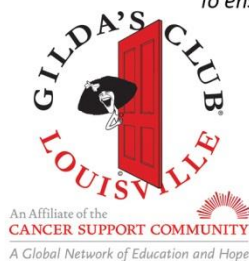


To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.



UPCOMING EVENTS

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

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

Mysteries & More Book Club

Wednesdays, May 4 and June 1, 1-3pm

The book for May is "Standing in the Rainbow" by Fannie Flagg. June's book is "Foreign Body" by Robin Cook. Give them a read and join your clubhouse BFFs for some friendly discussion.

Addressing Pain and Neuropathy

Wednesdays, May 4 and June 1, 5-6pm

Using breathing and visualization to address pain and neuropathy due to chemotherapy treatment.

Gilda Bingo

Monday, May 9 and June 13, 12:30-2pm

Gilda Bingo is in the clubhouse!! Come try your luck and vie for Gilda-esque prizes!

Health & Wholeness Meditation

May 9 and 23 and June 13 and 27, 5-6pm

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

Hatha Yoga

Monday, May 2 and June 6, 6-7:15pm

Hatha Yoga is the most widely practiced form of yoga in America. It concentrates on physical health and mental well-being using postures, breathing techniques and meditation.

Dine on the Deck

Tuesdays, May 10 and June 14, 12:30-1:30pm

Join us for a potluck lunch on our garden deck in the summer weather. Bring a dish to share with your friends – pasta salads, green salads, sandwiches, and desserts are all great options! Feel

free to bring a guest, just let us know you're coming. If you can't make it but want to donate food, contact

Jessica@gildasclublouisville.org.

Gilda to Go at Southwest Library

Wednesdays, May 11, 25 and June 8 and 22, 6-7:30pm

This Gilda to Go offering is a cancer support group at the Southwest Regional Library for both adults living with cancer and those who have a family member or friend with cancer. This program repeats every second and fourth Wednesdays.

Summer Music Series

Fridays, May 13 and June 17, 6-8pm

Come listen to live music from popular local musicians John Gage (May) and Greg Acker (June).

Mother/Daughter Tea

Saturday, May 14, Noon-3pm

The Junior League of Louisville is your host for this clubhouse event honoring moms and mom-substitutes. There will be food, photographs and make-your-own art to take home. Be good to your mom (or your daughter). Invite her for an afternoon of fun! Space is limited so RSVP today!

Yin Yoga

Monday, May 16 and June 20, 6-7:15pm

This is a slow-paced style of yoga with poses that are held for longer periods of time with the aim of increasing circulation in the joints and improving flexibility. This more meditative type of yoga is a nice complement to more active yoga and exercise.

CyberKnife

Tuesday, May 17, 6-7pm

Dr. Shiao Woo visits the clubhouse to talk about CyberKnife, a non-invasive alternative to surgery for the treatment of both cancerous and non-cancerous tumors anywhere in the body, including the prostate, lung, brain, spine, liver, pancreas and kidney.

Survivor Support

Thursdays, May 19, June 2 and 16

6:30-8pm (dinner at 6)

Support groups for cancer survivors and friends/family of survivors whose focus has shifted toward living life post treatment. If you are interested in joining us, and are not yet a Gilda's Club member, please call the clubhouse to schedule a Welcome 101.

Karaoke, Games and Jam Session

Friday, May 20, 6:30-8pm

Join us for a fun night of singing karaoke. Choose from more than a thousand songs covering seven decades. Singing not your thing? Bring your instrument and join us for a jam session in another area of the clubhouse. Prefer the non-musical side of things? Come ready to join in the board and card games. Heavy hors d'oeuvres provided.

Health & Wellness Apps

Monday, June 20, 6-7pm

Learn how to manage your health and wellness through technology on a smartphone, tablet or computer. Bring your own device if you'd like.

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.

Wellness Group

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 Group

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

Kids' Talk & Teen Talk

Weekly peer-based support for pre-schoolers, 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.

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.

Bereavement Group: The Grief Connection

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

NETWORKING GROUPS

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.

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

Sarcoma 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.

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