

PROGRAM CALENDAR JULY 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

Are you interested in joining a support group? Would you like more information on Gilda's Club Support Groups? Please contact Colleen for more information (412)338-1919 or colleen@gildasclubwesternpa.org

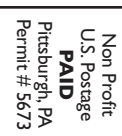
We are in the process of planning new support groups and would appreciate your feedback!

Dancing & Potluck Dinner - Robert Rogers and his partner Linda Kelley return to lead "Latin" partner dancing. The music is Caribbean based, and the dances are danced all around the world, including Merengue and Bachata (both from the Dominican Republic), and Salsa. During the lessons, each person will be partnered with someone else. Please bring a side dish to share. Wed. July 6, 6:00-8:00pm

JULY 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-registered is required when attending a group for the first time.

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

For Kids: Activities in the clubhouse for kids/teens touched by cancer. Tuesdays, July 5 & 19, 6:00-8:00pm.

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

VOLUNTEERS

Basic Volunteer Orientation – Learn about the Gilda's Club philosophy and available volunteer opportunities. Please call Ann Amato with questions. Sat. July 23, 10:00-12:00pm

GTAC- Gilda's Teen Advisory Committee – A select group of high school students committed to helping spread awareness, understanding, and advocacy in their schools and communities about how cancer affects teens. Please call Kathleen Petulla 412-338-1919 for more information.

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.

- Anal & Colorectal:**.....No group this month.
- Breast Cancer:**Tues. July 5 & 19, 6:30-8:00 pm.
- Living Life Post Treatment:**.....Thurs. July 21, 6:00-7:30 pm
- Multiple Myeloma:**Tues. July 12, 6:00-8:00pm
- Prostate Cancer:**Tues. July 5, 6:30-8:00 pm
- New Time Recurrence & Metastatic Group:**Mon. July 25, 11:30-1:00pm
- Young Adult:**Tues. July 26, 6:30-8:00pm

ONGOING WORKSHOPS

Art Workshops with our Volunteers - No experience necessary and materials will be provided. Jewelry Stitching 7/6 (1:30-3:30pm), Summer Butterflies 7/13, Fun with Feathers 7/20, Circle Design Magnets 7/27. Wed. 1:30-3:00pm

Beading Workshop - Come and play with beads. This class is for beginners and those who would like to continue working on a project they have already started. Please sign up. Tues. July 26, 5:00-6:30pm

Bellydancing - Janim, a professional belly dance artist, will teach this class for new and experienced dancers. Students will learn basic techniques including lifted stance and posture, shimmies, and traveling steps. Please wear comfortable, exercise clothing and bring a hip scarf if you have one! Sat. July 23, 10:00-11:30am

Cooking Workshop: Mediterranean Cuisine - Join us to learn how to prepare a few healthy recipes: hummus (spread made from cooked, mashed chickpeas) and tabouli (vegetarian salad). Be sure to register. Sat. July 23, 1:00-3:00pm

Cycling for Everyone - Join us for a nice, easy ride to enjoy the sights and sounds of the city. Biking enthusiasts Dave and Patti will lead the ride. Be sure to call to register. Sat. July 9, 9:00-10:30am

Decoupage Art Workshop - Decoupage is the art of decorating an object by gluing colored paper cutouts onto it in combination with special paint effects. Commonly an object like a small box, plate, or vase is covered by cutouts from magazines or paper. Each layer is sealed with varnishes until the "stuck on" appearance disappears and the result looks like painting or inlay work. Thur. July 14, 6:00-8:00pm

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. July 9, 12:00-1:00pm

Gentle Yoga - Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 12:00-1:00pm (no class 7/4), Tues. 6:30-7:45pm, Wed. 12:30-1:30pm, Fri. 10:00-11:00am

Gilda's Running/Walking Group - Join us for a run or walk around the Strip District early Monday morning. No experience necessary. Every Monday 6:30am

Gilda's Quilters - Are you an experienced quilter? Then bring the project you are working on and talk with other quilters. Or maybe you'd like to learn. Join facilitators Cheryl and Bobbi as they lead this workshop. Attend one or both workshops. Thurs. July 28, 6:00-8:00 & Friday, July 29, 12:00-2:00pm

Give Back Workshop: Bags & Brunch - Join Satchels of Caring as we give back to others touched by cancer. We will assemble satchels for women currently in chemo. They are unique bags filled with inspirational items. Help put buttons on the bags and put journals to-

gether. Enjoy some tasty food while we put the bags together. Sat. July 9, 1:00-3:00pm

Greeting Cards Workshop: Christmas in July - Join Dot-tie as she shows you how to create beautiful, handmade greeting cards! This month's theme is "Christmas in July." Don't forget to register. Wed. July 20, 6:00-8:00pm

Joyful Song Circle - The human voice in song can be a powerful tool for healing mind, body and spirit. Join Cindy Harris and members of the Pittsburgh Threshold Choir to sing, to be sung to, and to learn to use your voice. Only a desire to sing is necessary. We'll teach you how to use the voice you were blessed with! Thur. July 14, 6:00-8:00pm

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 Wednesday 3:00-6:00pm

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 and leads us in a relaxing hour. The more classes you attend, the more proficient you will become. Every Mon. 1:30-2:30pm (no class 7/4)

Qigong - Acupuncturist Tyler Phan will offer further instruction in the ancient Chinese practice of Qigong. He will teach breathing techniques and will lead members in guided imagery. These techniques can be used to alleviate pain, aid in relaxation and restful sleep. Tues. July 19, 12:00-1:00pm

Red Door Readers - Come join our adult Gilda's Book Club and enjoy a cup of coffee or tea. July's discussion will be *Old School* by Tobias Wolff on Fri. July 29, 11:00-12:30pm

Scrapbooking - An introductory class to 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. July 23, 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

Writing Life Stories - Writing life stories is a great way to find deeper meaning in life while creating a written legacy for future generations. Research has shown that writing these stories is good for your health. Local author Sharon Lippincott will conduct workshops to share writing tips and help you get started writing the story of your life. Tues. July 19, 1:00-3:00pm

Zumba - This Latin-inspired dance fitness program which involves dance and aerobic elements is for beginners and those who have taken Zumba classes. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, and mambo. Please wear comfortable clothing and tennis shoes. Be sure to register for this fun, high-energy class. Sat. July 23, 11:30-12:15pm

EVENTS OUTSIDE THE CLUBHOUSE

Save the Date: Tuesday, October 25, Carnegie Music Hall, an evening conversation with Paul O'Neill, former U.S. Secretary Treasurer and Ron Suskind, noted author and Pulitzer Prize winning journalist discussing the global financial crisis and its impact on today's economy. Ron Suskind's new book, *Confidence Men: Wall Street, Washington, and the Education of a President* is scheduled for release September 20, 2011.



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.

United Way
#221008

412-338-1919

SOCIAL ACTIVITIES

JULY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>Become a Member</p> <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. 		<p>Interested in joining a support group?</p> <p>Contact Colleen for more information (412)338-1919 or colleen@gildasclubwesternpa.org</p>		<p>10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>CLUBHOUSE CLOSED</p>	
CLUBHOUSE CLOSED	<p>HAPPY 4TH of JULY Clubhouse Closed</p>	<p>5 11:30-1:30 Wellness Group 6:00-7:30 New Member Meeting 6:00-8:00 Bereavement Group 6:00-8:00 For Kids: Art 6:30-8:00 Breast Cancer Networking Group 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga</p>	<p>6 9:30-1:00 Summer Camp 12:30-1:30 Gentle Yoga 1:30-3:30 Art Workshop: Jewelry Stitching Beading Workshop Knit Wits 3:00-6:00 6:00-8:00 Dancing & Potluck Dinner</p>	<p>7</p>	<p>8 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>9 9:00-10:30 Cycling for Everyone 10:00-12:00 Super Saturday: Drum Circle 12:00-1:00 Fitness Fun 1:00-2:30 New Member Meeting 1:00-3:00 Give Back Workshop: Bags & Brunch</p>	
	<p>10</p>	<p>11 6:30-7:30am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 1:30-2:30 Meditation</p>	<p>12 11:30-1:30 Wellness Group 6:00-8:00 Multiple Myeloma Networking Group Gentle Yoga 6:30-7:45</p>	<p>13 9:30-1:00 Summer Camp 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Summer Butterflies Knit Wits 3:00-6:00 6:00-7:30 New Member Meeting 6:00-8:00 How Music Can Help you De-stress Lecture/Dinner</p>	<p>14 1:00-2:30 New Member Meeting 6:00-8:00 Decoupage Art Workshop 6:00-8:00 Joyful Song Circle</p>	<p>15 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>16 CLUBHOUSE CLOSED</p>
	<p>17</p>	<p>18 6:30-7:30am Gilda's Running/Walking Group 12:00-1:00 Gentle Yoga 1:30-2:30 Meditation</p>	<p>19 11:30-1:30 Wellness Group New Time 12:00-1:00 Qigong Workshop 1:00-3:00 Writing Life Stories Workshop 6:00-7:30 New Member Meeting 6:00-8:00 Bereavement Group 6:00-8:00 For Kids: Movie 6:30-8:00 Breast Cancer Networking Group 6:30-7:45 Gentle Yoga</p>	<p>20 9:30-1:00 Summer Camp 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Fun with Feathers Knit Wits 3:00-6:00 6:00-8:00 End of Life Emotional Issues Discussion/Dinner 6:00-8:00 Greeting Cards Workshop: Christmas in July</p>	<p>21 6:00-7:30 Living Life Post Treatment Networking Group</p>	<p>22 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk</p>	<p>23 9:00-1:00 Scrapbooking 10:00-12:00 Volunteer Orientation 10:00-11:30 Bellydancing 11:30-12:15 Zumba 1:00-3:00 Cooking Workshop: Mediterranean Cuisine</p>
	<p>24</p>	<p>25 6:30-7:30 Running/Walking Group 10:30-12:30 Look Good...Feel Better Workshop 11:30-1:00 New Time Recurrence & Metastatic Group 12:00-1:00 Gentle Yoga 1:30-2:30 Meditation</p>	<p>26 11:30-1:30 Wellness Group 5:00-6:30 Beading Workshop 6:00-7:30 New Member Meeting 6:30-8:00 Young Adult Networking Group 6:30-7:45 Gentle Yoga</p>	<p>27 9:30-1:00 Summer Camp 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop: Circle Design Magnets Knit Wits 3:00-6:00 6:00-8:00 How to Manage Anxiety Lecture/Dinner</p>	<p>28 1:00-2:30 New Member Meeting 6:00-8:00 Gilda's Quilters</p>	<p>29 10:00-11:00 Gentle Yoga 11:00-12:00 Walk-n-Talk 11:00-12:30 Red Door Readers 12:00-2:00 Gilda's Quilters</p>	<p>30</p>
	<p>31</p>	<p>12:00-1:00 Gentle Yoga 1:30-2:30 Meditation</p>					

Dancing & Potluck Dinner
Robert Rogers and his partner Linda Kelley return to lead "Latin" partner dancing. The music is Caribbean based, and the dances are danced all around the world, including Merengue and Bachata (both from the Dominican Republic), and Salsa. During the lessons, each person will be partnered with someone else. Please bring a side dish to share. Wed. July 6, 6:00-8:00pm

Super Saturday: Drum Circle
Kids, teens and families, come try your hand at our family drum circle. Beginners encouraged. Lunch will be provided. Saturday, July 9 from 10:00-12:00. Please RSVP by Friday, June 10.

Summer Camp
A chance for kids (1st-8th grade) impacted by cancer to enjoy fun workshops designed especially for them. (Grown-ups, you are welcome to stay in the clubhouse for camp or drop the kids off and enjoy some free time to yourself!) **Registration is mandatory.** Summer Camp will run for 6 Wednesday sessions: July 6, 13, 20, & 27 and Aug 3 & 10 from 9:30am-1:00pm.

LECTURES/WORKSHOPS

How Music Can Help You De-stress Lecture/Dinner
Pittsburgh Symphony Musician Penny Brill will lead this interactive discussion. She will explain how music can help you de-stress, breathe and sleep better and meet your exercise goals. In addition, she will perform various musical pieces to illustrate how music can help you. Don't forget to register. Wed. July 13, 6:00-8:00pm

End of Life Emotional Issues Discussion & Dinner
Kevin Henry, counselor and bereavement coordinator with Forbes Hospice returns to Gilda's Club. Kevin will facilitate a discussion on finishing emotional business with the people we love. End of life discussions are hard. Come and learn how to start these conversations with the people you care about. July 20, 6:00-8:00pm

Look Good...Feel Better Workshop
Presented by the **American Cancer Society**. Make-up, hats, wigs, etc. Light refreshments will be provided. Only for those currently in treatment. Mon. July, 25 10:30-12:30pm.

How to Manage Anxiety Lecture/Dinner
Living with a cancer diagnosis can be very challenging for patients and loved ones. Nancy Griffith, RN, has 30+ years experience as a nurse, the last four with oncology patients. She will discuss ways to manage anxiety including deep breathing techniques and ways to talk with others to reduce stress. Wed. July 27, 6:00-8:00pm