

PROGRAM CALENDAR FEBRUARY 2012



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.

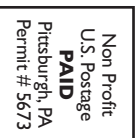


Check out our website www.gildasclubwesternpa.org for a new Gilda's Club newsletter

FEBRUARY HIGHLIGHTS:
What is Qi Gong? Lecture/Dinner – Join us as Acupuncturist Tyler Phan, offers information about Qi Gong – an ancient Chinese practice that uses breathing techniques and guided imagery. Qi Gong can be used to alleviate pain, aid in relaxation and promote restful sleep. Bring your questions. Wed. February 8, 6:00-8:00pm
Movie Trivia Night & Potluck – Do you love movies? Do you love the Oscars? In honor of the recent awards season, join us for a night of fun and games. Test your movie trivia knowledge against other members and earn bragging rights and prizes! Bring a side dish to share (No desserts please) Wed. February 29, 6:00-8:00pm



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. Feb 2, 9, 16, & 23, 6:00-8:00pm

Kids/Teens Bereavement Group - Support group for kids/teens who have lost a loved one to cancer. The 1st and 3rd Tuesday of the month, 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.

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. Feb 14 & 28, 6:30-8:00pm

Living Life Post Treatment:Thurs. Feb 2 & 16, 6:00-7:30pm

Multiple Myeloma: Tues. Feb 14, 6:00-8:00pm

Prostate Cancer:Feb 7, 6:30-8:00 pm

Young Adult:Thurs. Feb. 9 and Feb 23, 6:30-8:00pm

ONGOING WORKSHOPS

Art Workshops with our Volunteers – Open Art 2/1, Peyote Embellishment 2/8 (1:30-3:30pm), Clay Sculpting 2/15, Painting with Paper 2/22, Greeting Cards 2/29 (1:30-3:30). No experience necessary and materials will be provided. Wed. 1:30-3:00pm

Beading Workshop – For beginners and those who would like to continue working on a project they have already started. Please sign up. Tues. February 21, 5:00-6:30pm

Cooking Workshop: Winter Warm Yourself – Join Barb, Marylou, and Patti as they show you how to prepare crock pot dishes that will keep you warm. Join us for soup, main dish and dessert...all prepared in a crock pot ...we will have a salad too...prepared in class. Be sure to sign up early. Sat. February 4, 1:00-3:00pm

Couples Massage – For any "two" people (spouses, friends, siblings) who would like to learn basic comfort massage. Massage therapist Charlie will teach some basic techniques to get you started. Each "two" would need to bring a blanket & pillow. Sat. February 4, 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. February 4, 10:00-11:00am

Gentle Yoga – Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 12:00-1:00pm (No class 2/20), Tues. 6:30-7:45pm, 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! Wed. February 8, 6:00-8:00pm

Gilda's Quilters – Beginning and expert quilters welcome. Attend one or both workshops led by volunteer Cheryl. Thurs. February 16, 6:00-8:00pm and Fri. February 17, 12:00-2:00pm

Give Back Workshop: Bags and Bites – Join Satchels of Caring in assembling inspirational bags for women currently in chemo. Tasty treats provided. Sat. February 25, 11:00-1:00pm

Greeting Cards Workshop: Join us as we create beautiful, hand-made greeting cards with volunteer Dottie! Don't forget to register. Wed. February 29, 1:30-3:30pm

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. February 14 and 28, 12:00-1:00pm

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. Every Wed 3:00-6:00pm. Join us the last Wednesday of every month when expert knitter David answers the tough Knit Wit questions.

Laugha Yoga – This workshop will focus on the application of laughter as medicine. There will be a short educational component, followed by a gentle warm-up, then the fun begins! Take part in laughter exercises followed by laughter games, guaranteed to bring out the inner child in all! This aerobic workout is suitable for all ages! Thur. February 16, 6:30-7:30pm

No Knead Bread Workshop – Would you like to learn how to make no knead bread in just minutes? Then join volunteer Joan as she walks you through the process. Sample some bread and tea. Bring a large glass or ceramic bowl with you and you will make your own batch to take home! Tues. February 7, 12:00-1:30pm

Peyote Embellishment – Join Volunteer Suzanne as she leads this beading workshop. Bring your completed peyote bracelets and learn how to embellish them. Wed. February 8, 1:30-3:30pm

Red Door Readers – Come join our adult Gilda's Book Club and enjoy a cup of coffee or tea. February's discussion will be on the book *The Underground Railroad* by William J. Switala on Fri. February 3, 11:00-12:30pm

Scrapbooking – Volunteer Wendy 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. February 4, 9:00-1:00pm

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. Mon. February 13, 3:00-5:00pm

Wii Tournament – Kids of all ages, join us for a Wii Tournament in Matt's Media Room. Sat. February 4 from 1:00-3:00pm.

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. February 25, 10:00-10:45am

EVENTS OUTSIDE OF THE CLUBHOUSE

Gilda's Runners and Walkers - Run for a Reason! Interested in running or walking for an event at the 2012 Pittsburgh Marathon? Join our team and raise awareness/money for a great cause!! Gilda's Club is an official charity partner of the marathon. Our group will be meeting every Saturday morning for group runs/walks. For more information contact 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 (412)338-1919 for more details.



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

FEBRUARY 2012

SOCIAL ACTIVITIES

Super Saturday: Cooking for Your Oscar Party – Kids and teens, come learn to cook some delicious movie-themed treats you can share with your friends and family for Oscar Night. Saturday, February 25, 1:00-3:00pm.

Movie Trivia Night & Potluck – Do you love movies? Do you love the Oscars? In honor of the recent awards season, join us for a night of fun and games. Test your movie trivia knowledge against other members and earn bragging rights and prizes! Bring a side dish to share (No desserts please) Wed. February 29, 6:00-8:00pm

LECTURES/WORKSHOPS

More Treatment? But I'm Sick and Tired of being Sick and Tired Lecture/Light Dinner: Are you dealing with treatment burnout? Join us as we welcome back NOCC (National Ovarian Cancer Coalition) and speaker Denise Stahl, MSN, ACPNP from Magee Women's Hospital. Denise will offer suggestions to deal with treatment burnout and answer questions. Don't forget to register. Wed. February 1, 6:00-8:00pm

Computer Information Lecture/Light Dinner: There will be a multi-part lecture series to help members develop different computer skills. The second session will be about Care Pages. There will be a lecture starting at 6:00 pm. Dinner and individual question and answer sessions to follow. Please feel free to bring your own laptop if you have one. February 2, 6:00-8:00pm.

Red Door Readers – Join us this month for a conversation with author William Switala who wrote the book *The Underground Railroad* in Pennsylvania. Bring your questions and of course enjoy a warm cup of coffee or tea. Fri. February 3, 11:00- 12:30pm

What is Qigong? Lecture/Dinner – Join us as Acupuncturist Tyler Phan, offers information about Qigong – an ancient Chinese practice that uses breathing techniques and guided imagery. Qigong can be used to alleviate pain, aid in relaxation and promote restful sleep. Bring your questions. Wed. February 8, 6:00-8:00pm

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. February 13, 10:30-12:30pm

Prevention & Treatment of Lymphedema Lecture/Dinner – What is Lymphedema? Kathleen Cutler RN BSN, from The Lymphedema Connection will join us to explain everything you need to know about Lymphedema. Please bring your questions! Wed. February 22, 6:00-8:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Gilda's Club Teen Advisory Committee (GTAC) is proud to celebrate the 2nd Annual Gilda's Club Cancer Awareness Week in their high schools January 30-February 3. The Awareness Week will culminate with a High School Battle of the Bands at Gilda's Club on Friday, Feb 3. Please call the clubhouse for more details 412-338-1919.		12:30-1:30 Gentle Yoga 1:30-3:00 Open Art Workshop 3:00-6:00 Knit Wits 6:00-8:00 Treatment Burnout Lecture/Light Dinner	6:00-8:00 Computer Information Lecture/Light Dinner 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	10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 11:00-12:00 Red Door Readers: Discussion with Author, William Switala	8:15am Gilda's Runners/Walkers will meet for group run/walk Call the clubhouse for details 9:00-1:00 Scrapbooking 10:00-11:00 Fitness Fun 11:00-1:00 Couples Massage 1:00-3:00 Cooking Workshop: Winter Warm Yourself 1:00-3:00 Wii Tournament
CLUBHOUSE CLOSED	12:00-1:00 Gentle Yoga	12:00-1:30 No Knead Bread Workshop 1:00-2:30 New Member Meeting 6:00-8:00 Bereavement Group 6:00-8:00 Kids/Teens Bereavement Group 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga	12:30-1:30 Gentle Yoga 1:30-3:30 Art Workshop: Peyote Embellishment 3:00-6:00 Knit Wits 6:00-8:00 Gilda's Great Bracelet Give Back 6:00-8:00 Qigong Lecture/Dinner	6:00-7:30 New Member Meeting 6:00-8:00 Family/Friends Group Wellness Group For Kids/Teens 6:30-8:00 Young Adult Networking Group-Coffee House	10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk	8:15am Gilda's Runners/Walkers will meet for group run/walk Call the clubhouse for details CLUBHOUSE CLOSED
	10:30-12:30 Look Good... Feel Better Workshop 12:00-1:00 Gentle Yoga 3:00-5:00 Watercolor Art Workshop	12:00-1:00 Guided Relaxation 6:00-8:00 Multiple Myeloma Networking Group 6:30-7:45 Gentle Yoga 6:30-8:00 Breast Cancer Networking Group	12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Clay Sculpting 3:00-5:00 Knit Wits 5:00 Clubhouse Closed	6:00-7:30 New Member Meeting 6:00-7:30 Laugha Yoga 6:00-7:30 Living Life Post Treatment Group 6:00-8:00 Gilda's Quilters 6:00-8:00 Family/Friends Group Wellness Group For Kids/Teens	10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 12:00-2:00 Gilda's Quilters	8:15am Gilda's Runners/Walkers will meet for group run/walk Call the clubhouse for details CLUBHOUSE CLOSED
	PRESIDENTS DAY CLUBHOUSE CLOSED	5:00-6:30 Beading Workshop 6:00-8:00 Bereavement Group 6:00-8:00 Kids/Teens Bereavement Group 6:30-7:45 Gentle Yoga	12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Painting with Paper 3:00-6:00 Knit Wits 6:00-8:00 Prevention & Treatment of Lymphedema Lecture/Dinner	6:00-7:30 New Member Meeting 6:00-8:00 Family/Friends Group Wellness Group For Kids/Teens 6:30-8:00 Young Adult Networking Lecture - Intimacy	10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk	8:15am Gilda's Runners/Walkers will meet for group run/walk Call the clubhouse for details 10:00-10:45 Zumba 11:00-1:00 Give Back Workshop: Bags & Bites 1:00-2:30 New Member Meeting 1:00-3:00 Super Saturday: Cooking for Your Oscar Party
12:00-1:00 Gentle Yoga	12:00-1:00 Guided Relaxation 6:30-8:00 Breast Cancer Networking Group 6:30-7:45 Gentle Yoga	12:30-1:30 Gentle Yoga 1:30-3:30 Art Workshop: Greeting Cards 3:00-6:00 Knit Wits 6:00-8:00 Movie Trivia Night & Potluck	Become a Member <ol style="list-style-type: none"> 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. 			