

March 2011 - The Warminster clubhouse will be closed for Programming on Mondays from 1-5:00pm. Programs will be held at our St. Mary Satellite.

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 6:30-8:00pm Young Adult Networking Group</p>	<p>2 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 1:30-2:30pm Updates on Chronic Lymphocytic Leukemia (CLL) 5:00-6:00pm New Member Meeting 6:30-7:30pm Yoga* 6:30-8:00pm Grief & Loss Discussion* 6:30-8:00pm Young Survival Coalition Meeting: Call Stacey Sole at 267-614-2765 for info. DH 10-11 New Member Meeting 11-12 Family & Friends Support Group 12-1:30 Knitting</p>	<p>3 10:30-11:30am Meditation with Kathy Stock* 1:30-3:30pm Wellness Alumni Group 4:30-5:30 New Member Meeting 6:00-8:00pm Reiki Share* 6:30-8:00pm Brain Cancer Networking 6:30-8:00pm Women & Couples in the Military </p>	<p>4</p>	<p>5</p>
<p>7 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group* SM 1-2 New Member Meeting 2-3:30 Understanding Genetic Counseling</p>	<p>8 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 12:00-1:30 pm For Men Only: Men's Group with Charlie Wolfe  6:30-8:00pm Ovarian Cancer Networking 6:30-8:00pm Discussing Loss & Bereavement with Yvonne Kaye 6:30-8:00pm Young Survival Coalition</p>	<p>9 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 5:00-6:00pm New Member Meeting 6:30-7:30pm Yoga* 6:30-8:00pm Grief & Loss Discussion* 6:30-8:00pm Blood Cancer Networking DH 10-11 New Member Meeting 12-2 Manifesting Possibilities</p>	<p>10 12:00-1:00pm Wellness Orientation Workshop & Lunch (Lunch will be provided!) 4:30-5:30 New Member Meeting 6:30-8:00pm Wellness Group 6:30-8:00pm Family & Friends Networking: Dinner and Discussion DH 10-11 New Member Meeting 11-2 Just Drop In!</p>	<p>11</p>
<p>14 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group* SM 4:30-5:30 Guided Imagery & Breathwork 5:30-6:30 New Member Meeting 7-8 Family & Friends Support Group 7-8 Man to Man Prostate Cancer Support and Education Group</p>	<p>15 12:00-2:00pm It's A Guy Thing:  Afternoon Movie 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 5:30-7:00 Lung Cancer Networking 6:30-7:30pm Meditation with Kathy Stock* 6:30-8:00pm Cooking with Dee*</p>	<p>16 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 5:00-6:00pm New Member Meeting 6:00-7:30pm "Healthy Habits": Choosing and Keeping Healthy Habits for Life 6:30-7:30pm Yoga* 6:30-8:00pm Grief & Loss Discussion* DH 10-11 New Member Meeting 11-12 Cancer Transitions: "Life After Cancer" Support Group...Getting back to "Normal" 1-2 Laughter Group</p>	<p>17 1:30-3:30pm Wellness Alumni Group 3:15-4:15pm Belly Dancing for Beginners (New Monthly Group) 4:30-5:30 New Member Meeting 6:00-8:00pm Reiki Share* DH 10-11 New Member Meeting 11-2 Just Drop In!</p>	<p>18</p>
<p>21 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group* SM 1-2 New Member Meeting 2-3 Journaling</p>	<p>22 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting 6:30-8:00pm Living a Meaningful Life: A 7 Step Guide Towards Life Satisfaction</p>	<p>23 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 1:30-2:30pm Connect Workshop: Advances in Treating Chemotherapy-Related Nausea and Vomiting 5:00-6:00pm New Member Meeting 6:30-7:30pm Yoga* DH 10:30-12 Yoga 1-2 New Member Meeting</p>	<p>24 4:30-5:30 New Member Meeting 6:30-8:00pm Wellness Group 6:30-8:00pm Family & Friends Networking: Dinner and Discussion 6:30-8:00pm Talking about Mediumship and Past Lives with Arianna Kahn DH 10-11 New Member Meeting 11-12:30 Charcoal Drawing</p>	<p>26 Men's Breakfast 8:00-10:00am Our speaker is Phil Sapovitz, a Korean War/Navy Veteran New Member Meeting 10:00-11:00am ----- Sunday, 20th - Quilting 11:00-3:00pm</p>
<p>28 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group* SM 1-2 New Member Meeting 2-3 Yoga 3:30-4:30 Ask the Nurse: Managing Chemo & Radiation AH Grand Opening at Abington Hospital! Join us from 10-2pm!</p>	<p>29 1:00-2:00pm Knitting with Helen 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 6:30-8:00pm Laughter Group 6:30-8:00pm The Talking Teacup: All About Teas</p>	<p>30 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 2:00-3:00pm New Members' & Volunteers' Coffee Klatch 5:00-6:00pm New Member Meeting 6:30-7:30pm Yoga* 6:30-8:00pm Grief & Loss Discussion* 6:30-8:00pm Breast Cancer Networking DH 10-11 New Member Meeting 11-12 Wellness Support Group 12-2 Art for the Soul</p>	<p>31 1:30-3:30pm Wellness Alumni Group 4:30-5:30 New Member Meeting 6:00-7:30pm Volunteer Training 6:30-8:00pm Power of Possibilities DH 10-11 New Member Meeting 11-12:30 Charcoal Drawing</p>	<p>*These Programs are included in our "Healthy Living Program" supported by the National Recreation Foundation</p>

Monthly Networking Groups: Networking Groups are specific to your type of cancer. Family members and friends are welcome.

Weekly Wellness Groups: Wellness Groups are ongoing support for people currently in treatment and living with cancer.

Wellness Alumni Group: This is a specialized wellness group that was created for members who have been attending wellness groups over a long period of time. It takes place every other week and is open to members who are looking to explore living beyond the medical impact of their illness.

Post-Treatment Group: This group provides ongoing opportunities for people with cancer who are post treatment to share expertise and their insight on the cancer experience.

Women Sharing Wisdom: This is an open discussion group in which women help each other through support, understanding, and the amazing power of our collective wisdom. Dr. Pam Ginsberg, PhD will be facilitating.

TAI CHI: Join E. Story Biddle for Tai Chi which involves slow, rhythmic and meditative movements designed to enhance relaxation and inner calm, while improving strength and balance.

Reiki Share: Reiki (life force energy) is a Japanese technique for stress reduction and relaxation that also promotes healing.

Connect Workshops: Provided by CancerCare
Dates & Times Vary Each Month
Connect workshops are a way for people to learn about the latest cancer-related issues just by using a telephone or computer. Join us as we listen in together to oncology experts and top doctors in the field.

Women & Couples in the Military
Thursday, 3rd, 6:30-8:00pm
Join Jo Linda White & her husband Kevin for a woman's point of view on her service in Desert Storm, a couples point of view in serving in the military during and after active duty, and discussion on being a disabled vet

Discussing Loss & Bereavement with Yvonne Kaye
Tuesday, 8th, 6:30-8:00pm
Are you living with loss? Join motivational speaker and bereavement expert Yvonne Kaye for this one time enlightening discussion.

For Men Only: Men's Group with Charlie Wolfe
Tuesday, 8th, 12:00-1:30pm
Join us for this new monthly group the second Tuesday of every month! Meet other men in your community for a casual discussion group and social get together.

Wellness Orientation Workshop & Lunch with Dr. Joseph Greco
Thursday, 10th, 12:00-1:00pm
Enjoy lunch and a talk from Dr. Joe Greco from Greco Chiropractic about Wellness and how to set up a realistic program of wellness care for yourself!

Healthy Habits: Choosing and Keeping Healthy Habits for Life
Wednesday, 16th, 6:00-7:30pm
Pam Ginsberg will be co-presenting on this topic with Marcy Lynch. Marcy, owner of Breakthrough Fitness, is a master trainer, fitness coach and nutritional expert!

Belly Dancing for Beginners (NEW MONTHLY GROUP!)
Thursday, 17th, 3:15-4:15
Join Lisa Raezer the third Thursday of every month for this fun and healthy workout! Lisa teaches unchoreographed ethnic style type of belly dance. All you need is comfortable clothing!

Living a Meaningful Life: A 7 Step Guide Towards Life Satisfaction
Tuesday, 22nd, 6:30-8:00pm
Life Coach Jill Magerman leads this talk on how to obtain satisfaction in your life. Jill, with her wildly creative and energetic personality, brings a special combination of skills and talents to her coaching work. While sharing her passion and enthusiasm for life, Jill offers the opportunity to explore how to live a life driven by meaningful choices.


Talking about Mediumship and Past Lives with Arianna Kahn
Thursday, 24th, 6:30-8:00pm
Join Arianna Kahn for this intriguing session as she speaks about past lives, mediumship and angels.

The Talking Teacup: All About Teas
Tuesday, 29th, 6:30-8:00pm
The Talking Teacup is a beautiful teahouse and gift shoppe located in Chalfont. Owner Kathy Heck will be talking with us about the benefits of different teas!

***Grief & Loss Discussion Series**
Wednesdays, 6:30-8:00pm
If you would like to join this group, please contact our program coordinator Nicole at nicole@gildasclubdelval.org. We are beginning to compile a waiting list.

Gilda's Club at Abington Memorial Hospital Grand Opening!!
Monday, March 28th from 10am-2pm
Be part of Gilda's Club History as we cut the ribbon at our newest satellite location located at Abington Memorial Hospital. We will be in the Shorday Atrium on the ground floor of the Widener Building. See you there!

Key

 - Recommended but not Limited to Veterans

SM - Programs at St. Mary Medical Center

DH - Programs at Doylestown Hospital

AH - Programs at Abington Hospital