

**February 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 2:00-4:00 Post-Treatment Group 2:00-4:00pm Wellness Group 6:30-8:00pm Young Adult Networking: New Beginnings</p>	<p>2 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 Living with Grief* 6:30-8:00pm Young Survivors Coalition Meeting: Call Kim Hagerich for info 215-345-4370</p> <p>.....</p> <p>DH 10-11 New Member Meeting 11-12:30 Knitting with Helen 1-2 Wellness Group</p>	<p>3 10:30-11:30am Meditation with Kathy Stock* 1:30-2:30pm Connect Workshop: Treat- ment Updates on Gastrointestinal Stromal Tumors 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</p> <p>.....</p> <p>DH 10-11 New Member Meeting 11-2 Just Drop By!</p>	<p>4</p>	<p>5 Walking and Running Club* 8am</p>
<p>7 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p> <p>.....</p> <p>SM 1-2 New Member Meeting 2:30-4 Life After Cancer Discussion Group: What to expect when you're trying to return to "normal"</p>	<p>8 2:00-4:00 Post-Treatment Group 2:00-4:00pm Wellness Group</p> <p>6:30-8:00pm For Men Only:  Men's Group with Charlie Wolfe 6:30-8:00pm Ovarian Cancer Networking</p>	<p>9 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 1:30-2:30pm Connect Workshop: Cancer Treatments and the Risk of Blood Clots 5:00-6:00pm New Member Meeting 6:30-7:30pm Yoga* 6:30-8:00pm Living with Grief* 6:30-8:00pm Blood Cancer Networking</p> <p>.....</p> <p>DH 10-11 New Member Meeting 12-2 "Manifesting Possibilities"</p>	<p>10 4:30-5:30 New Member Meeting 6:30-8:00pm Wellness Group 6:30-8:00pm Family &amp; Friends Networking: Dinner and Discussion</p> <p>.....</p> <p>DH 10-11 New Member Meeting 11-2 Just Drop By!</p>	<p>11</p>
<p>14 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p> <p>.....</p> <p>SM 4:30-5:30 Guided Imagery &amp; Breath- work 5:30-6:30 New Member Meeting 7-8 Family &amp; Friends Support Group 7-8 Man to Man Prostate Cancer Support and Education Group: Spon- sored by the American Cancer Soc.</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*</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 Women Sharing Wisdom 6:30-7:30pm Yoga* 6:30-8:00pm Living with Grief* 6:30-8:00pm Chili Cookoff!</p> <p>.....</p> <p>DH 10:30-12 Yoga 1-2 New Member Meeting</p>	<p>17 1:30-3:30pm Wellness Alumni Group 4:30-5:30 New Member Meeting 6:00-8:00pm Reiki Share* 6:30-8:00pm The Spiritual Road with Arianna Kahn</p> <p>.....</p> <p>DH 10-11 New Member Meeting 11-12:30 Charcoal Drawing (No experience necessary!) 1-2 Just Drop By!</p>	<p>18</p>
<p>21 Warminster Clubhouse Closed for President's Day</p> <p>.....</p> <p>SM 1-2 New Member Meeting 2-3 Journaling 3:30-4:30 Wellness Group</p>	<p>22 1:00-2:30pm 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 Do's, Don'ts and How-To's of Being Supportive with Linda Horn</p>	<p>23 9:30-11:00am Look Good Feel Better 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 2:00-3:00pm New Members' &amp; Volun- teers' Coffee Klatch 5:00-6:00pm New Member Meeting 6:30-7:30pm Yoga* 6:30-8:00pm Living with Grief* 6:30-8:00pm Breast Cancer Networking</p> <p>.....</p> <p>DH 10-11 New Member Meeting 12-2 "Art for the Soul"</p>	<p>24 4:30-5:30 New Member Meeting 6:00-7:30pm Volunteer Training 6:30-8:00pm Wellness Group 6:30-8:00pm Family &amp; Friends Networking: Dinner and Discussion 6:30-8:00pm Power of Possibilities</p> <p>.....</p> <p>DH 10-11 New Member Meeting 11-12:30 Charcoal Drawing (No experience necessary) 1-2 Just Drop By!</p>	<p>25</p>
<p>28 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p> <p>.....</p> <p>SM 1-2 New Member Meeting 2-3 Yoga 3:30-4:30 Ask the Nurse: Managing your Chemotherapy &amp; Radiation</p>				<p>*These Programs are included in our "Healthy Living Program" supported by the National Recreation Foundation</p>

**Weekly Wellness and Monthly Networking Groups**

Monthly Networking Groups are specific to your type of cancer. Family members and friends are welcome. Wellness Groups are weekly 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:** Meets the third Wednesday of the month, 6:00-7:30pm

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.

**PILATES: Mondays 10:00-11:00am**

Experience the benefits of core body conditioning of your "powerhouse muscles" with instructor Sheila Kelly.

**TAI CHI: Wednesdays, 1:00-2:00pm**

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.

**YOGA: Wednesdays, 6:30-7:30pm**

Join Nancy Griggs for relaxation, deep breathing and gentle stretching.

**WALKING AND RUNNING CLUB:** See front of calendar for dates and times. Meets at clubhouse, walk thru Warminster Park.

**Guided Meditation with Kathy Stock: Tuesdays & Thursdays (check calendar)**

Meditation can accomplish many things...from achievement to a higher state of consciousness, to greater focus, creativity or self awareness, or simply a more relaxed and peaceful frame of mind.

**Computer Help with Jay: Wednesdays, 1:00-3:00pm**

If you have general questions or would like to learn about email, internet use, Word or Excel, stop by between 1 & 3!

**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. Join us as we listen in together to oncology experts and top doctors in the field.

**Chili Cookoff!**

Thursday, 16th, 6:30-8:00pm

Do you have the best chilli recipe in town? Or maybe you'd like to try something new and want to see how it stands up against the competition? Join us for this delicious event where we will vote on who makes the best Chilli! All are welcome!

**Arianna Kahn**

Thursday, 17th, 6:30-8:00pm

Join Arianna Kahn for this intriguing session as she speaks about past lives, mediumship and angels.

**Men's Breakfast**

Saturday, 19th, 8:00-10:00am

Our speaker for our February Breakfast will be Allan Busdeker. Allan has a background in Physics and is the current VP of Loreal. He will be speaking about underground nuclear testing near Area 51 during the Reagan years. Don't Miss this exciting event!

**The Do's, Don'ts and How-To's of Being Supportive with Linda Horn**

Tuesday, 22nd, 6:30-8:00pm

What to say, how to say and how to help are frequent questions we all ask. Join Linda Horn, cancer survivor, nurse and therapist for this upbeat, fun and interactive presentation!

**\*Living with Grief 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 St. Mary Medical Center**

Check out our calendar above for all our great monthly activities!

**Gilda's Club at Doylestown Hospital**

(Check Calendar for Dates & Times)

**Just Drop By!**

Meet members, have coffee, use the resource room, meditation rooms and the art studio space available!

**Manifesting Possibilities**

Join us for this monthly workshop facilitated for Loretta DeGenova M. Ed. M.A. Regardless of age or circumstances, learn ways to creatively uncover your unexpressed talents, dreams and possibilities.

**Art for the Soul**

Explore creative self expression through various art media. No artistic talent required!

**Charcoal Drawing**

No experience is necessary and beginners are welcome!

**On Becoming a Member...**

**How do I become a Member?**

Becoming a member is a simple process! It is FREE and open to anyone who has cancer, their family and friends. Call us to sign-up for a New Member Meeting. They are held at various times throughout the week. Just check the calendar!

**What happens at a New Member Meeting?**

At a New Member Meeting, you will meet a member of our Gilda's Club staff and find out more information about Gilda's Club. We tell you about our history, give you a tour and inform you about all the great things Gilda's Club has to offer! Afterwards, we will ask you some questions to learn your unique story and find out what has brought you through our big red door.

**The Gilda's Club Philosophy**

We believe that our members are the experts. We welcome you no matter what stage of the cancer experience you are in; whether you're newly diagnosed, a 20 year survivor, have a friend with cancer or are grieving. Come as you are.

**Key**

 - Recommended but not Limited to Veterans

SM - Programs at St. Mary Medical Center

DH - Programs at Doylestown Hospital