January 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group* **SM** 1:00-2:00 New Member Meeting 2:30-3:30 Wellness Group	4 2:00-4:00 Post-Treatment Group 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting 6:30-8:00pm Young Adult Networking: New Beginnings	5 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 6:00-8:00pm Finding Strength Together: A New Tool for Couples 6:30-7:30pm Yoga* 6:30-8:00pm Young Survivors Coalition Meeting: Call Kim Hagerich for info 215-345-4370 6:30-8:00pm Tax Check-up with Priscilla 6:30-8:00pm Living with Grief* **DH** 10am-2pm Open House	6 10:30-11:30am Guided Meditation* 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 **DH** 10am-2pm Open House	7	8 **Running/Walking Club*** 9:00am - Weather Permitting
10 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group* **SM** 4:30-5:30 Guided Imagery 5:30-6:30 New Member Meeting 7:00-8:00 Family & Friends Group 7:00-8:00 Man to Man Prostate Cancer Support & Education Group	11 12:00-2:00pm It's A Guy Thing: Afternoon Movie 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting 6:30-8:00pm Ovarian Networking 6:30-8:00pm Men's Group wtih Charlie Wolfe	12 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 2:00-4:00pm In the Kitchen with Lena: Fun with Chocolate 6:00-8:00pm Finding Strength Together: A New Tool for Couples 6:30-7:30pm Yoga* 6:30-8:00pm Living with Grief* **DH** 10-11am New Member Meeting 11-12pm Open House 12-2pm "Manifesting Possibilities"	13 4:30-5:30 New Member Meeting 6:30-8:00pm Wellness Group 6:30-8:00pm Family and Friends Networking and Dinner **DH** 10-11am New Member Meeting 11-2pm Just Drop By!	14	15
17 Clubhouse Closed for Martin Luther King Day **SM** 1:00-2:00 New Member Meeting 2:00-3:00 Journaling 3:30-4:30 Wellness Group	18 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 5:30-7:00pm Lung Cancer Networking & Dinner 6:30-7:30pm Guided Meditation* 6:30-8:00pm Living a Meaningful Life: A 7 Step Guide Towards Life Satisfaction	19 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 6:00-7:30pm Women Sharing Wisdom 6:00-8:00pm Finding Strength Together: A New Tool for Couples 6:30-7:30pm Yoga* 6:30-8:00pm Living with Grief* **DH** 10-11am New Member Meeting 11-2pm Open House	20 1:30-3:30pm Wellness Alumni Group 4:30-5:30 New Member Meeting 6:00-8:00pm Reiki Share* 6:30-8:00pm Blood Cancer Networking **DH** 10-11am New Member Meeting 11-2pm Just Drop By!	21	22 **Running/Walking Club*** 9:00am- Weather Permitting Afternoon Luncheon and Cooking Demonstration Sponsored by SODEXO Our Focus will be Gluten Free Cooking! 11:30-1:00pm **Sunday, 23rd** Quilting: We're Making our Block of the Month!
24 / 31 **Monday 24th & 31st:** 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group* **SM- 31st** 1:00-2:00 New Member Meeting 2:00-3:00 Yoga 3:00-4:00 Ask the Nurse **SM- 24th** 1:00-2:00 Feng Shui with Laila 2:00-3:00 New Member Meeting 3:30-4:30 Family & Friends Group	25 1:00-2:30pm Knitting with Helen 2:00-4:00pm Post-Treatment Group 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting 6:30-8:00pm Laughter Group* 6:30-8:00pm Frankly Speaking about Colorectal Cancer with Heather Wright from the American Cancer Society	26 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 2:00-3:00pm New Member & Volunteer Coffee Klatch 6:00-8:00pm Finding Strength Together: A New Tool for Couples 6:30-7:30pm Yoga* 6:30-8:00pm Breast Cancer Networking 6:30-8:00pm Living with Grief* **DH** 10-11am New Member Meeting 12-2pm "Art For the Soul"	27 4:30-5:30 New Member Meeting 6:00-7:30pm Volunteer Training 6:30-8:00pm Wellness Group 6:30-8:00pm Family and Friends Networking and Dinner 6:30-8:00pm The Power of Possibilities 6:30-8:00pm Shiatsu for Daily Life with Laila **DH** 10-11am New Member Meeting 11-2pm Just Drop By!	28 *These Programs are included in our "Healthy Living Program" supported by the National Recreation Foundation	29 Men's Breakfast 8:00-10:00am Our Guest Speaker is Peter Stinson from Operation Homefront New Member Meeting 10:00-11:00am

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. See front of calendar for dates and times.

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!

Young Adult Networking: New Beginnings

Tuesday, 4th, 6:30-8:00pm

We are excited to announce the beginning of a new monthly Networking group geared towards members between 18-40 years old. This group is open to young adult patients, survivors, family and friends. This includes childhood and young adult survivors.

Tax Check-Up with Priscilla

Wednesday, 5th, 6:30-8:00pm

It's the beginning of a new year and that means you probably have a lot of tax questions! Wondering about deductible donations? Year end documents? Get individual attention from a tax expert!

Living a Meaningful Life: A 7 Step Guide Towards Life Satisfaction

Tuesday, 18th, 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.

Shiatsu For Daily Life with Laila

Thursday, 27th, 6:30-8:00pm

Laila Wah is a licensed PA acupuncturist. She specializes in medical/trauma acupuncture, acupuncture face lifts, Shiatsu, Herbology, Nutrition & Vibrational medicine and ear candling.

***Living with Grief Discussion Series**

Wednesdays, 6:30-8:00pm

This educational series focuses on a different topic each week for people who are grieving the loss of a loved one. Learn about common ways people grieve, ways to cope and meet others who are going through a similarly difficult time. If you would like to join this group, please contact our program coordinator Nicole DeCicco at nicole@gildasclubdelval.org. We are beginning to compile a waiting list until we have enough people to begin the series.

Gilda's Club at St. Mary Medical Center

Man to Man: Prostate Cancer Support and Education Group

Monday, 10th, 7:00-8:00pm

Living with prostate cancer? Come to this group with your questions and concerns. This group is sponsored by the American Cancer Society

Workshop: Clearing out the Clutter: Learning the Benefits of Feng Shui with guest speaker Laila Wah

Monday, 24th, 1:00-2:00pm

Ever wonder about Feng Shui and what it could do for you? Find out with Laila Wah at this exciting workshop. Also check out Laila's Shiatsu group this month at the clubhouse in Warminster!

Ask the Nurse: Managing your Chemo and Radiation

Monday, 31st, 3:00-4:00pm

This discussion will be led by Mary Ann Rohrbaugh, CRNP. Bring all your questions!

Gilda's Club at Doylestown Hospital

Open House

5th, 6th, 12th, 19th (Times Vary)

Come to our Doylestown Satellite and meet staff, members and volunteers! Take a tour and learn about all the great things we have to offer at our new home away from home; Doylestown Hospital.

Manifesting Possibilities

Wednesday, 12th, 12-2pm

Join Lorreta Degenova, M.Ed, M.A. for this monthly workshop! Regardless of age or circumstance, learn ways to creatively uncover your unexpressed talents, dreams and possibilities and increase your sense of spiritual connection.

Art for the Soul

Wednesday, 26th, 12-2pm

Join this new monthly workshop where you'll explore creative self expression through various art media. No artistic talents required! A place to share and create as you feel...

Just Drop By!

Thursday 13th, 20th, 27th, 11-2pm

Come and utilize our space! Meet members, have coffee, use the resource and meditation rooms, and avail yourself to our open art studio!

Key

- Recommended but not Limited to Veterans

SM - Programs at St. Mary Medical Center

DH - Programs at Doylestown Hospital