



21 West 43rd Street  
Kansas City, MO 64111



## Featured Programs February 2012



### From the Heart: Panera Bakers at Gilda's Club!

**Monday, February 6, 6:00 - 8:00 pm**

The very talented Panera Bread Company bakers are coming to Gilda's in February for a fun-filled, fabulous, workshop on creating and decorating delicious breads and cookies. This interactive workshop is sure to be tasty, as all participants will join in the fun, and will leave with bread and cookie baking secrets, and goodies to take home. This workshop is sure to get a "rise" out of all members who join in the fun! Be sure to bring a friend for this heart-warming, and tummy filling event.

### Leap Year Bingo

**Monday, February 20, 6:00 - 8:00 pm**

Calling all players! Families are invited to join us in a festive night of BINGO! This year we have one extra day and if one extra day makes you feel lucky come and try your luck at Gilda's Club. BINGO Gilda's way is sure to be BINGO with a few twists, jokes, silly prizes and will be full of flair. Come join in the fun, and bring along a friend!

### Journeying Together: Before and After Cancer Treatment

**Monday, February 27, 6:00 - 8:00 pm**

Every relationship goes through its own roller coaster of emotional ups and downs but staying the course can be especially difficult when cancer is present. The emotional impact of a cancer diagnosis and treatment changes relationships continually, creating a new normal for both the person living with cancer and the caregiver or partner. Come and learn about the different roles and hats we all wear (husband, wife, caregiver, parent, patient etc.) and how to navigate your relationships through this challenging time. Professor of Psychology, David Greene, PhD from the University of Saint Mary will present an interactive lecture with topics for both people who are actively in treatment, caregivers and others. Brought to you by Gilda's Club Kansas City and our partner Cancer Action.

We invite you to join Gilda's Club Kansas City.

We believe that everyone who is touched by cancer can benefit from being part of the Gilda's Club community. No one has to face a cancer diagnosis alone. Our program is designed with something for everyone - men, women, teens and children, family and friends.

Membership and all events and activities at Gilda's Club are completely free of charge!

Joining Gilda's Club Kansas City is easy!

Register today for one of our upcoming New Member meetings:

Thursday- February 2	5:30 - 6:30 pm	Monday- February 6	12:00 - 1:00 pm
Thursday- February 9	5:00 - 6:00 pm	Thursday- February 16	9:00 - 10:00 am
Saturday- February 18	11:00 am - 12:00 pm	Monday- February 20	12:00 - 1:00 pm
Thursday- February 23	6:00 - 7:00 pm	Monday- February 27	4:30 - 5:30 pm




Customized Membership Plans are available as a tool to personalize your Gilda's Club experience.

To find out more about Gilda's Club Kansas City's programs or to schedule a New Member Meeting please call 816-531-5444 or email us at [RSVP@gildasclubkc.org](mailto:RSVP@gildasclubkc.org).

If you or a loved one are living with cancer, you are not alone...  
there is a whole community behind you. Everything is completely free of charge.

# GILDA'S CLUB KANSAS CITY - FEBRUARY 2012

Cancer Support for the Whole Family, the Whole Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>1</p> <p>Please call the Clubhouse to sign up for all groups, activities and lectures. If you are unable to attend, kindly call us to cancel.</p>		<p>1</p> <p>Noogie Night 5:45 - 8:00 pm</p> <p>Wellness Support Group 6:00 - 8:00 pm</p> <p>Family &amp; Friends Support Group 6:00 - 8:00 pm</p>	<p>2</p> <p><b>NEW MEMBER MEETING</b> 5:30 - 6:30 pm</p> <p>Yoga Class 6:00 - 7:00 pm</p>	<p>3</p>	<p>4</p> <p>Please if you have a cold or flu, do not come to the Clubhouse - we would just like you to stay home and take good care of yourself!</p>	
	<p>6</p> <p><b>NEW MEMBER MEETING</b> 12:00 - 1:00 pm</p> <p>From the Heart: Panera Bakers at Gilda's Club! 6:00 - 8:00 pm</p>	<p>7</p> <p>Knit Wits 11:30 - 12:45 pm</p> <p>A Taste of Meditation 5:30 - 6:30 pm</p>	<p>8</p> <p>Noogie Night 5:45 - 8:00 pm</p> <p>Wellness Support Group 6:00 - 8:00 pm</p> <p>Family &amp; Friends Support Group 6:00 - 8:00 pm</p>	<p>9</p> <p><b>NEW MEMBER MEETING</b> 5:30 - 6:00 pm</p> <p>Yoga Class 6:00 - 7:00 pm</p>	<p>10</p> <p>Life Outside of Cancer 12:00 - 1:00 pm</p>	<p>11</p> <p>We provide a fragrance free environment at the Clubhouse. Please refrain from wearing perfumes and scents while attending Clubhouse activities.</p>	
	<p>13</p>	<p>14</p> <p>A Taste of Meditation 5:30 - 6:30 pm</p> 	<p>15</p> <p>Noogie Night 5:45 - 8:00 pm</p> <p>Wellness Support Group 6:00 - 8:00 pm</p> <p>Family &amp; Friends Support Group 6:00 - 8:00 pm</p>	<p>16</p> <p><b>NEW MEMBER MEETING</b> 9:00 - 10:00 am</p> <p>Yoga Class 6:00 - 7:00 pm</p>	<p>17</p>	<p>18</p> <p><b>NEW MEMBER MEETING</b> 11:00 - 12:00 pm</p>	
	<p>20</p> <p><b>NEW MEMBER MEETING</b> 12:00 - 1:00 pm</p> <p>Leap Year Bingo! 6:00 - 8:00 pm</p> 	<p>21</p> <p>A Taste of Meditation 5:30 - 6:30 pm</p>	<p>22</p> <p>Noogie Night 5:45 - 8:00 pm</p> <p>Wellness Support Group 6:00 - 8:00 pm</p> <p>Family &amp; Friends Support Group 6:00 - 8:00 pm</p>	<p>23</p> <p><b>NEW MEMBER MEETING</b> 6:00 - 7:00 pm</p> <p>Yoga Class 6:00 - 7:00 pm</p>	<p>24</p> <p>Life Outside of Cancer 12:00 - 1:00 pm</p>	<p>25</p>	
	<p>27</p> <p><b>NEW MEMBER MEETING</b> 4:30 - 5:30 pm</p> <p>Journeying Together: Before and After Cancer Treatment 6:00 - 8:00 pm</p>	<p>28</p> <p>A Taste of Meditation 5:30 - 6:30 pm</p>	<p>29</p> <p>Noogie Night 5:45 - 8:00 pm</p> <p>Wellness Support Group 6:00 - 8:00 pm</p> <p>Family &amp; Friends Support Group 6:00 - 8:00 pm</p>	<p><b>Clubhouse Hours</b> Unless otherwise posted</p> <p>Monday - Thursday 9am - 5 pm</p> <p>Friday 9 am - 12 pm</p>			

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## WORKSHOPS/LECTURES

**A Taste of Meditation** - This is a great class for beginners and advanced practitioners alike! Take time out during your day to reduce your stress and anxiety. This class will focus on techniques/practices to help create inner peace and centering through the use of breath practices, walking meditations and meditation through music and sound. **Every Tuesday, 5:30-6:30 pm**

**Yoga Class** - No experience necessary. This Yoga class will teach strength, flexibility, breathing, and relaxation. The framework for the class is Ash-tanga yoga and will be adapted to meet member's needs, interests, and skill level. **Every Thursday, 6:00-7:00 pm**

## SOCIAL ACTIVITIES

**"Knit Wits" Knitting Circle** - Spend your lunch hour and cast some on with some Knit Wits. Come and start on your first-ever piece or come and start that Irish Cable pattern that's been intimidating you since last fall. All knitters, crocheters and stitchers are welcome. Bring a current project or we will have some supplies (and easy going experts) to get you started. **Second Tuesday (2/7) 11:30 am-12:45 pm**

**Life Outside of Cancer** - Stay connected to all that is going on in the world (outside of cancer.) Bring your lunch and join with other members as we take on the topics of the "day" that are trending in arts, culture, literature and entertainment. Our discussion leader will have lots of topics to choose from, and welcomes and encourages all to bring along topics of interest. Bring a friend, and join in the conversation! **Friday, 2/10 and 2/24, 12:00-1:00 pm**

## SUPPORT GROUPS

Are you interested in a support group? We offer weekly support groups for people living with cancer and separate support groups for families and friends who have been impacted by cancer. Please contact Merritt Benz at (816)531-5444 or [merrittbenz@gildasclubkc.org](mailto:merrittbenz@gildasclubkc.org). Pre-registration is required when attending a group for the first time.

**Wellness Group** - Men and women living with cancer.  
**Wednesdays, 6:00-8:00 pm**

**Family/Friends Group** - Family & friends impacted by cancer.  
**Wednesdays, 6:00-8:00 pm**

**Noogie Night** - Supportive play for children living with cancer in their lives.  
**Wednesdays, 5:45-8:00 pm**

## PLEASE REMEMBER

Call 816-531-5444 or email [RSVP@gildasclubkc.org](mailto:RSVP@gildasclubkc.org) to register for all classes and events at least 24 hours in advance with the event name in the subject line.

Yes! We have an App for that! Simply search for Cancer Support Source on your iPhone.



Follow us on Facebook—Gilda's Club Kansas City

