

Gilda's Club South Jersey

calendar of free events



Clubhouse (609) 926-2699

Gilda's Club at AtlantiCare (609) 407-4788

SEPTEMBER 2019

www.gildasclubsouthjersey.org

WHITE= The Clubhouse 700 New Road Linwood, NJ 08221	YELLOW= GCSJ at AtlantiCare, Building 400 2500 English Creek Ave Egg Harbor Twp., NJ 08234	BLUE= HOPE Community Center, Suite 100 211 N. Main St. Cape May Court House, 08210	GREEN= GCSJ 1400 Atlantic Ave. Atlantic City, 08410		
Monday	Tuesday	Wednesday	Thursday	F/S/Sun	
				1	
2 Closed for Labor Day 	3 12:15 PM—Pilates with Helen 12:30 PM—New Member Meeting 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Wellness Group 9:30 AM—New Member Meeting 10:00 AM—Wellness Group 10:00 AM—Gilda's Club in Atlantic City	4 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 10:00 AM—Meditation & Mindfulness with Naida (Wellness Group Participants Only) 10:00 AM—Wellness Group	5 9:30 AM—Flowing Yoga with Susan 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 6:00 PM—Noogie Night-Grief Busters 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	6 7 8 8:30 AM-Gilda's Gladiators Dragon Boat Paddle	
9 5:00 PM—AtlantiCare's Breast Cancer Support Group-NEW TIME	10 9:30 AM—Gilda's Quilters with Merry & Kathy 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Wellness Group 10:00 AM—Crafting with Carol- Clothes Pin Wreath 10:00 AM—Gilda's Club in Atlantic City	11 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 10:30 AM—New Member Meeting 5:00 PM—Line Dancing with Nancy 6:00 PM—Reiki with Charlie & Deb 10:00 AM—Wellness Group 12:00 PM—Ryan's Case for Smiles-Sew a Pillowcase 4:00 PM—AtlantiCare Ostomy Support Group 	12 9:30 AM—Flowing Yoga with Susan 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 6:00 PM—Noogie Night-Grief Busters 6:00 PM—Young Adults Living with Loss 10:00 AM—Chit-Chat N' Craft with Deb 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	13 14 15 8:30 AM-Gilda's Gladiators Dragon Boat Paddle	
16 5:00 PM—Volunteer Training 6:00 PM— Men's Night! Sponsored by Holy Redeemer 10:00 AM—New Member Meeting	17 12:15 PM—Pilates with Helen 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Wellness Group 12:00 PM—Lunch and Learn: "Ask the Radiation Oncologist about Prostrate Cancer & Survivorship," with Dr. Wurzer, MD, PhD 9:30 AM—New Member Meeting 10:00 AM—Wellness Group 10:00 AM—Gilda's Club in Atlantic City	18 9:30 AM—Chair Yoga & Mindfulness to Manage Stress with Naida 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 5:00 PM—Line Dancing with Nancy 5:00 PM—Reiki with Carlo 10:00 AM—Wellness Group 2:00 PM—"Preparing for Radiation Therapy" presented by AtlantiCare Cancer Care Institute 4:30 PM—"Preparing for Chemotherapy" presented by AtlantiCare Cancer Care Institute	19 9:30 AM—Flowing Yoga with Susan 1:00 PM—Understanding Loss 2:00 PM—New Member Meeting 6:00 PM—Living with Loss 6:00 PM—Noogie Night-Grief Busters 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	20 21 22 8:30 AM-Gilda's Gladiators Dragon Boat Paddle	
23 12:00 PM—Volunteer Training Women's Night! 4:00 PM—Breast Cancer Support Group 4:00 PM—Gynecological Cancers Support Group 5:30 PM—Women's Night Supper & Social: Sponsored by Holy Redeemer 6:15 PM—"Ask the Gynecologist" with Dr. Adebola Nnwehi 6:30 PM—New Member Meeting 10:00 AM—Picture Frame Fall Theme Button Art with Carol	24 9:30 AM—Gilda's Quilters with Merry & Kathy 11:00 AM—Meditation and Mindful Yoga with Naida 12:15 PM—Pilates with Helen 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Tween & Teen Night 6:00 PM—Wellness Group 10:00 AM—Gilda's Club in Atlantic City	25 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 5:00 PM—Line Dancing with Nancy 6:00 PM—Reiki with Charlie & Deb 10:00 AM—Wellness Group	26 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 6:00 PM—Noogie Night-Grief Busters 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	27 28 29	
30 11:00 AM—Book Club & Bag Lunch with Susan 4:30 PM—Introduction to Scrapbooking with Deb 5:00 PM—Movie Night & Potluck Dinner: The Hundred-Foot Journey  9:30 AM—Reiki with Jen					