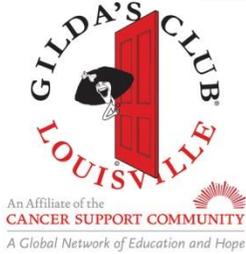


To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.



## UPCOMING EVENTS

### MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

RSVP online at [www.gildasclublouisville.org](http://www.gildasclublouisville.org) or by calling 502.583.0075.

#### **Mysteries & More Book Group**

**Wednesdays, July 1 and August 5, 1-3pm**

July's book selection is "A Man Called Ove" by Fredrik Backman; in August, we're reading "Girls of August" by Anne Rivers Siddons. Come for discussion and critiques. Everyone is welcome!

#### **Play Cards!**

**Wednesdays, July 8 and 22; August 12 and 26, Noon-3:30pm**

The game is Hand and Foot! Never heard of it?? Then come learn a new card game! Everyone is welcome!

#### **Food as Medicine Movie Series**

**Fridays, July 10 and August 7, 6-8pm**

July's movie topic is diabetes and using nutrition to control its symptoms, but nutrition also can help with other ailments including high blood pressure, cholesterol, heart disease and weight. In August, we'll look at nutrition-related research delivered in easy-to-understand video segments. Health enthusiast Debbie Weeter will be on hand to facilitate discussion afterwards.

#### **Dine on the Deck**

**Tuesdays, July 14 and August 11, 12:30-1:30pm**

Have a leisurely light lunch with your Gilda's Club friends at Dine on the Deck. Guests (and food item donations) are welcome! Just let us know you're coming!

#### **Health & Wholeness Meditation**

**Tuesdays, July 14 and 21, 3-4pm**

Using Reiki Energy Body, facilitator Wendy Schoeppner leads a guided meditation to aid with rest, relaxation, stress reduction and pain management.

#### **Crafting Chemo Caps**

**Wednesday, July 15, 10:30-noon**

Sara Ceresa is a special guest for the Craft Club this month. She'll show participants how to make stylish and comfortable chemo caps from cotton T-shirts.

## **Drawing Clinic**

**Saturdays, July 25, August 1 and August 8, 10am-noon**

Artist Dean Oestreich offers instruction in line drawing, mass drawing and still life drawing in this three-session workshop. Each clinic is for anyone who loves to draw, but Oestreich recommends attending them in order. Each class is limited to 10 participants who are asked to bring with them a pencil, an eraser and a ruler.

**July 25** – Line Drawings are often the foundation for realism in drawing and painting both the human form and portraiture. Two different step-by-step approaches will focus on relationships and measurements to accurately record drawn images from reference materials.

**August 1** – Mass Drawings add structure and depth to line drawings. You'll use shadow shapes, edges and values to depict the flow of light over an object.

**August 8** – Introduction to Still Life Drawing using both line drawings and mass drawings.

## **Gilda University for Ages 8-15**

**July 27-31, 9am-5pm**

Gilda University, July 27-31, 9am-5pm

We are excited to partner with the School of Education at Indiana University Southeast to provide this new day camp opportunity. Gilda University is just the ticket for the brain drain that is an inevitable part of summer break. Arriving just in time for the new school year, Gilda University combines brain gymnastics and study skill enhancement with field trips that explore science, math, engineering and the arts. It's too cool for school at your clubhouse. RSVP early. Space is limited. *(Note: due to content we are unable to accommodate campers younger than 8 years old.)*

## **The Curious Case of Cauliflower: Cooking Grain-free**

**Wednesday, July 29, 6-8pm**

Diane Richey returns to the clubhouse with more tips on healthy cooking. This time it's everything you ever wanted to know about cauliflower. Space is limited so RSVP today!

## **One Pot Wonders**

**Wednesday, August 5, 2-4pm**

Rescheduled from an earlier date: Join Tina Lee and see just what you can cook up in a single pot. Space is limited for this cooking class, so RSVP today!

## **Cuba's Melodies**

**Friday, August 21, 6-8pm**

Don't miss this special musical performance by pianist and guitarist Franroy Figueroa, a native of Cuba. La Casita will provide delicious ethnic refreshments immediately after the performance. Be sure to RSVP!

## **Reiki Basics**

**Fridays, August 21 and 28, 11am-12:30pm**

Learn the basic principles of using Reiki energy body for health and wholeness.

## **Girlz Just Wanna Have Fun XVI**

**Friday, August 28, 6pm-9am**

The Girlz are at it again . . . an all-nighter for adult women in the clubhouse. Do crafts, play games, visit with old and new friends – you can stay the night or just come for awhile. Remember, it's BYO Blender and what happens in the clubhouse stays in the clubhouse!! RSVP today!

**SUPPORT & NETWORKING GROUPS:** Contact Judy at 502.583.0075 or [judy@gildasclublouisville.org](mailto:judy@gildasclublouisville.org) for more information:

**Wellness Groups**

For men and women diagnosed with cancer. Every Tuesday, 6:30-8pm.

**Facing Forward**

For adults living with cancer as a chronic illness — when cure is not possible — and caregivers. Call for more information.

**Family and Friends Groups**

For adult family members and friends of people with active cancer. Every second and fourth Tuesday, 6:30-8pm.

**Flying Solo**

For singles on a cancer journey. Every Wednesday, 12:30-2pm.

**Survivors Groups**

For cancer survivors and caregivers who are post-treatment. Every Tuesday, 6:30-8pm.

**Bereavement Groups: The Grief Connection**

Grief support for family members and friends. Every second and fourth Thursday, 6:30-8pm. (Newcomers welcome.)

**LGBT Cancer Support**

For lesbian, gay, bisexual and transgendered individuals connected to cancer. Call for more information.

**Breast Cancer Networking:** Every second Monday, 6:30-8pm.

**Breast Cancer Networking-Spouse and Partner Group:** Every second Monday, 6:30-8pm, a collaboration with Brown Cancer Center and Brown Cancer Resource Center.

**Colon Cancer Networking:** Every fourth Wednesday, 6:30-8pm.

**Friends for Hope Networking:** Every fourth Wednesday, 6:30-8pm.

**Living Beyond (for women living with recurrent or metastatic breast cancer):** Every second and fourth Wednesday, a collaboration with Baptist Health Louisville, 4-5:30pm.

**Lung Cancer Networking:** Every fourth Wednesday, 6:30-8pm.

**Prostate Cancer Networking:** Every fourth Wednesday, 6:30-8pm.

**Prostate Cancer Networking Spouse and Partner Group:** Every fourth Wednesday, 6:30-8pm.

**Young Adult Networking, I Am > Ca:** For ages 18-40. Every first and third Thursday, 6:30-8pm, a collaboration with Norton Cancer Institute.