

# 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



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**  
 A Global Network of Education and Hope

## June 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 2:00-4:00pm Wellness Group	2 7:00-3:00pm Computer Help 1:00-2:00pm Tai Chi* 5:00-6:00pm New Member Meeting 6:30-7:30pm Yoga* 6:30-8:00pm Young Survivor's Coalition Meeting: Call Kim Hagerich for info 215-345-4370	3 10:30-11:30am Guided Meditation 2:00-4:00pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 6:30-8:00pm Brain Cancer Networking 6:30-8:00pm Mandala Art* 6:30-8:00pm Reiki Share*	4	5 8:00am Walking and Running Club*
7 10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	8 10:00-11:00am Energy Therapy Workshop: Relax Your Mind and Ease Your Stress* 1:00-2:30pm Crafty Afternoons...The Art of Scrapbooking! 2:00-4:00pm Wellness Group 6:00-7:30pm In the Kitchen: Cooking with Dee* 6:30-8:00pm Ovarian Cancer Networking	9 1:00-3:00pm Computer Help 1:00-2:00pm Tai Chi* 6:00pm Walking and Running Club* 6:30-7:30pm Yoga* 6:30-8:00pm Just for Laughs: Gilda's Giggles NEW Monthly Group with Focus on Humor!	10 4:30-5:30pm New Member Meeting 6:30-8:00pm NIGHT OF REMEMBRANCE 6:30-8:00pm Family and Friends Networking: Dinner and Discussion. Sponsored by LLS	11	12 Afternoon Luncheon and Cooking Demonstration Sponsored by SODEXO 11:30am-1:00pm  Quilting Circle 10:00am-2:00pm
14 10:00-11:00 New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	15 2:00-4:00pm Wellness Group 6:30-8:00pm Lecture: Learn to Naturally Cleanse and Detoxify Your Body*	16 1:00-2:00pm Tai Chi* 5:00-6:00pm New Member Meeting 6:00-7:30pm Women Sharing Wisdom: Discussion Group 6:00-7:00 Veteran's Task Force Meeting 6:30-7:30pm Yoga*	17 12:30-2:00pm Opera in the Afternoon! Performance by Heather Roberts, Mezzo Soprano 2:00-4:00pm Wellness Alumni Group: Long Tern Survivorship 4:30-5:30pm New Member Meeting 6:30-8:00pm Blood Cancer Networking: Potluck 6:30-8:00pm Reiki Share*	18 Thursday June 17th- 6:00-8:00pm: "New Discoveries in Cancer Treatment and Symptom Management" Held at the Loew's Hotel in Philly. SEE FLYER FOR DETAILS!!	19 8:00am Walking and Running Club*
21 10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	22 1:00-2:30pm Crafty Afternoons: Embroidery 2:00-4:00pm Wellness Group 6:30-8:00pm Lecture: Learn About 'Body Talk' 6:30-7:30pm Yoga*	23 9:30-11:00am Look Good, Feel Better 1:00-2:00pm Tai Chi* 5:00-6:00pm New Member Meeting 6:00pm Walking and Running Club 6:30-8:00pm Lecture: The Benefits of Massage During and After Cancer Treatment 6:30-8:00pm Living with Grief Discussion Series: 'What is Normal Grief?' sponsored by LLS	24 4:30-5:30pm New Member Meeting 6:30-8:00pm The Power of Possibilities Discussion Group 6:00-7:30pm Volunteer Training	25 10:00-11:00am Red Door Readers: Book Club "The Hotel on the Corner of Bitter and Sweet" by Jamie Ford  7:45pm Welcome Summer Party in Noogieland! Ice Cream Sundaes and Outdoor Movie... bring your own lawn chair, blankets and bug repellent! Weather permitting.	26 Men's Breakfast 8:00-10:00am We'll be joined by special guest speaker, Mark Calhoun, Vice President of the Johnsville Centrifuge and Science Museum. Please RSVP!!! Veteran's New Member Meeting & Discussion 10:00-11:00am
28 10:00-11am New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	29 1:00-2:30pm Knitting with Helen 2:00-4:00pm Wellness Group	30 12:00-1:00pm New Member Meet & Greet Lunch 1:00-2:00pm Tai Chi* 5:00-6:00pm New Member Meeting 6:00pm Walking and Running Club* 6:30-7:30pm Yoga* 6:30-8:00pm Breast Cancer Networking Group 6:30-8:00pm Living with Grief Discussion Series: 'Myths of Grief'	<i>Living with Grief Discussion Series: Each week will be 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. This series will continue into July. Sponsored by Leukemia Lymphoma Society.</i>	* These programs are included in our "Healthy Living Program" supported by The National Recreation Foundation	



# GILDA'S CLUB DELAWARE VALLEY

## June 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.

#### 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

Thursday, June 3rd, 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!

Please note: computer help will not meet this month on June 16, 23, or 30.

### Lectures and Workshops

#### Mandala Art

Thursday, June 3rd, 6:30-8:00pm

Shirley Gotfryd will be instructing us for this monthly workshop on this simple ancient art technique of creating a Mandala, meaning circle, which has been used throughout the world for self-expression, spiritual transformation, and personal growth. No artistic talent is needed! Relax and restore a sense of inner balance while creating a mandala.

In honor of Elaine Sabec Korb.

#### Energy Therapy Workshop: Relax Your Mind and Ease Your Stress

Tuesday, June 8th, 10:00-11:00am

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

#### Crafty Afternoons:

The Art of Scrapbooking: Tuesday, June 8th, 1:00-2:30pm

Learn how to beautifully preserve your memorable photos and keepsakes. Deanna Corrigan will be instructing us today, she will be supplying us with the scrapbooking materials, you should bring along some of your favorite photos. Feel free to bring along a scrapbook you already own, or an album.

Embroidery: Tuesday, June 22nd, 1:00-2:30pm

Join Arleen and Bunny for an afternoon of punch needle embroidery, crewel work embroidery, and others! Beginners welcome, bring your own project or just bring yourself and learn!

#### In the Kitchen: Cooking with Dee

Tuesday, June 8th, 6:00-7:30pm

Come and enjoy a sampling of a delicious meal prepared by chef Dee! Learn simple recipes and kitchen prep techniques.

#### Just for Laughs: Gilda's Gigglers

#### NEW Monthly Group with Focus on Humor

Wednesday, June 9th, 6:30-8:00pm

Join Certified Laughter Leaders Nancy Horvath and Barbara Hee for the first of this new monthly group!

And now a quote from Gilda herself to make you smile:

"I base my fashion taste on what doesn't itch." -Gilda Radner

#### Night of Remembrance

Thursday, June 10th, 6:30-8:00pm

Members are welcome to come with their family members and friends to share in a special remembrance ceremony by the brick garden for those loved ones who have died. Light refreshments will be served.

### Afternoon Luncheon and Cooking Demo

#### Sponsored by Sodexo Senior Services

Saturday, June 12th, 11:30am-1:00pm

Join us this afternoon for this new monthly lunch and demonstration!

Chefs Donna and Jerome will be preparing a delicious menu each month, and instructing us on cooking.

In loving memory of Joann Levin.

### Lecture: Learn to Naturally Cleanse and Detox Your Body

Tuesday, June 15th, 6:30-8:00pm

Meditation instructor Kathy Stock will be facilitating this informative discussion this evening. The information presented is based on a book "The Liver and Gallbladder Miracle Cleanse". Tonight's lecture will be in lieu of Kathy's evening Guided Meditation.

### Opera in the Afternoon!

#### Performance by Heather Roberts, Mezzo Soprano

Thursday, June 17th, 12:30-2:00pm

Don't miss this wonderful afternoon of listening to the beautifully powerful voice of professional opera singer Heather Roberts!

Learn more about her talent at [heatherrobertsmezzo.com](http://heatherrobertsmezzo.com)!

Please bring a light appetizer or dessert to share.

#### Lecture: Learn About "Body Talk"

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

Jalma Marcus, RN will be speaking with us about this complementary form of therapy that allows for the body's energy systems to be re-synchronized and balanced to facilitate the body's natural ability to heal.

### Lecture: The Benefits of Massage During and

#### After Cancer Treatment

Wednesday, June 23rd, 6:30-8:00pm

Join Bryna Elder-Munro, NCTMB for this valuable discussion. Bryna will be sharing her own professional knowledge and personal insights, as well as she is a cancer survivor herself.

### Wellness Alumni Group: Long Term Survivorship

June 3rd & June 17th: 2:00-4:00pm

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.