



Gilda's Club Delaware Valley

September 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
Visit our new Gilda's Club at St. Mary Medical Center location! Mondays 1-5pm except 2nd Monday of month is 4-8pm. We are now including St. Mary schedule on our calendar... see reverse for details!	Gilda's Club at St. Mary Medical Center is located in the St. Mary Regional Cancer Center at 1201 Langhorne-Newtown Rd. Langhorne, PA To rsvp to activities and groups at St. Mary, please call 215-710-6828	1 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	2 10:30-11:30am Guided Meditation* 2:00-4:00pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 6:00-8:00pm Reiki Share* 6:30-8:00pm Brain Cancer Networking Group	3	4
6 Clubhouse Closed for Labor Day!	7 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting	8 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 6:00-7:30pm In the Kitchen: Cooking with Dee* 6:30-7:30pm Yoga*	9 4:30-5:30pm New Member Meeting 6:30-8:00pm Wellness Group 6:30-8:00pm Family and Friends Networking Dinner and Discussion	10 10:30-12:00pm Journaling - New Members Welcome!	11 Men's Breakfast 8:00-10:00am Gerd Naydock from Veteran's Affairs will be speaking! New Member Meeting & Discussion 10:00-11:00am Walking/Running Club* 8:00am
13 11:00-12:00pm New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	14 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting 6:30-8:00pm Ovarian Cancer Networking	15 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 6:00pm Walking/Running Club* 6:30-7:30pm Yoga* 6:00-7:30pm Women Sharing Wisdom Discussion Group	16 2:00-4:00pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 6:00-8:00pm Reiki Share* 6:30-8:00pm Blood Cancer Networking 6:30-8:00pm Laughter Group*	17 10:30-12:00pm Journaling- New Members Welcome!	18 Afternoon Luncheon and Cooking Demonstration Sponsored by SODEXO Grilling Techniques* 11:30-1:00pm
20 11:00-12:00pm New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	21 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting 6:30-7:30pm Lecture: Relaxation through Visualization: Getting Back to Your 'Normal Life' *	22 1:00-2:00pm Tai Chi* 1:00-3:00pm Computer Help 6:00pm Walking/Running Club* 6:30-7:30pm Yoga* 6:30-8:00pm How to Select a Wig w/ Rhonda from Visual FX Hair Salon and Discussion	23 4:30-5:30pm New Member Meeting 6:30-8:00pm Wellness Group 6:30-8:00pm Family and Friends Networking Dinner	24 10:30-12:00pm Journaling- New Members Welcome!	25 Sunday, September 26 10am-2pm Quilting Group Beginners Welcome! We'll be continuing creating hand-bags and other projects!
27 11:00-12:00pm New Member Meeting 10:00-11:00am Pilates* 11:15-12:15pm Healthy Eating Support Group*	28 1:00-2:30pm Knitting with Helen 2:00-4:00pm Wellness Group 5:00-6:00pm New Member Meeting 6:30-8:00pm Lecture: Vestibular Rehabilitation presented by physical therapist Margaret Fitzpatrick*	29 1:00-2:00pm Tai Chi* 1:00-2:00 New Member Coffee Klatch 1:00-3:00pm Computer Help 6:00pm Walking/Running Club* 6:30-7:30pm Yoga* 6:30-8:00pm Breast Cancer Networking 6:30-8:00pm Frankly Speaking about Advanced Breast Cancer	30 2:00-4:00pm Wellness Alumni Group 4:30-5:30pm New Member Meeting 6:00-7:30pm Volunteer Training 6:30-8:00pm The Power of Possibilities Discussion Group*	*These programs are included in our "Healthy Living Program" supported by the National Recreation Foundation	Friday, October 1st 5:00-8:00pm The Elmwood Zoo is coming to Gilda's Club! They are bringing their "Cabinet of Curiosities" which is a touchable, dramatic and interactive display right at the clubhouse! Bring the whole family!

GILDA'S CLUB DELAWARE VALLEY

September 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

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

Thursday, Sept. 2nd, 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!

Journaling- New Members Welcome!

Fridays Beginning September 10, 10:30-12:00pm

Journaling is back on the calendar! We will again be having Journaling every Friday facilitated by Ruth Epstein.

Men's Breakfast

Saturday, September 11th, 8:00-10:00am

Calling all men! Join us for a delicious breakfast and a talk from Gerd Naydock. Gerd works for the U.S. Department of Veteran's Affairs and could be a great resource to all veterans, their families and loved ones!

Please make sure to RSVP!

Laughter Group

Thursday, September 16th, 6:30-8:00pm

Haven't laughed in a while? Learn the benefits of laughter by experiencing it yourself along with fellow members in this side-splitting group!

Afternoon Cooking Demonstration and Luncheon Sponsored by SODEXO: Grilling Techniques

Saturday, September 18th, 11:30-1:00pm

Learn a bit about different grilling techniques while enjoying a cooking demonstration presented by SODEXO! The best part is enjoying the food afterwards! MMM....

Relaxation through Visualization: Getting Back to Your 'Normal Life'

Tuesday, September 21st, 6:30-7:30pm

Back by popular demand, Dr. Michael Madden PhD. will be with us to discuss relaxation through visualization. Workshop provided by "Living Through Cancer."

How to Select a Wig: Presented by Rhonda from Visual FX Hair Salon

Wednesday, September 22nd, 6:30-8:00pm

Rhonda from Visual FX Hair Salon will be here to share her expertise with choosing a wig and making it your own.

Vestibular Rehabilitation: Presented by Physical Therapist Margaret Fitzpatrick

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

Margaret is a Dizziness and Balance Specialist as well as a Board Certified Orthopedic Clinical Specialist. She is visiting us from Willow Grove Physical Therapy to share information about Vestibular Rehabilitation which treats vertigo, dizziness, motion sensitivity and balance disorders.

New Member Coffee Klatch

Wednesday, September 29th, 1:00-2:00pm

Have you recently become a new member? Come join us for coffee and discussion with other new members of Gilda's Club!

Lecture: Ask the Doctor: Frankly Speaking about Advanced Breast Cancer

Wednesday, September 29th, 6:30-8:00pm

Dr. Julia Kennedy, D.O. will be joining us for this evening's discussion on updates in treatment for advanced breast cancer. Bring all your questions!

The Power of Possibilities Discussion Group

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

Mickey, a member of Gilda's Club, continues to live a fulfilling and positive life with pancreatic cancer. She credits her cancer with saving her life and wants to share her experiences and insight with you! This is truly a magical and inspiring group. All are welcome!

Come see us at our newest location Gilda's Club at St. Mary Medical Center!

Here are some of the great things we have going on:

Monday, Sept. 13th

4:30-5:30pm Guided Imagery & Breathwork

5:30-6:30pm Preparing Your Mind for Surgery or Treatment

7:00-8:00pm Family & Friends Networking

Monday, Sept. 20th

1:00-2:00pm Workshop: Talking with Your Kids About Cancer

2:30-3:30 New Member Meeting

3:30-4:30pm Wellness Group

Monday, Sept. 27th

1:00-2:00pm New Member Meeting

2:00-3:00pm Yoga

3:30-4:30pm Family & Friends Networking