



Gilda's Club Delaware Valley

AUGUST 2010

Please call clubhouse to sign up for all groups, activities & lectures. If you are unable to attend, kindly call us to cancel!

CLUBHOUSE HOURS
 Mon. 9:00am-4:30pm
 Tues, Wed. & Thurs. 9am-8:30pm
 Fri. 9am-12:00noon

Free Membership
 Call for information!
 Phone: (215) 441-3290

We are located at
 200 Kirk Road
 Warminster, PA 18974

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p>	<p>3</p> <p>2:00-4:00pm Wellness Group</p>	<p>4</p> <p>1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 6:30-7:30pm Yoga* 6:30-8:00pm Young Survivors Coalition Meeting: Call Kim Hagerich for info 215-345-4370</p>	<p>5</p> <p>2:00-4:00pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 6:30-8:00pm Brain Cancer Networking Group 6:30-8:00pm Reiki Share*</p>	<p>6</p>	<p>7</p>
<p>9</p> <p>10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p>	<p>10</p> <p>10:00-11:00am Energy Therapy Workshop: Relax Your Mind and Ease Your Stress* 2:00-4:00pm Wellness Group 6:00-7:30pm In the Kitchen: Cooking with Dee* 6:30-8:00pm Ovarian Cancer Networking</p>	<p>11</p> <p>1:00-3:00pm Computer Help 1:00-2:00pm Tai Chi* 6:30-7:30pm Yoga* 6:30-8:00pm Living with Grief Discussion Series: Helping Ourselves Heal</p>	<p>12</p> <p>4:30-5:30pm New Member Meeting 6:30-8:00pm Family and Friends Networking Dinner and Discussion 6:30-8:00pm Just for Laughs: Gilda's Gigglers*</p>	<p>13</p>	<p>14</p> <p>Sunday, August 15th Quilting 10:00am-2:00pm We will be making handbags! Please check with Bunny for fabric</p>
<p>16</p> <p>10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p>	<p>17</p> <p>10:30-11:30am Guided Meditation* 12:00-12:30pm Lunch & Wellness Orientation Workshop with Dr. Joeseeph Greco 2:00-4:00pm Wellness Group 6:30-8:00pm Frankly Speaking: Ask the Nurse About Managing Side Effects*</p>	<p>18</p> <p>1:00-3:00pm Computer Help 1:00-2:00pm Tai Chi* 6:00-7:30pm Women Sharing Wisdom Discussion Group 6:30-7:30pm Yoga* 6:30-7:00pm Veteran's Task Force Meeting</p>	<p>19</p> <p>2:00-4:00pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 6:30-8:00pm Blood Cancer Networking Group 6:30-8:00pm Reiki Share*</p>	<p>20</p> <p>10:00-11:00am Red Door Readers: Book Club - "The Postmistress" by Sarah Blake</p>	<p>21</p> <p>Men's Breakfast 8:00-10:00am John Cryan, owner of John S. Cryan Jewelers in Southampton will be our guest speaker! Veteran's New Member Meeting & Discussion 10:00-11:00am</p>
<p>23</p> <p>10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p>	<p>24</p> <p>1:00-2:30pm Crafty Afternoons: Embroidery 2:00-4:00pm Wellness Group 6:30-8:00pm Lecture: The Value of Good Nutrition*</p>	<p>25</p> <p>1:00-3:00pm Computer Help 1:00-2:00pm Tai Chi* 6:00-7:30pm Look Good Feel Better 6:30-7:30pm Yoga* 6:30-8:00pm Breast Cancer Networking</p>	<p>26</p> <p>4:30-5:30pm New Member Meeting 6:00-7:30pm Volunteer Training 6:30-8:00pm The Power of Possibilities Discussion Group*</p>	<p>27</p>	<p>28</p>
<p>30</p> <p>10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*</p>	<p>31</p> <p>1:00-2:30pm Knitting with Helen 2:00-4:00pm Wellness Group 6:30-8:00pm Ask the Doctor: Feeling Tired? Ways to Manage SLEEP Problems</p>		<p>* These programs are included in our "Healthy Living Program" supported by the National Recreation Foundation</p>	<p>Running group is held alternating wednesdays and saturdays throughout the month. Call the clubhouse for dates and times!</p>	



GILDA'S CLUB DELAWARE VALLEY

August 2010 CALENDAR HIGHLIGHTS

Gilda's Club is a free cancer support community for men, women and children living with cancer and their family and friends. Interested in learning how to become a member? Call us at 215-441-3290 to get information... it's EASY! And, membership is free!!!

Weekly Wellness and Monthly Networking Groups

Networking Groups are an opportunity for members to share information and experiences relating to a specific diagnosis or life situation. Family members and friends are welcome.

Wellness Groups are weekly, ongoing groups where people living with cancer can share their common concerns and learn from each other. See front of calendar for dates and times.

Wellness Alumni Group: Long Term Survivorship

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 as they share inspiring thoughts and ideas.

Monthly Discussion Group

Women Sharing Wisdom

Meets the third Wednesday of the month, 6:00-7:30pm

Women have an abundance of wisdom gained from our life experiences, both good and bad. This is an open discussion group in which women help each other through support, understanding, and the amazing power of our collective wisdom. For women either diagnosed with cancer themselves, or have loved one with cancer.

Dr. Pam Ginsberg, PhD will be facilitating.

Getting Into Shape

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 this ancient Chinese practice. A low impact exercise, Tai Chi 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.

Beginners welcome!

Guided Meditation with Kathy Stock

Tuesday, August 17, 10:30am-11:30am

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

Drop in at any time during those hours. If you have general questions or would like to learn about email, internet use, Word or Excel, stop by!

Energy Therapy Workshop: Relax Your Mind and Ease Your Stress

Tuesday, August 10th, 10:00-11:00am

Learn about ways to support healing and calm the mind with certified Jin Shin Jyutsu practitioner Hannelore Devlin.

Just for Laughs: Gilda's Giggles

Thursday, August 12th, 6:30-8:00pm

Join certified laughter leader Paulette Steffa and experience the healthy benefits of having laughter in your daily life!

Wellness Orientation Workshop with Dr. Joseph Greco

Tuesday, August 17th, 12:00-12:30pm

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! Everyone that attends will receive a complimentary 1/2 hour massage or personal training session at Greco Chiropractic!

Frankly Speaking: Ask the Nurse About Managing Side Effects

Tuesday, August 17th, 6:30-8:00pm

This evening we will be joined by Mary Ann Rohrbaugh of The Regional Cancer Center at St. Mary Medical Center for an informative discussion on managing side effects of cancer treatment. Bring all of your questions!

Lecture: The Value of Good Nutrition

Tuesday, August 24th, 6:30-8:00pm

Join nutritionist and certified Herb Specialist Lester McCurtic to talk about the importance of nutrition for the present as well as the future. Educate, motivate and empower yourself to take control on your life with the knowledge of herbs and nutrition!

Look Good, Feel Better

Wednesday, August 25th, 6:00-7:30pm

Sponsored by the American Cancer Society, in this program you'll learn make-up techniques, skin and nail care, and options relating to hair loss such as wigs and scarves.

Ask the Doctor: Getting the Facts on Sleep Problems: Medication and Alternative Treatment Options

Tuesday, August 31st, 6:30-8:00pm

Dr. Kathleen Schramm, MD of Southampton Psychiatric Associates will be joining us for this discussion. Many of us have difficulty sleeping, whether as a result of anxiety, a medication side effect, or even our diet. Don't miss this informative presentation where Dr. Schramm will provide us with a variety of options to get a good night's rest.