



JANUARY 2010

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

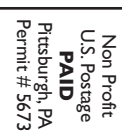
2816 Smallman Street
Pittsburgh, PA 15222
(412) 338-1919

www.gildasclubwesternpa.org

Gilda's Runners & Walkers
Run or walk the 2010 Marathon, 1/2 Marathon or 5-Person Relay for a reason...Gilda's Club. Join our weekly Saturday morning running/walking group. We will meet at different locations around Pittsburgh. Join us Mon. January 4, 6:00-7:00 for information on running/walking for Gilda's Club. Call the clubhouse for more details!



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

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. January 5 & 19. Thurs. January 7, 14, 21 & 28. 6:00-8:00pm

Kid/Teen Support: Next Kid/Teen Support session will be in February.

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. Next orientation is in February.

Volunteer Networking Group – A group for trained volunteers to meet and exchange experiences. Sat. January 9, 10:00-11:00am

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. January 21, 6:00-7:30 pm

Breast Cancer Networking Group:

Tues. January 19, 6:30-8:00 pm.

NEW TIME Gynecologic Networking Group:

Thurs. January 14, 11:30-1:00 pm

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

Tues. January 12 & 26, 6:30-8:00pm

Multiple Myeloma Networking Group:

Tues. January 12, 6:00-8:00pm. Ask the Doctor Lecture this month. David Roodman, MD Hematologist/Oncologist will discuss and answer questions about Multiple Myeloma.

Prostate Cancer Networking Group:

Tues. January 5, 6:30-8:00 pm

Recurrence Networking Group:

Mon. January 25, 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. 1/6 & 1/27 Art with Daviea, 1/13 Art with Donna & 1/20 art with Dan, Wed. 1:30-3:00pm, (please register).

Beading Workshop - Join us in making jewelry with beads. Tues. January 26, 5:00-6:00pm

Express Yourself with Writing - 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. Wed. January 13, 6:00-8:00pm

Fitness Fun: Bands, Balls and Tubes - Break out from the winter blues! Join us for a fun, no experience necessary, low impact exercise class. Sat. January 23, 10:30-11:30am.

Gentle Yoga - Enjoy breathing techniques, relaxation and more. No experience necessary. Mon. 11:30-12:30pm (no yoga 1/18), Tues. 6:30-7:45pm, Wed. 12:30-1:30pm., and Fri. 10:00-11:00 (no yoga 1/1 & 1/15)

Gilda's Runners & Walkers - Run or walk the 2010 Marathon, 1/2 Marathon or 5-Person Relay for a reason...Gilda's Club. Join our weekly Saturday morning run-

ning/walking group. We will meet at different locations around Pittsburgh. Join us Mon. January 4, 6:00-7:00 for information on running/walking for Gilda's Club. Call the clubhouse for more details!

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. January 23, 2:30-4:00pm.

Greeting Card Workshop - The holidays are over now, but why not get a jump on the year ahead of birthday and anniversary celebrations with Gilda's Club hand made Greeting. You will be provided with Strathmore ivory deckle cards and envelopes, a variety of fabrics, lace and papers that you can collage and have stitched or just glue and go. Feel free to bring your own add-ons (ribbons, stickers) and cut out pictures. Mon. January 4, 6:00-8:00pm

Healthy Cooking Workshop - New Year, New You--Well another year and here we are...all those New Year's resolutions to eat right and exercise. Join Barb and Mary Lou for a healthy eating workshop. We will share some of our favorite healthy recipes and tips for healthy eating. Sat. January 23, 11:00-1:00pm

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. Please join us if you crochet, needlepoint, cross-stitch or any other needle art. Every Wed. 3:00-6:00pm

Poetry Workshop Interested in learning more about poetry? Join us for an engaging night of poetry when volunteer Kathy will offer fundamental instruction and fun exercise on writing poems. Mon. January 25, 6:00-8:00pm

Red Door Readers - Come join our adult Gilda's Book Club and enjoy a warm cup of coffee or tea. January's discussion will be *SOUL to SOUL*, by Yelena Khang and Susan Jacoby. Fri. January 29, 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. January 23, 9:00-1:00pm

Sign Language Workshop - A basic workshop that will teach the fundamentals of American Sign Language. Possible topics include finger spelling, numbers, basic phrases, and participant requests. Sat. January 23, 1:00-2:30pm

Walk-n-Talk - Join our walking group around different Pittsburgh neighborhoods. Enjoy the sights and conversation. Every Fri. 11:00-12:00pm (no walk 1/1)



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.

United Way
#221008

412-338-1919

JANUARY 2010

SOCIAL EVENTS

White Elephant Exchange Potluck Dinner – 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. Main dish and desserts will be provided. Wed. January 6, 6:00-8:00pm.

Super Saturday/T4T (Teens for Teens): Family time in the clubhouse. Come kick off the New Year with a healthy, active Super Saturday! Mark Winters from Highmark's SPARK Program (Sports Play and Active Recreation for Kids) is back and will provide an inclusive, noncompetitive fitness experience! A healthy lunch is also included. Sat. January 9, 11:00-1:00pm.

Scrabble Tournament - Scrabble Buffs, put on your thinking caps and bone up on your spelling. Join us for an evening of fun and excitement. Light snacks provided. Wed. January 20, 6:00pm-8:00pm..

LECTURES/WORKSHOPS

Juicing, Smoothies and Healthy Divine Desserts
Janet McKee, Holistic Health Counselor, will discuss and demonstrate an evening filled with satisfying and delicious healthy food topics: health benefits & fabulous flavors of fresh juices & smoothies; and how divinely sweet desserts can be part of a well-balanced, healthy life. Mon. January 11, 6:00-8:00pm

Ask the Radiologist: Learn more about Radiation Therapy Lecture/Dinner
Join Simul Parikh, MD from UPMC Cancer Center, as he discusses and answers questions about Radiation Therapy. Wed. January 13, 6:00-8:00pm

Ask the Pharmacist Lecture/Dinner
Rick Miller, Pharm.D., BCPS, BCOP from Allegheny General Hospital will discuss and answer questions on how to manage your drug therapy. Wed. January 20, 6:00-8:00pm

Intro to Reiki Workshop
Join Arlene M. Stevens, RMT, Reiki Master/Teacher as she discusses how Reiki works and the benefits. Please register, space is limited. Mon. January 25, 6:00-8:00pm.

Life After a Recurrence Lecture/Dinner
Have you had a recurrence? Attend this lecture which will highlight the emotional aspects of a recurrence; how to talk with your kids about a recurrence; how to manage the fear and anxiety. Learn tips and tools after a recurrence. Dinner will be provided. Mon. January 25, 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. No Workshop this month, will return in March.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CLUBHOUSE CLOSED	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.		Help Gilda's Club GO GREEN! If you would like to receive the calendar via email please contact us at colleen@gildasclubwesternpa.org		Happy New Year! 2010		9:00 - Gilda's Runners & Walkers – Call clubhouse for group meeting location details
	3	4 11:30-12:30 Gentle Yoga 6:00-7:30 New Member Meeting 6:00-8:00 Greeting Card Workshop 6:00-7:00 Gilda's Runners/Walkers Information Meeting	5 11:30-1:30 Wellness Group 6:00-8:00 Acting Up 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: Art 6:30-8:00 Prostate Cancer Networking Group 6:30-7:45 Gentle Yoga	6 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Daviea 3:00-6:00 Knit Wits 6:00-8:00 White Elephant Exchange Potluck Dinner	7 1:00-2:30 New Member Meeting 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Cooking	8 NEW 10:00-11:00 Gentle Yoga/Meditation 11:00-12:00 Walk-n-Talk	9 9:00 - Gilda's Runners & Walkers – Call clubhouse for group meeting location details 10:00-11:00 Volunteer Networking Group 11:00-1:00 Super Saturday/T4T (Teens For Teens)
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	17	18 CLUBHOUSE CLOSED MARTIN LUTHER KING DAY	19 11:30-1:30 Wellness Group 6:00-8:00 Acting Up 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: Wii Tournament 6:30-8:00 Breast Cancer Networking Group 6:30-7:45 Gentle Yoga	20 12:30-1:30 Gentle Yoga 1:30-3:00 Art Workshop with Dan 3:00-6:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 Scrabble Tournament 6:00-8:00 Ask the Pharmacist Lecture/Dinner	21 6:00-7:30 After Cancer & Beyond Networking Group 6:00-8:00 Wellness Group Friends/Family Group For Kids Only: Cooking	22 NEW 10:00-11:00 Gentle Yoga/Meditation 11:00-12:00 Walk-n-Talk	23 9:00 - Gilda's Runners & Walkers – Call clubhouse for group meeting location details 9:00-1:00 Scrapbook Workshop 10:00-11:30 New Member Meeting 10:30-11:30 Fitness Fun: Bands, Balls and Tubing 11:00-1:00 Healthy Cooking Workshop 1:00-2:30 Sign Language Workshop 2:30-4:00 Give Back Workshop with CREW
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