

Gilda's Club South Jersey

calendar of free events

Clubhouse (609) 926-2699

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

JANUARY 2019

www.gildasclubsouthjersey.org

WHITE= The Clubhouse 700 New Road, Linwood, NJ 08221		YELLOW= GCSJ at AtlantiCare, Building 400 2500 English Creek Ave, EHT, NJ 08234		BLUE= HOPE Community Center, Suite 100 211 N. Main St., Cape May Court House, 08210	
Monday	Tuesday	Wednesday	Thursday	F/S/Sun	
	1 Closed for the Holidays 	2 1:00 PM-New Member Meeting 6:00 PM-"Foundations of Health-Keys to a Long Life" presented by Anthony Disen, MA, RDN- Join us on Facebook Live! 10:00 AM-Meditation & Mindfulness with Naida 10:00 AM-Wellness Group	3 9:30 AM-Flowing Yoga with Susan 6:00 PM-Living with Loss 6:00 PM-Understanding Loss 6:00 PM-Noogie Night-Grief Busters 10:00 AM-New Member Meeting 1:00 PM-All Levels Yoga at the LifeCenter with Katie & Elaine	4 5 6	
7 9:30 AM-Tri Yoga Basics with Deanna 11:00 AM-Meditation with Robyn 6:00 PM-Gentle Yoga with Diane 6:00 PM-Movie Night & Potluck Dinner: Member's Choice  10:00 AM-"Bohemian Heart Beads" Beginner's Earring Workshop with Kathy Pinto 5:00 PM-AtlantiCare's Breast Cancer Support Group-NEW TIME	8 9:30 AM-Gilda's Quilters with Merry & Kathy 10:00 AM-NEW! Gilda's Club in Atlantic City 11:00 AM-Yoga with Robyn 12:15 PM-Pilates with Helen 3:00 PM-A Course in Mindfulness & Meditation with Beth and Pat 6:00 PM-Family & Friends Group 6:00 PM-Noogie Night 6:00 PM-Wellness Group 9:30 AM-New Member Meeting 9:30 AM-New Member Meeting 10:00 AM-Wellness Group	9 9:30 AM-Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM-Reiki with Charlie & Deb 10:00 AM-Wellness Group 4:00 PM-AtlantiCare Ostomy Support Group	10 9:30 AM-Flowing Yoga with Susan 10:45 AM-"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 5:00 PM-New Member Meeting 6:00 PM-Living with Loss 6:00 PM-Understanding Loss 6:00 PM-NoogieLand Ukulele Class 1:00 PM-All Levels Yoga at the LifeCenter with Katie & Elaine	11 12 13	
14 9:30 AM-Tri Yoga Basics with Deanna 3:00 PM-New Member Meeting 10:30 AM-Keeping a Journal – An Introduction with Judy	15 9:30 AM-Walk & Talk with Shelley 10:00 AM-NEW! Gilda's Club in Atlantic City 11:00 AM-Yoga with Robyn 12:15 PM-Pilates with Helen 3:00 PM-A Course in Mindfulness & Meditation with Beth and Pat 6:00 PM-Atlantic Prevention Resources with Noogies 6:00 PM-Family & Friends Group 6:00 PM-Tween & Teen Night 6:00 PM-Wellness Group 10:00 AM-Jewelry Making with Seaglass with Trisha	16 9:30 AM-Chair Yoga & Mindfulness to Manage Stress with Naida 5:00 PM-Reiki with Carlo 6:00 PM-"Ask the Gynecologic Oncologist" with Meredith Crisp Duffy, MD. 10:00 AM-Wellness Group 12:15 PM-Lunch & Learn: "Genetics of Cancer" Presented by Laina Lusk, Licensed & Board Certified Genetic Counselor at AtlantiCare Cancer Care Institute. 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	17 9:30 AM-Flowing Yoga with Susan 10:45 AM-"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 6:00 PM-Living with Loss 6:00 PM-Understanding Loss 6:00 PM-Noogie Night-Grief Busters 6:00 PM-Young Adults Living with Loss 10:00 AM-New Member Meeting 1:00 PM-All Levels Yoga at the LifeCenter with Katie & Elaine	18 19 20	
21 9:30 AM-Yoga with Andee 6:00 PM-Men's Night!- Sponsored by Holy Redeemer 10:30 AM-New Member Meeting	22 9:30 AM-Gilda's Quilters with Merry & Kathy 10:00 AM-NEW! Gilda's Club in Atlantic City 11:00 AM-Yoga with Robyn 12:15 PM-Pilates with Helen 2:00 PM-New Member Meeting 3:00 PM-A Course in Mindfulness & Meditation with Beth and Pat 6:00 PM-Family & Friends Group 6:00 PM-Noogie Night 6:00 PM-Wellness Group 9:30 AM-Reiki with Jen Chappine 9:30 AM-New Member Meeting 10:00 AM-Wellness Group	23 9:30 AM-Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM-Reiki with Charlie & Deb 10:00 AM-Wellness Group	24 9:30 AM-Flowing Yoga with Susan 10:45 AM-"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 6:00 PM-Living with Loss 6:00 PM-Understanding Loss 6:00 PM-Noogie Night-Grief Busters 10:00 AM-Chit-Chat N' Craft with Deb 1:00 PM-All Levels Yoga at the LifeCenter with Katie & Elaine	25 3:00 PM-AtlantiCare's Breast Cancer Support Group-Cape May Court House 6:00 PM-AtlantiCare's Breast Cancer Support Group-Cape May Court House 26 27	
28 9:30 AM-Yoga with Andee 11:00 AM-Meditation with Robyn 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 6:30 PM-"Ask the Gynecologist" About Sexual Health with Dr. Linda Stanley	29 10:00 AM-NEW! Gilda's Club in Atlantic City 11:00 AM-Yoga with Robyn 12:15 PM-Pilates with Helen 6:00 PM-Family & Friends Group 6:00 PM-Noogie Night 6:00 PM-Wellness Group 1:00 PM-New Member Meeting	30 12:00 PM-New Member Meeting 10:00 AM-Wellness Group 12:15 PM-Lunch & Learn: "The Healthy Medicine Cabinet" by Honey Tree Health Store, Northfield	31 9:30 AM-Flowing Yoga with Susan 10:45 AM-"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 6:00 PM-Living with Loss 6:00 PM-Understanding Loss 6:00 PM-Noogie Night-Grief Busters * A Program of the Dance Arts League, funded in part by the NJSCA/Dept of State, a partner agency of the NEA through a grant administered by the ACOCH.		