



UPCOMING EVENTS

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

RSVP online at www.gildasclublouisville.org or by calling 502.583.0075.

Pen to Paper | Tuesdays, June 13 and 27 and July 25 and August 8 and 22, 10-11:30am

Do you have a creative thoughts “hiding within your heart”? Is your inner voice just waiting to be heard? Do you like meeting people and having great dialogue? Join volunteer Tina Lee for interesting conversation and self-expression as we put “pen to paper” and practice getting ideas, thoughts and concepts from our minds onto paper. Utilizing the tool of creative writing, you will learn how this practice brings peace, clarity and self-understanding and how taking time to express your thoughts can heal your heart. Bring a journal, a pen or pencil and an open mind.

Nia | Mondays, June 19, 6:15-7pm

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life – body, mind and soul.

Writing Workshop with Pam Platt | Monday, June 19, 6-7pm

Just as art and music provide outlets for expression and physical and mental health benefits during a cancer journey, so does writing. Award winning writer, editor and columnist Pam Platt offers this opportunity for you to explore these benefits. No prior writing experience required. Group limited to 8.

O Dance of Mine

Saturday, June 24, 11am-noon

O Dance of Mine is a ballroom self-enrichment dance program. To beautiful music, you will learn technical dance movements, terminology, body posture and alignment for a simple choreographed routine. We’ll dance the Rumba. No partners are needed for either dance, just comfortable dress shoes, a love of music and movement.

Teen Pizza Trail | Sunday, June 25, 6-7:30pm

Join us for the last Teen Pizza Trail! We will be on the hunt for the best slice in town, at various local restaurants. Beginning next month, join us for *Sunday Night Live*, a new offering for teens.

Camp Gilda (Ages 6-12) | Monday, July 10 through Friday, July 14, 8:30am-5pm

Join us for this free week-long day camp for youth ages 6-12, who have a cancer connection. This year’s theme is GILDA’S 10th BIRTHDAY - and we have so much in store! We’ll visit Camp Piomingo in Brandenburg, Kentucky, get soakin’ wet at the Northeast YMCA Waterpark and sing, dance, tell jokes and more at our Talent Show. *Advance registration is required and is due by Friday, June 30 at noon.* For information and reservations, contact Mary Caroline at marycaroline@gildasclublouisville.org or (502) 371-3038.

Start the Heart CPR Class | Monday, August 7, 6:30-7:10pm

In this 40 minute Hands-Only CPR class you will learn what to do in a cardiac emergency. You will get to practice Hands-Only CPR on dummies, learn about AEDs, and leave prepared with simple steps to save a life.

Noogie Nights (Ages 6-12) | Sundays, August 13 and 27, 4-5pm

Beginning in August, join us at Gilda's Club on the second and fourth Sundays of the month for Noogie Nights. It will be a time for games, crafts, skits and a surprise event to come! It also will be time to meet other youth at Gilda's.

Sunday Night Live (Ages 13-18) | Sundays, August 13 and 27, 6-7:30pm

We are extending opportunities for you to get together! On the second Sunday of each month, meet us at the clubhouse for games and an opportunity to meet other teens. On the fourth Sunday of each month, we'll hit the road for pizza or fun at places like Lazer Blaze and Sky Zone.

Parent Networking Group | Sunday, August 27, 4-5pm

We want to take care of parents, too! The Parent Networking Group will be an opportunity for parents to talk, share concerns with one another and gain additional support.

SUPPORT GROUPS

Members interested in joining a support group must first complete a Welcome 101 with a Program Team member and be placed in the appropriate group. Dinner for support group participants is served at 6pm.

FAMILY FOCUS

Family feeling a little out of focus? This offering reinforces family strengths, fosters communication and strengthens family cooperation. Contact a program team member to schedule a time that best suits your family.

Kids, Teens & In-Betweens

Kids' Talk & Teen Talk

Weekly peer-based support for preschoolers, children, ages 6-12 and teens, ages 13-18 who have a significant person in their life touched by cancer or who themselves have a cancer diagnosis. Tuesdays, 6:30-8pm.

Noogieland (For ages 2-5)

Want to come to an event but don't know what to do with your preschooler? Bring your little ones to Noogieland for structured activity and play. Registration is required 48 hours in advance.

NETWORKING

These groups are offered monthly at 6:30-8pm, unless otherwise noted. Dinner for networking groups is served at 6pm.

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

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

Sarcoma Networking: Every fourth Wednesday, 6:30-8pm.

Young Adult Networking, I Am > Ca: For ages 18-40. Every first Thursday, 6:30-8pm.

COMMUNITY PARTNER NETWORKING GROUPS HOSTED AT GILDA'S CLUB

These groups are offered monthly at 6:30-8pm, unless otherwise noted. Dinner for networking groups is served at 6pm.

Brain Injury Alliance of Kentucky (BIAK) 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): A collaboration with Baptist Health Louisville. Every second and fourth Wednesday, 4-5:30pm.

Lung Cancer Networking: A partnership with the Lung Cancer Alliance. Every fourth Wednesday, 6:30-8pm.

Together for Breast Cancer Survival: This group is for spouses and partners. Every second Monday, 6:30-8pm.

SUPPORT

Team member and be placed in the appropriate group. Dinner for support group participants is served at 6pm.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. Every second and fourth Thursday, 6:30-8pm.

Family and Friends Group

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

Flying Solo

Support for those living with cancer who live alone and prefer the daytime to meet with others for support and community. Every second and fourth Wednesday, 1-2:30pm.

Survivor Support

Survivor Support—bi-weekly groups for cancer survivors and friends/family of survivors whose focus has shifted toward living life post treatment. Every first and third Thursday, 6:30-8pm.

Wellness Group

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