June 2011- The Warminster clubhouse will be closed for Programming on Mondays from 1-5:00pm. Programs will be held at St. Mary & Abington Hospital.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1:00-2:00pm Tai-Chi 1:30-2:30pm Connect Workshop: The Challenges of Coping with Cancer and Other Health Problems 5:00-6:00pm Become a Member 6:30-7:30pm Yoga 6:30-8:00pm Young Survival Coalition: Call Stacey Stole at 267-614-2765 for info **DH** 10-11am Become a Member 11am-12pm Family and Friends Support Group 12-1:30pm Knitting with Helen	2 10:30-11:30am Guided Meditation w/ Kathy Stock 1:30-3:30pm Wellness Alumni Group **No Evening Programming** **DH** 10-11am Become a Member 11am-12pm "Laughter Circles": a lot of fun and a great way to release tension 12:30-2pm Beaded Jewelry Workshop no experience necessary and materials provided!	3	4 **Walking/Running 8am** **Sunday, June 5th** **Anniversary Event/ Taste of the Town** **3:00-6:00pm**
6 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 1-2pm Become a Member 2-3pm Creating an Image Board: Embracing Change and Envisioning Your Future 3-5pm Workshop: A Pathway to Tranquility: Embracing the Changes **AH** 10-11am Yoga with Anna-Sara Fire 11:30-12:30pm Become a Member 12:30-1:30pm Living with Cancer Support Group:For All Types of Cancer	7 2:00-4:00pm Living with Cancer Support Group 6:00-7:30pm In the Kitchen: Cooking with Dee 6:00-8:00pm Reiki Share 6:30-8:00pm Life After the Death of a Spouse Networking Group	8 1:00-2:00pm Tai-Chi 5:00-6:00pm Become a Member 6:30-7:30pm Yoga 6:30-8:00pm Life After the Death of a Parent Networking Group 6:30-8:00pm Blood Cancer Networking **DH** 10-11am Become a Member 12-2pm Manifesting Wellness-monthly workshop facilitated by Loretta DeGenova, M.Ed, M.A.	9 4:30-5:30pm Become a Member 5:00-6:30pm Dinner & a Lecture: Joel Feldman Talks about Loss 6:30-8:00pm Wellness Group 6:30-8:00pm Family & Friends Networking: Dinner and Discussion 6:30-8:00pm Laughter Group **DH** 10-11am Become a Member 12-1:30pm "Getting Crafty Workshop": Each month we'll be creating a different project!	10	11 **Walking/Running 8am**
13 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 4-5pm Become a Member 5-7pm Potluck Dinner 7-8 Man to Man Prostate Cancer Support and Education Group 7-8 Family and Friends Support Group **AH** 10am-11am Yoga with Anna-Sara Fire 11:30am-12:30pm Become a Member 12:30pm-2pm Volunteer Training	14 12:00-1:30pm For Men Only: Men's Group with Charlie Wolfe 1:30-2:30pm Connect Workshop: Stress Management for Caregivers 2:00-4:00pm Living with Cancer Support Group 6:30-8:00pm Financial Advising from Mass Mutual 6:30-8:00pm Ovarian Cancer Networking	15 1:00-2:00pm Tai-Chi 5:00-6:00pm Become a Member 6:30-7:30pm Yoga 6:00-7:30pm Women Sharing Wisdom **DH** 10-11am Become a Member 10:30am-12pm Yoga 12-2pm Reiki	16 1:30-3:30pm Wellness Alumni Group 3:15-4:15 Belly Dance for Beginners with Lisa Raezer 4:30-5:30pm Become a Member 6:30-8:00pm Brain Cancer Networking 6:00-8:00pm Reiki Share **DH** 10-11am Become a Member 12:30-2pm "Beaded Jewelry Workshop"-no experience necessary and materials provided!	17	18 **Walking/Running 8am**
20 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 1-2 Become a Member 2-3 Journaling **AH** 10am-11am Yoga with Anna-Sara Fire 11:30am-12:30pm Become a Member 12:30pm-1:30pm Living with Cancer Support Group: For All Types of Cancer	21 2:00-4:00pm Living with Cancer Support Group 6:30-7:30pm Guided Meditation w/ Kathy Stock 6:30-8:00pm Frankly Speaking about Breast Reconstruction with Plastic Surgeon Dr. Chip Long	22 9:30-11:00am Look Good Feel Better... 1:00-2:00pm Tai-Chi 5:00-6:00pm Become a Member 6:30-7:30pm Yoga 6:30-8:00pm The Talking Teacup: All About Teas **DH** 10-11am Become a Member 12-2pm – "Expressing Yourself Easily Through Poetry Funshop": this won't be work…it will be fun!	23 1:30-2:30pm Connect Workshop: Mantle Cell Lymphoma Treatment Update 4:30-5:30pm Become a Member 6:30-8:00pm Cooking Demo/Nutrition Class: How Foods Fight Cancer; Sponsored by The Cancer Project **DH** 10-11am Become a Member 12-1:30pm – "Scrapbooking": fun with friends, old and new, creating memories	24	25
27 10:00-11:00am Pilates 11:15-12:15pm Healthy Eating Support Group SM 1-2pm Become a Member 2-3pm Yoga 2-3pm Living with Cancer Support Group 3:30-4:30pm Ask the Nurse: Managing Chemo & Radiation **AH** 10am-11am Yoga with Anna-Sara Fire 11:30am-12:30pm Become a Member 12:30pm-1:30pm Guided Meditation with Nicole	28 1:00-2:30pm Knitting with Helen 2:00-4:00pm Living with Cancer Support Group 6:30-8:00pm Potluck & Member Survey Focus Group	29 1:00-2:00pm Tai-Chi 2:00-3:00pm Members' & Volunteers' Coffee Klatch 5:00-6:00pm Become a Member 6:30-7:30pm Yoga 6:30-8:00pm Breast Cancer Networking **DH** 10-11am Become a Member 11:30am-1:30pm "Drawing from Nature" -no experience required! 1-2pm Living with Cancer Support Group	30 4:30-5:30pm Become a Member 6:00-7:30pm Volunteer Training 6:30-8:00pm Power of Possibilities **DH** 10-11am Become a Member 11am-12:30pm "Mindfulness In Difficult Times": A discussion with Psychiatric Clinical Nurse Specialist, Barbara Martini, MSN, RN, BC		

Monthly Networking Groups

Networking Groups are a way to **network with others that are going through a similar experience**. 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.** We recommend this group for members who are seeking a more spiritual discussion.

Living with Cancer Support Group

This group provides ongoing opportunities **for people currently living with cancer and people who are post-treatment** to share expertise and their insight on the cancer experience.

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 by using a telephone or computer. Join us as we listen in together to oncology experts and top doctors in the field.

Dinner & a Lecture: Joel Feldman Talks about Loss

Thursday, 9th, 5:00-6:30pm

Joel Feldman 's daughter Casey died at the age of 21 when she was killed by a distracted driver. Before his daughter's death he had enrolled in a Graduate Program for counseling and therapy and is continuing to pursue his Masters' in counseling. He has some unique insights on loss, the ways in which society treats those who have suffered losses, and has written and spoken about how to improve the dialogue of loss. Don't miss this special presentation.

Frankly Speaking about Breast Reconstruction with Plastic Surgeon Dr. Chip Long

Tuesday, 21st, 6:30-8:00pm

Bring all your questions about breast cancer and reconstruction to this much needed discussion. Dr. Chip Long is a Board Certified plastic surgeon specializing in breast reconstruction and practices in Jenkintown.

The Talking Teacup: All About Teas

Wednesday, 22nd, 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. June is also "National Iced Tea Month" so we will be adding that to our collection!

Cooking Demo/Nutrition Class: How Foods Fight Cancer

Sponsored by The Cancer Project

Thursday, 23rd, 6:30-8:00pm

Join us for this one time demo/class on discussing how foods fight cancer. This program was designed by physicians, nutrition experts, and registered dietitians. Sample recipes will be served!

Potluck & Member Survey Focus Group

Tuesday, 28th, 6:30-8:00pm

Gilda's Club staff, members and volunteers are invited to discuss the results of our annual Member Survey Results. Help us identify ways we can improve our services and make sure Gilda's Club is the best it can be. Let us know what you will be bringing when you sign up!

Key

- Recommended but not Limited to Veterans

SM - Programs at St. Mary Medical Center

DH - Programs at Doylestown Hospital

AH - Programs at Abington Memorial Hospital-*We Have Free Parking Vouchers*