







# September/septiembre 2010

67-625 E. Palm Canyon Dr., Ste. 7A, Cathedral City, CA 92234 1(760)770-5678

Hours: Monday ~ Thursday 9:00-5:00 | 2nd & 4th Thursday 9:00-7:00 | 2nd Saturday of the month 10:00-2:00


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Volunteer Spotlight: Gaile Kelly &amp; Peg Toth</b> If you were to come into the clubhouse on a Wednesday morning, you would catch Peg & Gaile preparing another delicious lunch for the members to enjoy after support groups. In addition to the mouth-watering desserts Peg makes, she participates in our community outreach delivering calendars to local businesses. While talented in the kitchen, Gaile is also willing to join the other ladies with any large mailings we have here in the clubhouse. Put these two awesome ladies together & you have the perfect combination for fun and laughter! Thank you so much for each of your time and talents you so willingly share with Gilda's Club Desert Cities! 		<b>1</b> Living with Cancer 9:30-11:30 Newly Diagnosed 9:30-11:30 Friends & Family 9:30-11:30 New Member Meeting 1:00-2:30 Living with Grief 1:15-2:45 Yoga with Jeff 3:00-4:00	<b>2</b> Knitting 9:00-11:00 Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00	<b>3</b> Closed	<b>4</b> Closed
<b>6</b> Clubhouse Closed 	<b>7</b> Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00	<b>8</b> Living with Cancer 9:30-11:30 Newly Diagnosed 9:30-11:30 Friends & Family 9:30-11:30 New Member Meeting 1:00-2:30 Living with Grief 1:15-2:45 Yoga with Jeff 3:00-4:00	<b>9</b> Knitting 9:00-11:00 Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00 <b>Volunteer Orientation 2:00-3:00</b> Magic with Dinner 5:00-5:30 Adult Support Group 5:30-7:00 Grupo en Espanol 5:30-7:00 Noogienights & Small Talk 5:30-7:00 <b>Lesbian Networking 5:30-7:00</b>	<b>10</b> Closed	<b>11</b> Spirituality Networking 10:00-12:00 New Member Meeting 10:00-11:00 Women's Networking with Gail <b>"Open Discussion" 12:15-2:00</b> Men's Networking with Tim <b>"Open Discussion" 12:15-2:00</b>
<b>13</b> Art Instruction with Jack 10:00-12:00 Relaxation, Balance & Happiness 1:00-3:00	<b>14</b> Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00 <b>Creating Mosaics 12:00-2:00</b>	<b>15</b> Living with Cancer 9:30-11:30 Newly Diagnosed 9:30-11:30 Friends & Family 9:30-11:30 New Member Meeting 1:00-2:30 Living with Grief 1:15-2:45 Yoga with Jeff 3:00-4:00	<b>16</b> Knitting 9:00-11:00 Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00	<b>17</b> Closed	<b>18</b> Closed
<b>20</b> Art Instruction with Jack 10:00-12:00	<b>21</b> Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00 <b>Creating Mosaics 12:00-2:00</b>	<b>22</b> Living with Cancer 9:30-11:30 Newly Diagnosed 9:30-11:30 Friends & Family 9:30-11:30 New Member Meeting 1:00-2:30 Living with Grief 1:15-2:45 Yoga with Jeff 3:00-4:00	<b>23</b> Knitting 9:00-11:00 Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00 Adult Support Group 5:30-7:00 Grupo en Espanol 5:30-7:00 Noogienights & Small Talk 5:30-7:00 <b>Teen Networking 5:30-7:00</b>	<b>24</b> Closed	<b>25</b> Closed
<b>27</b> Art Instruction with Jack 10:00-12:00 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <b>Please call to sign up for any of these activities (760) 770-5678</b> </div>	<b>28</b> Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00	<b>29</b> Living with Cancer 9:30-11:30 Newly Diagnosed 9:30-11:30 Friends & Family 9:30-11:30 New Member Meeting 1:00-2:30 Living with Grief 1:15-2:45 Yoga with Jeff 3:00-4:00	<b>30</b> Knitting 9:00-11:00 Int. & Adv. Tai Chi 9:00-10:00 Beginning Tai Chi 10:00-11:00 <b>Understanding Your CBC 5:30-7:00</b>	 <p style="text-align: center;"><b>Understanding Your CBC (Complete Blood Count) Report with David Rosenthal, MD Thursday, September 30 * 5:30-7:00 pm</b></p> <p>Dr. David Rosenthal is a retired physician and former Clinical Associate Professor of Pediatric Hematology at Stanford University. At this lecture, he will explain all the elements of a blood test and how to fully understand your <b>CBC (Complete Blood Count) report</b>. Dr. Rosenthal also serves on the Medical Resource Council at Gilda's Club.</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"> <b>* Light refreshments will be served 5-5:30 pm</b> </div>	




**Art Instruction with Jack Wozniak**  
Mondays, 10:00-12:00

**Learn About:**

- Sketch: Pencil/Charcoal
- Composition
- Color: Pastel/Colored Pencil
- Collage of Feelings




**Relaxation, Balance & Happiness**  
Monday, September 13  
1:00-3:00



Join **certified Chopra Center Instructor, Jeff Skorman** for this workshop where you will learn to bring health & nourishment into your life through Ayurvedic practices.

**Creating Mosaics**  
Tuesdays, September 14 & 21  
12:00-2:00



**Nedra Young** introduced us to the world of Mosaics in June and we loved it so much that we asked her to come back! Join Nedra, for a **2-part** workshop where she will work with you to create some beautiful, one-of-a-kind art.

**GILDA'S ON THE GO**



Desert Hot Springs  
**1st & 3rd Thursdays**  
Lozano Center at Tedesco Park  
12-800 W. Arroyo Drive  
DHS Info:  
Fabiola (760) 288-6317



Mecca  
**1st & 3rd Wednesdays**  
Mecca Family Resources Center  
91-275 66th Ave., Ste. 100  
Thermal or Mecca Info:  
Graciela (760) 250-5942



Thermal  
**2nd & 4th Wednesdays**  
Jerry Rummonds' Memorial Senior & Community Center  
87-229 Church Street



**Watch for our Gilda's on the Go van!**