



An Affiliate of the CANCER SUPPORT COMMUNITY

MAY/JUNE 2024

PROGRAM CALENDAR





Gilda Radner's classic character Roseanne Roseannadanna's mantra was, "It's always something!" and it's true. This time, **Something awesome is coming!**

We have two Gilda's Club satellite locations opening in Southern Indiana, making it a total of four locations you can find the free cancer support you and your family need.

Gilda's Floyd (GF), is located in the Cardinal Ritter House in the heart of downtown New Albany, IN at 1218 E. Oak St.

Gilda's Clark (GC) is located in Jeffersonville, IN at Pleasant Run Farm. You may have already attended outdoor program offerings here if you joined us at last year's fall festival. If not, you'll have a chance to see it at Refresh Fest in May. Our physical space on this pastoral land has a rural feel, but is only a short drive from downtown Louisville, New Albany and Jeffersonville.

Both locations will offer the warm, welcoming home-like setting Gilda's Club is known for. On the calendar, you'll see [gf] or [gc], which will identify where Indiana program offerings will be held, just as we do for Gilda's West [gw] in Louisville.

Speaking of the calendar, we are reimagining it! As we are expanding our program far and wide, we are hoping to make it easier for you to follow all the who, what, when and where of happenings at Gilda's Club. Beginning in July, the calendar will feature a three-month format. You'll get the calendar quarterly and have plenty of time to plan ahead.

Good things are happening! If you have questions about our Southern Indiana satellites, please give us a call at 502.583.0075.

Make sure to check out our Special Events page to read more about our offerings this summer and remember, space is limited for some programs, so RSVP now at gck.org or by calling us at the number above.

SUPPORT

We welcome those connected to cancer to join our free cancer support community. For more information, call 502.583.0075. Participants interested in joining a support group must first complete a One-to-One with a team member and be placed in the appropriate group. Offered weekly from 6:30-8 pm unless otherwise noted. Dinner served at 5:45 pm.

Wellness

For adults living with an active cancer.

- · Grinstead: Tuesdays.
- Grupo de Bienestar en Español: Spanish wellness group for women in active treatment. Second and fourth Tuesdays
- Paducah: Second and fourth Tuesdays, 5:30-6:30pm CST at Mercy Health-Lourdes Heritage Room, 1530 Lone Oak Rd, Paducah, KY 42003

Friends and Family

For adult friends and family members of people with cancer. Tuesdays.

Beyond Cancer

For cancer survivors whose focus has shifted toward living life post treatment. Second Mondays.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. Second and fourth Thursdays.

Wellness and Beyond at Gilda's West

For men and women diagnosed with cancer or in remission. Bi-weekly, 5:45-7:15pm.

Short-Term Counseling

Free individual, couples and/or family counseling sessions for matters related to a cancer experience. Call 502.583.0075 for more information.

Networking Groups

Offered monthly on second Mondays, 6:30-8 pm.

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- Sarcoma

THE ARTS

Book Nook

Join our book club! Third Wednesdays, 2:30-4 pm and 6:30-8 pm.

Make and Take Card Making

Make greeting cards for your friends and one to take home. Fourth Thursdays, 2-3:30 pm.

Empowering Beads

Create a beautiful, unique handmade piece of jewelry. First Tuesdays at Grinstead, First Thursdays at Gilda's West, 10:30 am-12 pm.

Fun with Art

Join us for artistic fun creating standalone projects. First and third Wednesdays, 10:30 am-12 pm.

Knitting Circle

Knitting group. Fourth Mondays, 6-7:30 pm.

Peaceful Paint Night

A relaxing evening of painting. First Thursdays, 6-8 pm.

HEALTHY LIFESTYLE

Breathe and Receive

Simple breathing practices and gentle holds to relieve stress, anxiety and improve your health. Thursdays, 1-2 pm.

Fitness with Alison

A full-body, no-equipment workout for all. Thursdays, 10-11 am.

Gentle Yoga and Restorative Meditation

Accessible movement and meditation to accommodate all mobility levels. Thursdays, 5:30-6:30 pm.

Meditation Reset

Helps create space in your mind to breathe and be present. Fridays, 9-9:30 am.

Mindful Meditation with Halen

Relax your body through meditation and mindfulness exercises. Third Thursdays at GW, 12:30 to 1:15 PM.

Mindfulness

Focus on being present in this program guided by Dr. Paul Salmon. First and third Mondays, 5-6 pm.

Pilates

Engages both mind and body while supporting the spine, increasing flexibility and strength. Wednesdays, 12:30-1:30 pm.

QiGong

Coordinates movement and meditation, focusing on cultivating consciousness. Tuesdays, 11:30 am-12:30 pm.

Reiki Meditation

Promotes relaxation and wellness. Second and fourth Wednesdays, 1-2 pm.

Tai Chi

Reduces stress and improves flexibility and strength, through gentle movements. Fridays, 10:30-11:30 am and Mondays, 5-6 pm.

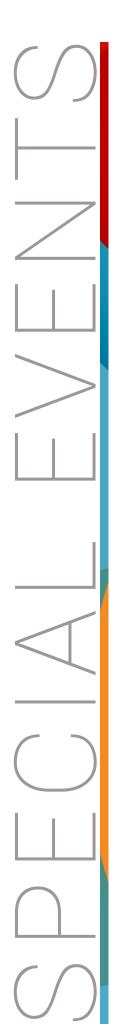
COMMUNITY PARTNER NETWORKING GROUPS

Brain Injury Alliance of Kentucky (BIAK)
Group for brain injury survivors, including tumors.
Second Mondays, 6:30-8pm.

Laryngectomee Community Group
For those who have had their voice box
surgically removed for cancer treatment in
collaboration with UofL Health Group.
Every Second Monday, 5-6 pm.

Living Beyond
For women living with recurrent or metastatic
breast cancer.
Every second Wednesday, 4-5:30 pm.

RSVP at GCK.ORG or by calling 502.583.0075



COMO LAS EMOCIONES AFECTAN TU VIDA

1ST, 3RD AND 4TH MONDAYS, 6:30 TO 8 PM

Descubre como las emociones desempeñan un papel importante en tu vida, acompáñanos en esta serie de platicas junto a Coach Laura Torres. Programa en persona y virtual, inscríbete en nuestro sitio de internet GCK.org, por correo electrónico a martha@gck.org o llamando al 502.371.3064.

¿HABLAS ESPAÑOL? SPANISH FOR BEGINNERS

1ST AND 3RD THURSDAYS, 5:30 TO 6:30 PM

Struggling to roll your 'r's? Join us to learn basic Spanish words and phrases to help you become comfortable with the Spanish language. Space is limited, so register now.

BITE SIZED BITES

1ST THURSDAYS, 6 TO 7 PM

3RD SATURDAYS AT GW, 11:30 AM TO 12:30 PM

Join Oncology Dietician Alex Schneider to learn about how to prepare delicious and nutritious snacks.

ASK THE DOC: LUNCH AND LEARN MONDAY, MAY 6, 12 TO 1 PM

Join residents from the University of Louisville Physical Medicine and Rehabilitation department for this virtual lunch and learn series focused on lymphedema.

DECODING MEDICAL BILLS

MONDAY, MAY 6, 6 TO 7 PM

This presentation focuses on how to use the documents you receive from your insurance company, the Explanation of Benefits (EOB) and Summary of Benefits and Coverage (SBC) to compare with the bills you receive for costly errors.

WREATHMAKING WITH WENDY MONDAY, MAY 6, 6 TO 8 PM

Make your own wreath for Memorial Day and 4th of July! Registration opens two weeks prior.

HOOKED ON CROCHET [GILDA'S WEST]

MONDAYS, MAY 13 AND JUNE 10, 11 AM TO 12:30 PM

Experienced and new crocheters are invited for a fun morning of encouragement and inspiration. Bring your own project or start a new one. Hooks and yarn will be available for your use.

MOTHER'S DAY CELEBRATION WEDNESDAY, MAY 15, 6 TO 8 PM

Moms of every kind, bring your favorite plus one and join us for a celebration dinner and pampering activity. Space is limited, so register early. Ages 16+.

DERECHOS DE ACCESO LINGUISTICO/ LANGUAGE ACCESS RIGHTS

THURSDAY, MAY 16, 6 TO 7:30 PM

¿Sabías que por ley existe el derecho al servicio de interpretación calificada gratuita? Acompáñanos junto a Lynn Fors, interprete avalada por la Certification Commission of Healthcare Intrepreters (CCHI por sus siglas en inglés) y Directora de Language Access Solutions a conocer más sobre estos derechos facilitados a toda persona en hospitales, clínicas y diversas instituciones. Habrá sesión de preguntas y respuestas, después de la presentación.

Join Lynn Fors certified healthcare interpreter and Director of Language Access Solutions, to learn more about rights to free qualified interpretation services afforded to everyone in hospitals, clinics, and various institutions. After the presentation there will be a question and answer session.

REFRESH FEST [GILDA'S CLARK] SATURDAY, MAY 18, 10 AM TO 2 PM

Join us at Gilda's Clark for a refreshing day of health and wellness for both the mind and body. Enjoy crafts, fitness classes, meditation and more at the sunny and serene Pleasant Run Farm.

READY, SET, GLOW! [GILDA'S WEST] SATURDAY, MAY 18, 1 TO 2:15 PM

Join Dynetta Minter, Advanced Skincare Consultant, for a fun and informative pampering session!

LET'S TALK ABOUT SEX AND CANCER

THURSDAY, JUNE 6, 6 TO 7 PM

KORT ReVital Cancer Rehabilitation Therapist Jackie Neugornet discusses sexual health after cancer treatment.

SEWING 101 WITH LAURA! THURSDAY, JUNE 20, 6 TO 8 PM

Calling all moms and kids! Join Laura for a night of sewing. Laura will show how to sew various items such as totes, pillows, place mats, etc.

COMMUNITY IS STRONGER THAN CANCER DAY SATURDAY, JUNE 22, 11 AM TO 2 PM

Join us for our third annual Community is Stronger Than Cancer Day! This year's event will feature community resource tables, health and wellness activities, lunch, art and more! Attendees encouraged to wear the awareness ribbon color of their personal cancer connection.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|---|
| | | 10:30am Fun with Art 12:30pm Pilates 1pm Paint Palette 2pm Line Dancing [gw] 2:30pm Trivia Afternoon | 10am Fitness with Alison 10:30am Empowering Beads [gw] 12:30pm Lunch Laughs 1pm Breathe & Receive 5pm Bingo [gw] 5:30pm Hablas Español/ Spanish For Beginners 5:30pm Gentle Yoga | CLUBHOUSE CLOSED | CLUBHOUSE CLOSED |
| | | 6pm Virtual Journaling | 6pm Bite Sized Bites 2 | 3 | 4 |
| 12pm Ask the Doc 5pm Tai Chi 5pm Mindfulness 5:15pm Dinner for Group [gw] 5:30pm Inglés Nivel Básico 5:45pm Wellness & Beyond [gw] 6pm Chef Gilda and Friends 6pm Fiber Art 6pm Knitting 6pm Decoding Medical Bills 6pm Wreathmaking | 5:45pm Dinner for Groups 6:30pm Support Groups | 12:30pm Pilates 1pm Reiki Meditation 1pm Paint Palette 2pm Line Dancing [gw] 4pm Living Beyond | 10am Fitness with Alison 10am Mandala Art 11am Game Day [gw] 12:30pm Lunch Laughs 1pm Breathe & Receive 5pm Deb and Duncan 5:30pm Gentle Yoga 5:45pm Dinner for Groups | 9am Meditation Reset [v] 10:30am Tai Chi | 10am Loteria Mexicana/ Mexican Bingo 11am Clubhouse Brunch 11:30am Conversatorios de Salud y Bienestar 12pm Stories and Self- Expression 12pm Junior Chef Academy |
| 6:30pm Como las Emociones Afectan tu Vida | 7 | 8 | 6:30pm Living Through Loss | 10 | 11 |
| 10am Coffee & Connect [gw] 11am Hooked on Crochet [gw] 12:30pm Bingo 4pm Noche de Moda 5pm Tai Chi 5:45pm Dinner for Groups 6pm Intentional Journaling 6:30pm Beyond Cancer 6:30pm Networking Groups 6:30pm Guitar Lessons 6:30pm Full Moon Painting | 11:30am QiGong 11:45am Words of Encouragement [gw] 12:30pm Lunch Laughs 5:30pm CST Paducah Group 5:45pm Dinner for Groups 6:30pm Support Groups | 10:30am Fun with Art 12:30pm Pilates 1pm Paint Palette 2pm Line Dancing [gw] 2:30pm Book Nook I 6pm Virtual Journaling 6pm Mother's Day Celebration 6:30pm Book Nook II | 10am Fitness with Alison 12:30pm Meditation [gw] 1pm Breathe & Receive 5:30pm Hablas Español 5:30pm Gentle Yoga 6pm Peaceful Paint Night 6pm Derechos de Acceso Lingüistico 6pm Sessions Begin Reiki 6pm Nutrition During Active Treatment | 9am Meditation Reset 10:30am Tai Chi | 10am Refresh Fest [gc] 11:30am Bite Sized Bites [gw] 1pm Ready, Set, GLOW! [gw] |
| 10am Coffee & Connect [gw] | | | 10am Fitness with Alison | 9am Meditation Reset | - |
| 5pm Mindfulness 5:15pm Dinner for Group [gw] | 11:30am QiGong 12:30pm Lunch Laughs | 12:30pm Pilates 1pm Reiki Meditation 1pm Paint Palette | 12:30pm Lunch Laughs 1pm Breathe & Receive 2pm Make and Take Cardmaking | 10:30am Tai Chi | CLUBHOUSE CLOSED |
| 5:45pm Wellness and Beyond [gw] | 5:45pm Dinner for Groups 6:30pm Support Groups | 2pm Line Dancing [gw] | 5:30pm Gentle Yoga 5:45pm Dinner for Groups 6:30pm Living Through Loss 23 | 24 | 25 |
| CLUBHOUSE CLOSED | 11:30am QiGong 11:45am Words of Encouragement [gw] 12:30pm Lunch Laughs 4pm Community Access [gw] | 12:30pm Pilates 1pm Paint Palette 2pm Line Dancing [gw] | 10am Fitness with Alison 12:30pm Lunch Laughs 1pm Breathe & Receive | 9am Meditation Reset | |
| 27 | 5:30pm CST Paducah Group 5:45pm Dinner for Groups 6:30pm Support Groups | 29 | 5:30pm Gentle Yoga | 31 | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|----------------------|---|
| JU | | | | | 1 |
| 10am Coffee & Connect [gw] 5pm Mindfulness 5:15pm Dinner for Group [gw] 5:30pm Inglés Nivel Básico 5:45pm Wellness [gw] 6pm Soothing Fiber Art 6:30pm Como las Emociones Afectan tu Vida | 10:30am Empowering Beads 11:30am QiGong 12:30pm Lunch Laughs 5:45pm Dinner for Groups 6:30pm Support Groups | 10:30am Fun with Art 12:30pm Pilates 2pm Line Dancing [gw] 2:30pm Trivia Afternoon 6pm Virtual Journaling | 10am Fitness with Alison 10:30am Empowering Beads [gw] 12:30pm Lunch Laughs 1pm Breathe & Receive 5pm Bingo [gw] 5:30pm Gentle Yoga 5:30pm Hablas Español/ Spanish For Beginners 6pm Peaceful Paint Night 6pm Bite Sized Bites | 9am Meditation Reset | 10am Loteria Mexicana 11am Clubhouse Brunch 11:30am Conversatorios de Salud y Bienestar 12pm Stories and Self- Expression |
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| 10am Coffee & Connect [gw] 6pm Knitting Circle 6:30pm Guitar Lessons | 11:30am QiGong 11:45am Words of Encouragement [gw] 12:30pm Lunch Laughs 4pm Community Access [gw] 5:30pm CST Paducah Group 5:45pm Dinner for Groups 6:30pm Support Groups | 12:30pm Pilates 1pm Reiki Meditation 2pm Line Dancing [gw] | 10am Fitness with Alison 12pm Lunch Laughs 1pm Breathe & Receive 2pm Make and Take Cards 5:30pm Gentle Yoga 5:45pm Dinner for Groups | 9am Meditation Reset | |



IRVIN F. & ALICE S. ETSCORN FOUNDATION























THE GHEENS FOUNDATION









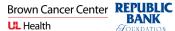












































An Affiliate

2440 GRINSTEAD DR, LOUISVILLE, KY 40204 1720 W BROADWAY, STE 205, LOUISVILLE, KY 40203 1218 E. OAK ST, NEW ALBANY, IN 47150 5318 KING RD, JEFFERSONVILLE, IN 47130



CANCER SUPPORT COMMUNITY

Program Event Calendar

May/June 2024