

# Gilda's Club Delaware Valley

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

## JULY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>July Walking/Running Club:</b> Call the Clubhouse for dates and times 215-441-3290	1 4:30-5:30pm New Member Meeting 6:30-8:00pm Brain Cancer Networking Group 6:30-8:00pm Reiki Share*	2	3
5 Happy July 4th Holiday!  Clubhouse Closed	6 Clubhouse Closed	7 Clubhouse Closed	8 4:30-5:30pm New Member Meeting 6:30-8:00pm Family and Friends Networking Dinner and Discussion	9	10 Men's Breakfast 8:00-10:00am Special Presentation: "Lexington & Concord – Why there and why then? The amazing story behind the myth" Veteran's New Member Meeting & Discussion 10:00-11:00am
12 10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	13 10:00-11:00am Energy Therapy Workshop: Relax Your Mind and Ease Your Stress* 2:00-4:00pm Wellness Group 6:30-8:00pm Ovarian Cancer Networking 6:30-8:00pm Handwriting Analysis with Denise Dolan	14 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: "Feelings of Loss and Cliches of Grief" Sponsored by LLS 6:30-8:00pm Young Survivors Coalition Meeting	15 4:30-5:30pm New Member Meeting 6:30-8:00pm Blood Cancer Networking 6:30-8:00 Reiki Share*	16	17 Sunday, July 18th: Quilting Circle 10:00am-2:00pm "Christmas in July!"
19 10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	20 10:30-11:30am Guided Meditation* 2:00-4:00pm Wellness Group 6:30-8:00pm Ask the Doctor: Updates and Information on Radiation Therapy	21 1:00-3:00pm Computer Help 1:00-2:00pm Tai Chi* 6:00-7:30pm Women Sharing Wisdom 6:00-7:30pm In the Kitchen: Cooking with Dee* 6:30-8:00pm Living with Grief Discussion Series: Handling the Holidays and Special Occassions" Sponsored by LLS	22 4:30-5:30pm New Member Meeting 7:00-8:30pm Journaling with Janet*  Summer BBQ Potluck! 5:00-7:00pm	23 10:00-11:00am Red Door Readers: Book Club "The Postmistress" by Sarah Blake	24
26 10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	27 1:00-2:30pm Knitting with Helen 2:00-4:00pm Wellness Group 6:30-8:00pm Ask the Financial Consultant: Managing Your Finances	28 12:00-1:00pm New Member Meet & Greet Lunch 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: "Six Reconciliation Needs of Mourning" Sponsored by LLS 6:30-8:00pm Breast Cancer Networking	29 4:30-5:30pm New Member Meeting 6:00-7:30pm Volunteer Training 6:30-8:00pm The Power of Possibilities Discussion Group* 6:30-8:00pm Lecture: How to Listen and When to Stop Talking! Lessons on Being Supportive with Linda Horn	30 *These programs are included in our "Healthy Living Program" supported by The National Recreation Foundation	31



# GILDA'S CLUB DELAWARE VALLEY

## July 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, July 20, 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!

### Living with Grief Discussion Series

Wednesdays 6:30-8:00pm

Each week will focus on a different topic. This series will help those who are grieving receive support around many issues... you are not required to attend all sessions.

Sponsored by Leukemia Lymphoma Society.

### Energy Therapy Workshop:

#### Relax Your Mind and Ease Your Stress

Tuesday, July 13th, 10:00-11:00am

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

### Handwriting Analysis with Denise

Tuesday, July 13, 6:30-8:00pm

What does your handwriting say about you?

Find out by joining us for an evening of handwriting analysis with Denise Dolan.

### Ask the Doctor:

#### Updates and Information on Radiation Therapy

Tuesday, July 20th, 6:30-8:00pm

Come speak to Dr. Shelly Hayes from Fox Chase Cancer Center about the latest information on radiation therapy!

### In the Kitchen: Cooking with Dee

Wednesday, July 21, 6:00-7:30pm

Come and enjoy a sampling of a delicious meal prepared by chef Dee!

Learn simple recipes and kitchen prep techniques.

### Summer BBQ Potluck

Thursday, July 22nd, 5:00-7:00pm

What is the best part about summer? Outdoor Grilling! Bring a side dish or desert of your choice along with your family and friends to this BBQ Potluck at the clubhouse!

### Journaling with Janet

Thursday, July 22 7:00-8:30pm

Take part in this one of a kind workshop with Janet Fallon. She has taught journaling for many years and looks forward to getting your creative juices flowing!

### Ask the Financial Consultant: Managing your Finances

Tuesday, July 27, 6:30-8:00pm

Have questions about your finances? Need help managing your money? Learn how to protect your assets for you and your loved ones, and learn strategies to invest with confidence and create income in uncertain times. Bring all your questions!

Presented by Joel Fineman, Financial Consultant, Janney Montgomery Scott LLC.

Voted Philadelphia Magazine "Best Wealth Managers of the Year" Light refreshments will be provided!

### New Member Meet & Greet Lunch

Wednesday, July 28th, 12:00-1:00pm

Join us at the clubhouse for good company and fun as we unite new members of the month!

Meet others who have recently become members and speak with some of our "well seasoned" members as well!

### Lecture: How to Listen and When to Stop Talking!

#### Lessons on Being Supportive with Linda Horn

Thursday, July 29th, 6:30-8:00pm

Back by popular demand, Linda Horn, MSN, RN, CS will be joining us for this enlightening discussion! When a loved one has cancer, it can be difficult knowing what to say and how to help in those unsure moments. And, if you have cancer, at times you can forget that your spouse and family members still need support. Linda has a unique style which incorporates lots of humor and wisdom from her own experience as a cancer survivor. Sponsored by Living Through Cancer.