


# July 2019

MISSION STATEMENT: To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>June 30</b> CAMP KESEM DROP-OFF 8:30-11:30 am	<b>1</b> Breast Cancer 6-7:30 pm Wellness 6-7:30 pm Family & Friends 6-7:30 pm	<b>2</b> Joyful Yoga 10-11:15 am Instant Sisters 11:30 am-1 pm FAMILY NIGHT: 6-7:30 pm Wellness Family & Friends Kid Support Teen Time NoogiePlay	<b>3</b> Morning Games 10:30-11:30 am RGI* 12-1 pm Gentle Yoga 6-7:15 pm	<b>4</b> CLUBHOUSE CLOSED Independence Day	<b>5</b>	<b>6</b> Conservancy Walk 9-10 am Mural Painting 9 am-12 pm NEW MEMBER MEETING (P) 10-11 am CAMP KESEM POTLUCK 12:30-3:30 pm
<b>7</b> <b>SUPPORT GROUPS ARE LISTED IN RED</b> (#) Week of Workshop (P) OPEN TO THE PUBLIC *RGI Relaxation & Guided Imagery	<b>8</b> Upland Hills Cancer Network (GG) 2-3:30 pm Blood Cancer 5:30-7 pm FRANKLY SPEAKING ABOUT CANCER: CHRONIC LYMPHOCYTIC LEUKEMIA (P) 5:30-7 pm Wellness 6-7:30 pm Family & Friends 6-7:30 pm	<b>9</b> Joyful Yoga 10-11:15 am FAMILY NIGHT: 6-7:30 pm Wellness Family & Friends Kid Support Teen Time NoogiePlay	<b>10</b> RGI* 12-1 pm Sewing 1:30-3 pm Johnson Creek Cancer Network 3:30-5 pm Gentle Yoga 6-7:15 pm Living with Loss 6-7:30 pm	<b>11</b> Wellness 10-11:30 am Family & Friends 10-11:30 am SHARE THE KNOWLEDGE (P) 11:30 am-1:30 pm Jazz Vocal Group (P) 5:30-7 pm Caregivers 6-7:30 pm Young Survivors 6-7:30 pm	<b>12</b>	<b>13</b>
<b>14</b> CAMP KESEM DROP-OFF 8:30-11:30 am	<b>15</b> NEW MEMBER MEETING (P) 4-5 pm Wellness 6-7:30 pm Family & Friends 6-7:30 pm	<b>16</b> Joyful Yoga 10-11:15 am FAMILY NIGHT: 6-7:30 pm Wellness Family & Friends Kid Support Teen Time NoogiePlay	<b>17</b> RGI* 12-1 pm Bone Marrow Transplant 2:30-4 pm GI Cancer 3-4:30 pm Gentle Yoga 6-7:15 pm Prostate Cancer 6-7:30 pm	<b>18</b> Wellness 10-11:30 am Family & Friends 10-11:30 am Moving Forward 4:30-6 pm	<b>19</b>	<b>20</b> Conservancy Walk 9-10 am Mural Painting 9 am-12 pm Guided Meditation & Art 10 am-12 pm CAMP KESEM POTLUCK 12:30-3:30 pm
<b>21</b>	<b>22</b> Wellness 6-7:30 pm Family & Friends 6-7:30 pm	<b>23</b> Joyful Yoga 10-11:15 am FAMILY NIGHT: 6-7:30 pm Wellness Family & Friends Kid Support Teen Time NoogiePlay SING ME A STORY (P) 6-7:30 pm	<b>24</b> RGI* 12-1 pm Sewing 1:30-3 pm Gentle Yoga 6-7:15 pm Living with Loss 6-7:30 pm	<b>25</b> Wellness 10-11:30 am Family & Friends 10-11:30 am LUNCH & LEARN: SELF-COMPASSION (P) 11:45 am-1:15 pm Jazz Vocal Group (P) 5:30-7 pm NEW MEMBER MEETING (P) 5:30-6:30 pm Gynecological Cancer 6-7:30 pm	<b>26</b>	<b>27</b>
<b>28</b> <b>PLEASE STAY HOME IF YOU ARE ILL AND HELP US BE GERM FREE!</b>  Do not attend if you think you may be contagious. It can be dangerous to those living with cancer.	<b>29</b> Wellness 6-7:30 pm Family & Friends 6-7:30 pm	<b>30</b> Joyful Yoga 10-11:15 am FAMILY NIGHT: 6-7:30 pm Wellness Family & Friends Kid Support Teen Time NoogiePlay	<b>31</b> RGI* 12-1 pm Gentle Yoga 6-7:15 pm KETOGENIC (FAT-BASED) DIET AND CANCER (P) 6-7:30 pm	<b>Want to Join Gilda's Club?</b> Membership is FREE and starts by attending a NEW MEMBER MEETING. See scheduled dates or call to schedule a private meeting. Please sign up for all activities at least 24 hours in advance. <b>Activities without sufficient enrollment may be canceled.</b>		

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<b>SUPPORT GROUPS ARE LISTED IN RED</b> (#) Week of Workshop (P) OPEN TO THE PUBLIC *RGI Relaxation & Guided Imagery	<b>Want to Join Gilda's Club?</b> Membership is FREE and starts by attending a NEW MEMBER MEETING. See scheduled dates or call to schedule a private meeting. Please sign up for all activities at least 24 hours in advance. Activities without sufficient enrollment may be canceled.			<b>1</b> Wellness 10-11:30 am Family & Friends 10-11:30 am NEW MEMBER MEETING (P) 1-2 pm	<b>2</b>	<b>3</b> Conservancy Walk 9-10 am Mural Painting 9 am-12 pm INTIMACY AFTER CANCER (P) 10 am-12 pm
<b>4</b>	<b>5</b> Breast Cancer 6-7:30 pm Wellness 6-7:30 pm Family & Friends 6-7:30 pm	<b>6</b> Joyful Yoga 10-11:15 am Instant Sisters 11:30 am-1 pm Japanese Tea Ceremony 11:30 am-12:30 pm FAMILY NIGHT: 6-7:30 pm Wellness Family & Friends Kid Support Teen Time NoogiePlay	<b>7</b> Morning Games 10:30-11:30 am RGI* 12-1 pm Gentle Yoga 6-7:15 pm NEW MEMBER MEETING (P) 6-7 pm	<b>8</b> Wellness 10-11:30 am Family & Friends 10-11:30 am Jazz Vocal Group (P) 5:30-7 pm Caregivers 6-7:30 pm Young Survivors 6-7:30 pm	<b>9</b>	<b>10</b>
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<b>18</b> <b>PLEASE STAY HOME IF YOU ARE ILL AND HELP US BE GERM FREE!</b>  Do not attend if you think you may be contagious. It can be dangerous to those living with cancer.	<b>19</b> NEW MEMBER MEETING (P) 3-4 pm Wellness 6-7:30 pm Family & Friends 6-7:30 pm	<b>20</b> Joyful Yoga 10-11:15 am FAMILY NIGHT: 6-7:30 pm Wellness Family & Friends Kid Support Teen Time NoogiePlay BACKYARD BUGS (P) 6:15-7:30 pm	<b>21</b> RGI* 12-1 pm Bone Marrow Transplant 2:30-4 pm GI Cancer 3-4:30 pm Gentle Yoga 6-7:15 pm Prostate Cancer 6-7:30 pm MINIMALLY INVASIVE PROSTATE SURGERIES (P) 6-7:30 pm	<b>22</b> Wellness 10-11:30 am Family & Friends 10-11:30 am Jazz Vocal Group (P) 5:30-7 pm Gynecological Cancer 6-7:30 pm	<b>23</b>	<b>24</b>
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