

July 2008 Activity Descriptions

8th Annual Gilda's Run – Motorcycle Ride and Poker Run

(Saturday, July 12, 10 am)

Come to the Clubhouse and cheer on the Grand Rapids Police Officers Association as they begin the 8th Annual Gilda's Run. Enjoy a light breakfast and the thunderous sound of this wonderful motorcycle pack who ride each year to benefit Gilda's Club.

A Gift of Angels Hair

(Back in August)

Valerie Stewart from A Gift of Angels Hair will be here for this ongoing workshop. Come before the breast cancer and Sister to Sister support groups for beauty tips and advice.

Advanced Functional Fitness with Rik

(Thursdays, July 17, 24 & 31, 10-11 am)

This class is for those with a bit more advanced fitness, or those who have attended Beginning Fitness with Rik Brown, MSPH, NSCA-CPT, Certified Personal Trainer. Please call for more details, class size is limited.

African Americans Living with Cancer

(Monday, July 21, 6-8 pm)

When cancer happens, we need each other. This is a group where you uniquely will be understood, as we are all on this cancer journey together. Join us each month for this meeting that will include support and discussion, educational presentations and social activities. A light supper will be served.

Art Open Instruction

(Tuesdays, July 15, 22 & 29, 10 am-Noon)

Pat Klein will be here to lend her expertise to your artistic level, no matter what that may be. Beginners are welcome.

"Ask the Lawyer"

(Wednesday, July 23, 7-8 pm)

Ed Malinzak will be here to answer your legal questions, bring any documents that you want him to look at. Should he recommend further legal advice outside of this workshop, there could be a fee for this additional service.

Beginning Functional Fitness with Rik

(Thursdays, July 17, 24 & 31, 9-10 am)

This class will teach gentle resistance exercises to increase endurance, balance and strength. Sessions led by Rik Brown, MSPH, NSCA-CPT, Certified Personal Trainer. Class size is limited, so please call to register.

Belly Dancing

(Saturday, July 19, 10-Noon)

Come for a fun Saturday morning of belly dancing! Learn some basic moves and meet Na'imah, a Middle Eastern dancer!

Brain Cancer Networking Group

(Monday, July 14, 6:30-8 pm)

Join others in supporting one another and sharing ideas. This is for both brain cancer survivors and their family and friends. Facilitated by a degreed professional.

Breast Cancer 101

(Wednesday, July 16, 1-3 pm)

This is an informational workshop for those newly diagnosed with breast cancer and is instructed by an oncology nurse and others from the professional cancer community. Co-sponsored by the Spectrum Health Cancer Program and Lacks Cancer Center.

Breast Cancer Support Group

(Tuesday, July 22, 10-11:30 am)

This is a time to join others who are survivors of breast cancer. You will have the opportunity to share histories, feelings and ideas of how to manage this journey. Facilitated by a degreed professional.

Breast Cancer Workshop Series: Ask the Doctor – Dr. Jane Pettinga

(Monday, July 21, 6-8 pm)

This is a time to join others who are survivors of breast cancer. You will have the opportunity to share histories, feelings and ideas of how to manage this journey. In July, Dr. Jane Pettinga will join us to answer your questions and present information.

Cancer Support Groups*

(Thursdays, July 17, 24 & 31, 10-11:30 am & 6-7:30 pm)

Weekly ongoing support groups for people living with cancer, facilitated by a degreed professional. Please talk to staff before joining this group.

Colon Cancer Networking Group

(Monday, July 14, 6-8 pm)

Come and meet others on a cancer journey then join and share with others who have a colon cancer diagnosis. Facilitated by a degreed professional.

Computers and Digital Photography with Roger

(Mondays, July 14 & 28, 1-3 pm)

Join Roger Garst for an informative class about computer basics and also learn about the basics of digital photography.

Cooking with Gary, Barb and Charlie

(Back in August)

Join Gary, Barb and Charlie as they prepare a delicious treat for the New Member Brunch. This class is open to anyone.

Dice and Dominoes

(After every Talking With Your Mouth Full, 1-3 pm)

Enjoy lunch and some new dice and domino games with friends.

Dorothy's Chocolate Factory

(Thursday, July 24, 6-8 pm)

Anytime is chocolate time with Dorothy and her friends! Come on in to bake and share in the making of delicious treats while meeting some new friends.

Family and Friends Grief Support Group

(Wednesdays, July 16, 23 & 30, 6-7:30 pm)

This is a group for adults who are grieving the loss of a family member, friend or coworker. Facilitated by a degreed professional.

Family and Friends Support Groups*

(Thursdays, July 17, 24 & 31, 10-11:30 am & 6-7:30 pm)

Weekly, ongoing support groups for those loving someone living with cancer, facilitated by a degreed professional. Please talk to staff before joining this group.

Family Focus and Team Convene

Register in advance if you would like to bring in family members and/or others who support you for a private meeting to talk about cancer, its impact, and how everyone can help out. The meeting will be facilitated by a Gilda's Club social worker, and can be scheduled for any time.

Gardening Together

(Tuesdays, July 15 & 29, 10:30 am-Noon and 6-7:30 pm)

Join in the fun and adventure of gardening! Working in the garden has many benefits and rewards. Staff and garden enthusiast, John Brott, will introduce you to garden concepts guiding you in hands on experience. Meet new friends with a similar passion for plants and help support the beautiful gardens on our 6.5 acres.

Gilda's Book Ends

(Thursday, July 17, 1-2 pm)

Join this group of folks who enjoy reading. Discussions are led by Sue Cianfarani. Our book for July is Teacher Man by Frank McCourt. Books are available to borrow at the parlor desk.

Grief New Member Meeting

(Tuesdays, July 15, 22 & 29, 5-5:30 pm)

For people who are new to Gilda's Club and have experienced the death of a loved one to cancer. This is your introduction to the Gilda's Club grief program. Come learn more about the grief program then stay for supper at 5:30 pm. Please register in advance.

Gynecological Cancer Networking Group

(Back in August)

Come meet with others who have a similar diagnosis. We will have a time of discussion and sharing. Facilitated by a degreed professional.

Head, Neck & Oral Cancer Networking Group

(Monday, July 14, 6-8 pm)

Come and meet others on a cancer journey then join and share with others who have a head, neck or oral cancer diagnosis. Facilitated by a degreed professional.

Healing Touch

(Tuesday, July 21, 6-7:30 pm)

Sue Corbett will be here to teach us about a method of working with the body's energy to help deal with pain and stress.

"Health Insurance Coverage and Denials"

(Wednesday, July 23, 1-2 pm)

Loril Garrett, RN will be here to discuss this topic and answer questions. This is part of Spectrum Health Cancer Center's Educational Series.

Informal Q&A: Breast Cancer

(Thursday, July 17, Noon-1 pm)

Newly diagnosed with breast cancer? Come talk with others who have been there.

Informal Q&A: Prostate Cancer

(Thursday, July 17, Noon-1 pm)

Newly diagnosed with prostate cancer? Come talk with others who have been there.

Kids and Sibs

Register in advance for this unique support group for children ages 3-12. This group is designed for children who spend long hours in the hospital or clinic setting while a parent, grandparent, caregiver or sibling is receiving treatment for cancer. Call the Clubhouse for more details; you must register in advance for this group.

Kids Grieve, Too...

(Wednesdays, July 16, 23 & 30, 6-7:30 pm)

These workshops are for children in grades 1-4 who have experienced the death of a loved one. The workshop consists of discussion topics and related activities. See the Youth Calendar for each week's topic. Facilitated by a degreed professional.

Kids Talk

(Thursdays, July 17, 24 & 31, 6-7:30 pm)

These workshops are for children in grades 1-4 who are diagnosed with cancer or who have a loved one living with cancer. The workshop consists of discussion topics and related activities. See the Youth Calendar for each week's topic. Facilitated by a degreed professional.

Knit Wits

(Mondays, July 14, 21 & 28, 9:30-11:30 am)

Come and join the old pros and learn to knit and purl! Come practice and learn from each other and from the leader, Linnea Reuterdaahl. If you prefer to crochet, you are also welcome to join!

Leukemia, Lymphoma, Myeloma Networking Group

(Monday, July 14, 6-8 pm)

Come and meet others on a cancer journey then join and share with others who have a leukemia, lymphoma or myeloma diagnosis. Facilitated by a degreed professional.

Living Well

(Tuesday, July 22, 1-3 pm; Monday, July 28, 1-2 pm and Tuesday, July 29, 6-8 pm)

This on-going series will offer a variety of lectures and workshops to promote a healthy lifestyle. For July, we will be learning about nutrition.

- **Tuesday, July 22**, 1 pm: Dr. Kenneth Sutter will be here to share ways that natural therapies may help you on your cancer journey.

- **Monday, July 28**, 1 pm: Join a Spectrum Health Dietician for a cooking demonstration.

- **Tuesday, July 29**, 6 pm: Chef O will be here to share a delicious and nutritious cooking demonstration with us.

Living with Cancer Series

(Tuesdays, July 15, 22 & 29, 6-7:30 pm & Saturday, July 19, 10-11:30 am)

This is an on-going four week series of information, support, and getting acquainted with one another. This introductory workshop for survivors and loved ones is recommended before joining a support group. Facilitated by a degreed professional.

Living with Grief

(Tuesdays, July 15, 22 & 29, 6-7:30 pm)

This workshop will offer information and suggestions on how to live with the death of a loved one. Please note this is a four-week series. Facilitated by a degreed professional.

"Look Good, Feel Better"

(Thursday, July 24, 9:30-11:30 am)

This program, presented by the American Cancer Society, is to help women in treatment for cancer with appearance-related side-effects. Each woman learns to perform her own makeover using complimentary cosmetics and skin care products. Limited to six participants.

Lung Cancer Networking Group

(Monday, July 14, 6-8 pm)

Come and meet others on a cancer journey then join and share with others who have a lung cancer diagnosis. Facilitated by a degreed professional.

Melanoma Networking Group

(Monday, July 14, 6-8 pm)

Come and meet others on a cancer journey then join and share with others who have a melanoma diagnosis. Facilitated by a degreed professional.

Mentor Orientation

(Monday, July 21, 6:30-8:30 pm)

Are you in a place now where you are able to provide support, encouragement, and information to those newly living with cancer? The mentor program includes an application and an orientation process. You must contact Dorace Youells to receive more information and to start.

New Member Brunch

(Saturday, July 19, 11:30 am)

Have you joined Gilda's Club recently? Come meet others who are also new members and enjoy a delicious Saturday morning brunch! We welcome current members and volunteers to join brunch and meet our newest members.

July 2008 Activity Descriptions *Continued*

New Member Meeting

(Monday, July 14, 6-7:30 pm; Saturday, July 19, 10:30 am-Noon; Thursday, July 24, 1-2:30 pm)

Come learn about Gilda's Club and meet others who are here for the first time. Get a tour of the clubhouse and begin the membership process.

Noogieland Plus

(Wednesdays, July 16, 23 & 30 & Thursdays, July 17, 24 & 31, 6-7:30 pm)

For children age 5 and under. Structured playtime activities will be offered, including art, games, and other interactive activities. The ending of each session will include story time.

Open Exercise

(Back in August)

Come for a time of exercise. There is no instructor for this class and the game room is available for independent exercise and use of equipment.

Parent Grief (Death of a Child under 23) Group

(Wednesdays, July 16, 23 & 30, 6-7:30 pm)

This group is for parents who have experienced the death of a child ages 0-22, and a time to meet with other parents who have been where you are. Facilitated by a degreed professional.

Pediatric Oncology Parent Group

(Thursdays, July 17, 24 & 31, 6-7:30 pm)

Come and meet other parents who are on a cancer journey with their child. This group is for parents who have a child diagnosed with cancer, age 0-22. Facilitated by a degreed professional.

Prostate Cancer 101

(Back in August)

This workshop is led by medical professionals for those newly diagnosed with prostate cancer. You will have the opportunity to learn about diagnosis, treatment and local and national resources.

Prostate Cancer Networking Group

(Back in August)

Join other survivors and their loved ones for information and discussion in regard to the prostate cancer journey. This month Dr. Kahnoski will share new developments about prostate cancer including: research efforts, brachytherapy, genetics, and more.

Prostate Cancer, Under 59, Networking Group

(Back in August)

Were you or a loved one diagnosed with prostate cancer at a young age? Join with others and share the dynamics and difficulties of this situation. Facilitated by a degreed professional.

Quilting

(Thursday, July 24, 10 am-Noon)

Join Yvette O'Strander for a fun quilting class. For new and experienced quilters!

Rare Cancer Networking Group

(Monday, July 14, 6-8 pm)

Come and meet others on a cancer journey then join and share with others who have a rare cancer diagnosis. Facilitated by a degreed professional.

Rehabilitation after Breast Surgery

(Monday, July 28, 6-7 pm)

Nancy Mason, P.T., M.M., is a physical therapist and will be here to give information about scar management, flexibility concerns, lymphedema and posture after a mastectomy and reconstruction. There will also be opportunity for individual assessments.

The Reiki Experience

(Tuesday, July 22, 6-9 pm and Friday, July 25, 9 am-Noon)

Come and learn about the history and benefits of Reiki. After a time of learning together, each participant will be offered an opportunity to experience a Reiki session. Loraine Rebar, Reiki

Master, will offer the Tuesday class and Kelly Hagger, Reiki Master, will offer the Friday class. Please sign up for your time slot in advance; class size is limited.

Salsa with Isabelle

(Tuesdays, July 15, 22 & 29, 7-8 pm)

Come for a fun evening of Salsa! Learn some basic steps with Isabelle Garcia; be sure to wear comfortable shoes. This class is great for beginners or more advanced.

Scarf Tying with Judy

(Monday, July 21, 1-2 pm)

Judy Jopie will demonstrate several ways to tie scarves, both for your head and neck. Come for a fun time of learning and take home a beautiful silk scarf!

Senior Moments Video Lifestories

This is an opportunity to gather your thoughts, memories and family stories to record on video for family and friends. Steve Goolian will be available to meet with you, offer his assistance and to actually make a video. Call us to set a time with Steve. Free consulting is also available for those who wish to do their own videotaping, including camera, audio, and editing tips.

Share Your Thoughts

Have you ever wished you could address your family and friends in a formal setting, sharing your worries, fears, favorite memories, stories from childhood, or just a great joke? Now you have that opportunity. Contact the Clubhouse to set a time to Share Your Thoughts. If you choose, we will videotape your presentation so you can have a lasting memory.

Sister to Sister Networking Lunch

(Back in September)

Come and meet informally with women in this networking group and learn about the support to get and give to women living with breast cancer. Lunch is provided.

Sister to Sister Support Group

(Back in August)

This group, for women of color on a breast cancer journey, is a time to meet others and find support. Facilitated by Ellen Atkins.

Sit and Be Fit

(Mondays, July 14, 21 & 28, 1:30-2:30 pm)

Join Barb Lundeen for some stretching and flexibility exercises that you can do sitting down. This is a good beginning class to learn yoga basics.

Spouse Grief Networking Group: Children at Home

(Wednesdays, July 16, 23 & 30, 6-7:30 pm)

The death of a spouse or partner is both difficult and an experience that needs time to be integrated into life. Meet and learn from others who have been or are going through this process. This group is specifically for those who do have children at home.

Spouse Grief Networking Group: Children Not at Home

(Tuesdays, July 15, 22 & 29, 6-7:30 pm)

The death of a spouse or partner is both difficult and an experience that needs time to be integrated into life. Meet and learn from others who have been or are going through this process. This group is specifically for those who do not have children at home.

Stitching for Kid's Sake

(Thursday, July 24, 10 am-Noon)

Join Yvette O'Strander in the creation of dolls for the children at DeVos Children's Hospital. This workshop is for new and veteran stitchers. If you are interested in helping make pillowcases for the Children at DeVos Children's Hospital please contact the Clubhouse so you can be connected with Yvette.

Supper Together

(Each Tuesday, Wednesday and Thursday, 5:30-6 pm)

A light meal will be served. We invite all members to join with others for a relaxing time of fellowship and renewal before the evening activities.

T'ai Chi

(Tuesday, July 15, 6-7:30 pm)

Improve circulation, balance, flexibility and inner peace through exploration of this ancient oriental exercise class. Your mind and body will thank you. T'ai Chi is an exercise that exerts no strenuous action. The feet are rooted to the ground with the torso and arms making graceful, deliberate and sequenced movements that take on the form of physical poetry. Led by Marnie Kotwick.

Talking with Your Mouth Full

(Thursday, July 17; Tuesday, July 22 and Monday, July 28; Noon)

Drop in at noon and join us for lunch and conversation! On Monday, July 28, bring a dish to pass for POTLUCK!

Teen Grief Networking

(Wednesdays, July 16, 23 & 30, 6-7:30 pm)

For teens in grades 9-12, this group meets to discuss the death of a friend or family member. The group consists of discussion topics and related activities. See the Youth Calendar for each week's topic. Facilitated by a degreed professional.

Teen Talk

(Thursdays, July 17, 24 & 31, 6-7:30 pm)

For teens in grades 9-12, this group meets to discuss having a cancer diagnosis, or loving someone who lives with cancer. The group consists of discussion topics and related activities. See the Youth Calendar for each week's topic. Facilitated by a degreed professional.

Thriving With Music and Movement (Lebed Method)

(Wednesdays, July 16, 23 & 30, 10-11 am)

This program, also known as the Lebed Method, was designed originally for the breast cancer survivor to increase range of motion and to decrease lymphedema. It has also proven beneficial for other cancer survivors as well. Led by Darlene Shively.

Thyroid Cancer Networking Group

(Thursday, July 17, 6:30-8 pm)

Join others with a similar diagnosis for a time of discussion and sharing.

Tween Grief

(Wednesdays, July 16, 23 & 30, 6-7:30 pm)

Tweens, this group is for you! These workshops are for children in grades 5-8 who have experienced the death of a loved one. The workshop consists of discussion topics and related activities. See the Youth Calendar for each week's topic. Facilitated by a degreed professional.

Tween Talk

(Thursdays, July 17, 24 & 31, 6-7:30 pm)

Tweens, this group is for you! These workshops are for children in grades 5-8 who are diagnosed with cancer or who have a loved one living with cancer. The workshop consists of discussion topics and related activities. See the Youth Calendar for each week's topic. Facilitated by a degreed professional.

Viviendo con Cancer

(Thursday, July 17, 6-8 pm)

Para gente que vive convive con cancer, sus familiares y amistades. This group is for anyone living with cancer, their families and friends. This group is for members who speak Spanish. Co-hosted by Lacks Cancer Center.

Watercolors with Chris

(Wednesday, July 16, 10 am-Noon)

Join Chris Woomer to learn watercolor painting at all levels. She will help you explore techniques, composition and the many positive properties of watercolors in a fun atmosphere.

Weekend Gardening

(Saturday, July 19, 10 am-Noon)

Join Lead Volunteer John Sutherland as he guides you in the tasks and needs of the formal and healing gardens. Make new friends with a similar passion for plants and help support the beautiful gardens on our 6.5 acres. In May we will continue with our garden clean up, dividing perennial and planting herbs and annuals.

Wood Carving with Donald

(Mondays, July 14, 21 & 28, 6-8 pm)

Join Donald Shepherd for this class and learn how to make easy and beautiful wood carvings! Beginners are welcome and supplies are provided.

Yoga

(Tuesdays, July 15, 22 & 29, 11 am-Noon)

Join Marro Spehar for a gentle yoga class, beginners are welcome.

Youth Wellness

(Thursday, July 30, 5:30-8 pm)

This month we will enjoy a fun activity together. The Youth Wellness Group is for youth in 5th through 8th grade who have cancer. This event is in collaboration with DeVos Children's Hospital.