

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday/Sunday

Activities that are being held at our new, satellite location – "The GCSJ Living Room" at AtlantiCare Cancer Care Institute in EHT – are listed in boxes like this!

<p><b>6</b></p> <p>LABOR DAY CLUBHOUSE CLOSED</p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>9:30 am - <b>NEW TIME!</b> "Walk &amp; Talk"</li> <li>9:30 am - Yoga</li> <li>11:00 am - <b>NEW MEMBER MEETING</b></li> <li>6:00 pm - Wellness Group</li> <li>6:00 pm - Family &amp; Friends Group</li> <li>6:00 pm - Noogie Night &amp; Homework Spot</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>6:00 pm - Gynecological Cancers Group</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>9:30 am - Intro to Yoga</li> <li>11:00 am - Reiki</li> <li>6:00 pm - Living with Loss</li> <li>6:00 pm - Living beyond Loss</li> <li>6:00 pm - Noogie Night - Grief Busters!</li> </ul>	<p><b>3</b></p>	<p><b>4</b></p> <hr/> <p><b>5</b></p>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>9:30 am - <b>NEW!</b> Yoga</li> <li>5:00 pm - Zumba!</li> <li>6:00 pm - Gilda's Teen Club</li> <li>6:00 pm - Widowed Persons Group</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>8:30 am - Gilda's Teen Club - Absegami High School</li> <li>9:30 am - <b>NEW TIME!</b> "Walk &amp; Talk"</li> <li>9:30 am - Yoga</li> <li>1:30 pm - Gilda's Quilters</li> <li>3:30 pm - Knit &amp; Crochet Club</li> <li>6:00 pm - Wellness Group</li> <li>6:00 pm - Family &amp; Friends Group</li> <li>6:00 pm - Noogie Night &amp; Homework Spot</li> <li>7:00 pm - Prostate Cancer Group</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>10:00 am - Gilda's Teen Club - Buena Regional High School</li> <li>11:00 am - Tai Chi</li> <li>12:30 pm - Mah Jongg: Learn &amp; Play!</li> <li>1:30 pm - Relaxation &amp; Stress Reduction</li> <li>Breast Cancer Event sponsored by Shirley Mae Breast Cancer Assistance Fund: 4:00 pm - Breast Cancer Exchange; 5:00 pm; Supper &amp; Social</li> <li>6:00 pm - "Breast Cancer Diagnosis &amp; Decisions that Follow" presented by David May, MD, FACS</li> <li>6:00 pm - Parents Living with Loss</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:30 am - Intro to Yoga</li> <li>10:10 am - Gilda's Teen Club - Middle Township High School</li> <li>6:00 pm - <b>NEW!</b> "Skincare-Makeup Party!" at bluemercury</li> <li>6:00 pm - Living with Loss</li> <li>6:00 pm - Living beyond Loss</li> <li>6:00 pm - Noogie Night - Grief Busters!</li> <li>6:45 pm - Sea Glass!</li> </ul>	<p><b>17</b></p>	<p><b>18</b></p> <hr/> <p><b>19</b></p> <ul style="list-style-type: none"> <li>8:30 am - Gilda's Gladiators - Back Bay Paddle!</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>9:30 am - <b>NEW!</b> Yoga</li> <li>10:00 am - <b>NEW!</b> "Sculpey Creations"</li> <li>2:45 pm - Gilda's Teen Club - Ocean City High School</li> <li>5:00 pm - Zumba!</li> <li>6:00 pm - Men's Night! sponsored by Holy Redeemer Hospice</li> </ul> <hr/> <ul style="list-style-type: none"> <li>10:00 am - 1:00 pm - Open House Hours - "The GCSJ Living Room" at AtlantiCare Cancer Care Institute</li> <li>1:00 pm - <b>NEW MEMBER MEETING</b> at "The GCSJ Living Room"</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>9:30 am - <b>NEW TIME!</b> "Walk &amp; Talk"</li> <li>9:30 am - Yoga</li> <li>10:00 am - Gilda's Teen Club - Cape Educational COMPACT School</li> <li>4:00 pm - "Dining with Ding" - Pizza, Pizza, Pizza</li> <li>6:00 pm - Wellness Group</li> <li>6:00 pm - Family &amp; Friends Group</li> <li>6:00 pm - Noogie Night &amp; Homework Spot</li> </ul> <hr/> <ul style="list-style-type: none"> <li>2:00 pm - "Preparing for Radiation Therapy" - held at the AtlantiCare Cancer Care Institute</li> <li>5:30 pm - "Preparing for Chemotherapy" - held at the AtlantiCare Cancer Care Institute</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>9:30 am - Gilda's Teen Club - Egg Harbor Township High School</li> <li>1:00 pm - Lung Cancer Group</li> <li>4:00 pm - <b>NEW MEMBER MEETING</b></li> <li>5:30 pm - Reiki</li> <li>6:00 pm - "Eastern Nutrition" presented by Justin Bean, Acupuncturist</li> </ul> <hr/> <ul style="list-style-type: none"> <li>10:00 am - 3:00 pm - Open House Hours - "The GCSJ Living Room" at AtlantiCare Cancer Care Institute</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:30 am - Intro to Yoga</li> <li>4:30 pm - "Make &amp; Take" Art</li> <li>6:00 pm - Living with Loss</li> <li>6:00 pm - Living beyond Loss</li> <li>6:00 pm - Noogie Night - Grief Busters!</li> <li>6:00 pm - Professional Education Event: "Current Perspectives in Adult Glioblastoma"</li> </ul> <hr/> <ul style="list-style-type: none"> <li>10:00 am - 4:00 pm - Open House Hours - "The GCSJ Living Room" at AtlantiCare Cancer Care Institute</li> </ul>	<p><b>24</b></p>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>9:30 am - Noogie Night - Super Saturday!</li> </ul> <hr/> <p><b>26</b></p> <ul style="list-style-type: none"> <li>8:30 am - Gilda's Gladiators - Back Bay Paddle!</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>9:30 am - <b>NEW!</b> Yoga</li> <li>12:00 pm - Lunch &amp; Learn: "Plan Ahead" presented by Funeral Consumers Alliance of South Jersey</li> <li>5:00 pm - Zumba!</li> <li>6:00 pm - <b>NEW MEMBER MEETING</b></li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>9:30 am - <b>NEW TIME!</b> "Walk &amp; Talk"</li> <li>9:30 am - Yoga</li> <li>1:30 pm - Gilda's Quilters</li> <li>3:30 pm - Knit &amp; Crochet Club</li> <li>6:00 pm - Wellness Group</li> <li>6:00 pm - Family &amp; Friends Group</li> <li>6:00 pm - Noogie Night &amp; Homework Spot</li> </ul> <hr/> <ul style="list-style-type: none"> <li>12:00 pm - 3:00 pm - Open House Hours - "The GCSJ Living Room" at AtlantiCare Cancer Care Institute</li> <li>3:00 pm - <b>NEW MEMBER MEETING</b> at "The GCSJ Living Room"</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>1:00 pm - Gilda's Teen Club - CharterTech High School for the Performing Arts</li> <li>5:00 pm - Potluck Social!</li> <li>6:00 pm - "An Introduction to Mindfulness-Based Stress Reduction" presented by Diane Reibel, PhD</li> </ul> <hr/> <ul style="list-style-type: none"> <li>11:00 am - Relaxation &amp; Stress Reduction - "The GCSJ Living Room"</li> <li>12:00 pm - 2:00 pm - Open House Hours - "The GCSJ Living Room"</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>9:30 am - Intro to Yoga</li> <li>6:00 pm - Living with Loss</li> <li>6:00 pm - Living beyond Loss</li> <li>6:00 pm - Noogie Night - Grief Busters!</li> </ul> <hr/> <ul style="list-style-type: none"> <li>10:00 am - 4:00 pm - Open House Hours - "The GCSJ Living Room"</li> </ul>	<p><b>31</b></p>	

**How to Join...**

- Attend a **NEW MEMBER MEETING** to learn all about the program & tour the clubhouse.
- Complete a Customized Membership Plan.
- Participate as often as you'd like, at no charge!





Thank you, Sponsors...

**Gilda's is Going Green!  
We need your email address!**

Gilda's Club South Jersey  
700 New Road  
Linwood, NJ 08221  
(609) 926-2699  
www.gildasclubsouthjersey.org



## Gilda's Club South Jersey - September 2010 - Program Calendar

A program of support, education & hope for families touched by cancer.

### New Member Meetings

#### Linwood clubhouse:

Sept. 7: 11:00 am - Sept. 11: 12:00 pm - Sept. 22: 4:00 pm - Sept. 27: 6:00 pm

#### "The GCSJ Living Room" at AtlantiCare Cancer Care Institute:

Sept. 20: 1:00 pm - Sept. 28: 3:00 pm

Call to sign up for a New Member Meeting (609) 926-2699  
Attendance is required before participating  
in any group or workshop.

To learn more about our program, visit our interactive  
program calendar at [www.gildasclubsouthjersey.org](http://www.gildasclubsouthjersey.org)

**Gilda's is Going Green - call us with  
your email address (609) 926-2699**



## Gilda's Club South Jersey - September 2010 - Program Highlights

#### "Ask the Doctor" about Ocular Health Wednesday, September 8: 6 to 7:30 pm

Dr. Kenneth Berger, therapeutic Optometric Physician, will discuss general ocular health with an emphasis on the prevention & treatment of the most common ocular tumors, as well as the possible side effects of chemotherapy & radiation treatment.

#### "Breast Cancer Diagnosis & Decisions that Follow" Sponsored by Shirley Mae Breast Cancer Assistance Fund Wednesday, September 15: 4 pm - Breast Cancer Exchange, 5 pm - Supper & Social, 6 pm - Presentation

David May, MD, FACS, specializes in laparoscopic, oncologic & breast surgery. He will help us sort out the options available when faced with a breast cancer diagnosis considering factors of risk, recurrence & side effects.

#### "Eastern Nutrition"

#### Wednesday, September 22: 6 to 7:30 pm

Justin Bean, Acupuncturist, will present a novel approach to nutrition based on both ancient wisdom & modern science. He will discuss the dietary etiology behind our most common degenerative illnesses. This lifestyle does

not cost you or your insurance company a dime, and there are no supplements, books or foods to buy.

#### Lunch & Learn: "Plan Ahead"

#### Monday, September 27: 12 to 2 pm

Barbara Degler, President, Funeral Consumers Alliance of South Jersey, will present information on the things you need to know before planning a funeral. Knowing what is available & where makes a big difference in the ultimate cost & suitability to your or your loved one's wishes. Lunch provided.

#### "An Introduction to Mindfulness-Based Stress Reduction"

#### Wednesday, September 29: 6 pm - Supper & Social, 6:30 to 8 pm - Presentation

Mindfulness is a meditative process that quiets the mind & calms the body. Through mindfulness, one can experience greater vitality & well-being in the present moment. Diane Reibel, PhD, Director, Mindfulness Institute at Jefferson Myrna-Brind Center of Integrative Medicine in Philadelphia, will guide participants through various mindfulness practices & discuss their application for living day-to-day with less stress, more clarity & greater compassion.

Registration is required for all groups & activities – call (609) 926-2699  
Check out our full program calendar at [www.gildasclubsouthjersey.org](http://www.gildasclubsouthjersey.org)