class 12/26

Make your own Mascot Art Workshops Part I and II – Attend this 2-part art workshop led by volunteer Sheri. Choose body part shapes and poses and create a face that makes you smile. No talent required—just a sense of humor! Wed. December 21 and 28, 1:30-3:00pm

Needlepoint for Beginners Workshop – Interested in needlepoint? Instructor Ann will provide the materials to get you started learning with a simple project. Wed. December 7, 14, and 21, 3:00-5:00pm

Photography Workshop: Nuts & Bolts – Topics to be covered include where to get prints done, books made, or any kind of presentation with the photos people make. Questions are welcome. Led by Jessica Kalmar. Tues. December 27, 11:00-1:00pm

Qigong Workshop – Acupuncturist Tyler Phan will offer instruction in this ancient Chinese practice through breathing techniques and guided imagery. Qigong can be used to alleviate pain, aid in relaxation and promote restful sleep. Thurs. December 15, 6:00-7:00pm

Red Door Readers – Come join our adult Gilda's Book Club and enjoy a cup of coffee or tea. December's discussion will *The Chosen* by Chaim Potok on Fri. December 30, 11:00-12:30pm

Scrapbooking – Volunteer Deb will show you how to start a scrapbook, how to arrange pages, and will have all the tools needed to get you started! Please bring photos and don't forget to sign up. Sat. December 17, 9:00-1:00pm

Stenciling Art Workshop – Artist and landscaper Melissa returns to lead this class which highlights stenciling on a variety of materials. Learn to make your own stencils or use ours, and then apply to an "unusual" variety of materials that we will supply! Tues. December 27, 1:00-3:00pm

Walk-n-Talk – Join our walking group around the strip. Enjoy the sights and conversation. Every Fri. 11:00-12:00pm

Watercolor Art Workshop – Explore the expressive possibilities of watercolor painting while learning basic watercolor techniques. Come and learn how to paint snow scenes. Mon. December 5, 3:00-5:00pm

Zumba – This Latin-inspired dance fitness program which involves dance and aerobic elements. Incorporates hip-hop, samba, salsa, merengue, and mambo. Please wear comfortable clothing and tennis shoes. Beginners welcome. Sat. December 17, 10:00-10:45am

ACTIVITIES FOR KIDS

Holiday Celebration—Join all Gilda's Club members in celebrating the holidays. Wed. Dec 21, 6:00-8:00pm

Kids Holiday Cooking Workshop 2&3—Learn to make simple holiday meals to share with your family with this 3-part series. Suggested ages 6-12. Teens welcome to come learn and help out. Space is limited. Dec 6 & 20, 6:00-8:00pm.

Kids' Movie Matinee— Enjoy a movie in Matt's Media Room- we'll take a vote on which movie to play. Snacks provided. Sat. Dec 17, 1:00-3:00pm

Summer Camp Reunion Party!—All campers and families from 2011 Summer Camp are invited to a reunion pizza party! Sat. Dec 3, 12:00-1:00pm

Super Saturday: Winter Festival—Celebrate the holidays with family friendly activities in the clubhouse, including snow houses, crafts and holiday treats! Sat. Dec 3, 1:00-3:00pm



Gilda's Club® Western Pennsylvania

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



412-338-1919

SOCIAL ACTIVITIES

DECEMBER 2011

Young Adult Networking Group: Holiday Party
Come join us for a social evening to celebrate the holidays. Guests welcomes. Dinner will be provided. Please RSVP. Thurs, Dec 8, 5:30-7:30pm.

Holiday Celebration: Music & Potluck
Enjoy a night of music performed by members of the Oakland Girls Choir which is comprised of girls in 4th - 7th grade from all over Allegheny County. They will be singing carols from different parts of the world. Please bring a side dish to share. No desserts please. Be sure to sign up. Thurs. December 8, 5:30-7:30pm

LECTURES/WORKSHOPS

Look Good...Feel Better Workshop
Presented by the American Cancer Society. Make-up, hats, wigs, etc. Light refreshments provided. Only for those currently in treatment. Mon. Dec 5, 10:30-12:30pm

Brown Bag Series: Part 6 How to Meditate
This is the final lecture in a 6-part series on the ancient art of Zen with a modern twist of scientific understanding. John Jones will share the knowledge he has gleaned from more than 30 years of study and experience. The last session will culminate by learning and practicing how to meditate. Tues. December 6, 11:30-1:00pm

Nutrition & Disease Management Lecture/Dinner
Join us as we welcome the National Ovarian Cancer Coalition as they host an educational lecture on nutrition and disease management. Lizzy Wentzel, RD, LDN, will offer information and answer your questions. Don't forget to register! Wed. December 7, 6:00-8:00pm. Dinner is at 6:00pm and the talk follows at 6:30pm.

Difficult Emotions through the Holidays Discussion/Dinner
Join Kevin Henry, Counselor and Bereavement Coordinator from Forbes Hospice as we discuss all those difficult emotions that can be triggered during the holiday season. Wed. December 14, 6:00-8:00pm.

EVENTS OUTSIDE OF THE CLUBHOUSE

Gilda's Runners & Walkers – Run for a Reason- Interested in running or walking an event at the 2012 Pittsburgh Marathon? Join our team! Gilda's Club is one of the official charity partners of the Pittsburgh Marathon. Our group will be meeting every Saturday morning for group runs and walks. For more information contact Colleen at colleen@gildasclubwesternpa.org or (412)338-1919.

Faces of Gilda's Club 2012 – If you know someone touched by cancer (survivor, caregiver, or professional) nominate them to be a Face of Gilda's Club. The fundraising campaign kicks off in early 2012. Call the clubhouse for more details (412)338-1919.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Help Gilda's GO GREEN!</p> <p>If you would like to receive the calendar via email please contact us at colleen@gildasclubwesternpa.org</p>		<p>Become a Member</p> <ol style="list-style-type: none"> Call (412) 338-1919 to register for a New Member Meeting (NMM). Attend New Member Meeting (NMM). Meet with a staff member to create a FREE Customized Membership Plan. Participate and come to the clubhouse as often as you like. 		<p>6:00-7:30 Living Life Post Treatment Group 6:00-8:00 Family/Friends Group Wellness Group For Kids/Teens</p>	<p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>10:00-11:00 Fitness Fun 11:00-1:00 Cooking: Soul-Warming Chicken Soup 12:00-1:00 Summer Camp Reunion Party! 1:00-3:00 Super Saturday: Winter Festival</p>
<p>4</p>	<p>5</p> <p>10:30-12:30 Look Good...Feel Better Workshop 12:00-1:00 Gentle Yoga 1:00-2:30 NEW TIME Meditation 3:00-5:00 Watercolor Workshop</p>	<p>6</p> <p>11:30-1:00 Brown Bag Series: Part 6 How to Meditate 1:00-2:30 New Member Meeting 6:00-8:00 Bereavement Group 6:00-8:00 Kids/Teens Bereavement Group 6:00-8:00 Kids Holiday Cooking Workshop 2 6:30-8:00 Breast Cancer Networking Group 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga</p>	<p>7</p> <p>12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Holiday Wall Hanging 3:00-5:00 Needlepoint for Beginners 3:00-6:00 Knit Wits 6:00-8:00 Nutrition and Disease Management Lecture/Dinner</p>	<p>8</p> <p>5:30-7:30 Young Adult Holiday Celebration 6:00-7:30 New Member Meeting 6:00-8:00 Family/Friends Group Wellness Group For Kids/Teens</p>	<p>9</p> <p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>10</p> <p>CLUBHOUSE CLOSED</p>
<p>11</p> <p>CLUBHOUSE CLOSED</p>	<p>12</p> <p>12:00-1:00 Gentle Yoga 1:00-2:30 NEW TIME Meditation</p>	<p>13</p> <p>12:00-1:00 Guided Relaxation Clubhouse Closed at 4pm</p>	<p>14</p> <p>12:30-1:30 Gentle Yoga 1:30-3:30 Art Workshop: Peyote Embellishment 3:00-5:00 Needlepoint for Beginners 3:00-6:00 Knit Wits 6:00-8:00 Difficult Emotions through the Holidays Discussion/Dinner</p>	<p>15</p> <p>6:00-7:00 Qigong Workshop 6:00-7:30 New Member Meeting 6:00-7:30 Living Life Post Treatment Group 6:00-8:00 Family/Friends Group Wellness Group For Kids/Teens</p>	<p>16</p> <p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>17</p> <p>9:00-1:00 Scrapbooking 10:00-10:45 Zumba 11:00-1:00 Gilda's Great Bracelet Give Back 12:00-1:00 Bellydancing 1:00-2:30 New Member Meeting 1:00-3:00 Greeting Cards Workshop: Turn Up The Heat 1:00-3:00 Kids' Movie Matinee</p>
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<p>25</p> <p>CLUBHOUSE CLOSED</p>	<p>26</p> <p>CLUBHOUSE CLOSED</p>	<p>27</p> <p>11:00-1:00 Photography Workshop: Nuts & Bolts 1:00-3:00 Stenciling Art Workshop Clubhouse Closed at 5pm</p>	<p>28</p> <p>12:30-1:30 Gentle Yoga 1:00-4:00 Knit Wits 1:30-3:00 Art Workshop: Make Your Own Mascot Part II Clubhouse Closed at 5pm</p>	<p>29</p> <p>Clubhouse Closed at 5pm</p>	<p>30</p> <p>10:00-11:00 Gentle Yoga 11:00-12:30 Red Door Readers Clubhouse Closed at 5pm</p>	<p>31</p> <p>CLUBHOUSE CLOSED</p>

Happy Holidays