



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

MAY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Become a Member - It's FREE</p> <p>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>			<p>1:00-2:30 New Member Meeting 1 4:30-5:30 NEW Knit Wits 6:00-8:00 Wellness Group Friends/Family Group Small Talk Teen Talk 6:30-7:30 Gentle Yoga</p>	<p>11:00-12:00 Walk-n-Talk 2</p>	<p>3 CLUBHOUSE CLOSED</p>
<p>5 12:00-1:00 Gentle Yoga 1:00-3:00 Wellness Group</p>	<p>4:00-5:00 Guitar 101 6 5:00-6:00 Beading Workshop 6:00-7:00 Walk-n-Talk 6:00-8:00 Bereavement Group Kids Grieve, Too Teens Living with Loss 6:30-7:45 Gentle Yoga 6:30-8:00 Prostate Cancer Networking Group</p>	<p>12:30-1:30 Gentle Yoga 7 1:30-3:00 Art Workshop with David 3:00-4:00 Knit Wits 6:00-7:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 Adult Journaling Workshop 6:00-8:00 Everything you want to know about Cycling & Maintenance Workshop</p>	<p>4:30-5:30 NEW Knit Wits 8 6:00-8:00 Wellness Group Friends/Family Group Small Talk Teen Talk 6:30-7:30 Gentle Yoga</p>	<p>11:00-12:00 Walk-n-Talk 9</p>	<p>9:00-10:30 New Member Meeting 10 10:00-11:00 Volunteer Networking Group 11:00-12:00 Kids Club 11:00-12:30 Parent Networking Group 12:00-2:00 Super Saturday</p>
<p>12 12:00-1:00 Gentle Yoga 12:30-2:00 Breast Cancer Networking Group 1:00-3:00 Wellness Group</p>	<p>13 5:30-8:00 Livestrong Day Celebration</p>	<p>12:30-1:30 Gentle Yoga 14 1:30-3:00 Art Workshop with David 3:00-4:00 Knit Wits 6:00-7:00 Knit Wits 6:00-8:00 NEW Myeloma Networking Group 6:30-8:00 NEW Spirituality Networking Group 6:00-7:30 New Member Meeting 6:00-8:00 NEW Painting Silk Scarves Workshop</p>	<p>1:00-2:30 New Member Meeting 15 4:30-5:30 NEW Knit Wits 5:00-6:00 NEW Family Orientation 6:00-8:00 Wellness Group Friends/Family Group Small Talk Teen Talk</p>	<p>11:00-12:00 Walk-n-Talk 16</p>	<p>17 CLUBHOUSE CLOSED</p>
<p>19 12:00-1:00 Gentle Yoga 1:00-3:00 Wellness Group 5:30-8:00 NEW Movie Night for Adults 6:00-8:00 Look Good...Feel Better Workshop</p>	<p>4:00-5:00 Guitar 101 20 5:00-6:00 NEW Family Orientation 6:00-8:00 Bereavement Group Kids Grieve, Too Teens Living with Loss 6:30-8:00 Breast Cancer Networking Group 6:30-8:00 Gynecologic Networking Group 6:30-7:45 Gentle Yoga</p>	<p>12:30-1:30 Gentle Yoga 21 1:30-3:00 Art Workshop with David 3:00-4:00 Knit Wits 6:00-7:00 Knit Wits 6:00-8:00 Volunteer Orientation 6:00-8:00 The Art of Relaxation & Eating to Decrease Stress Workshop 6:00-7:30 New Member Meeting</p>	<p>3:30-4:30 NEW Intro to Meditation Workshop 22 4:30-5:30 NEW Knit Wits 6:00-7:30 After Cancer and Beyond Networking Group 6:00-8:00 Wellness Group Friends/Family Group Teen Talk Small Talk 6:30-7:30 Gentle Yoga</p>	<p>11:00-12:00 Walk-n-Talk 23</p>	<p>24 CLUBHOUSE CLOSED</p>
<p>CLUBHOUSE CLOSED 26 HAPPY MEMORIAL Day</p>	<p>27 6:00-7:00 Walk-n-Talk 6:30-7:45 Gentle Yoga 6:30-8:00 Red Door Readers 6:30-8:00 Living with Cancer in your 20's & 30's Networking Group</p>	<p>12:30-1:30 Gentle Yoga 28 1:30-3:00 Art Workshop with David 3:00-4:00 Knit Wits 6:00-7:00 Knit Wits 6:00-7:30 New Member Meeting 6:00-8:00 Skin Cancer & Melanoma Lecture/Dinner</p>	<p>1:00-2:30 New Member Meeting 29 4:30-5:30 NEW Knit Wits 6:00-8:00 Wellness Group Friends/Family Group Teen Talk Small Talk 6:30-7:30 Gentle Yoga</p>	<p>11:00-12:00 Walk-n-Talk 30</p>	<p>9:00-1:00 Scrapbook Workshop 31 9:30-11:30 NEW Cycling for Everyone 10:00-11:00 Gentle Yoga 10:00-11:30 NEW Professional Networking Group 11:00-1:00 NEW Portable Picnic Workshop 1:00-3:00 T4T (Teens for Teens)</p>