

Gilda's Club South Jersey

calendar of free events

Clubhouse (609) 926-2699

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

DECEMBER 2018

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 2	
3 9:00 AM—Yoga with Andee 6:00 PM—Movie Night & Potluck Dinner: Just Getting Started with Morgan Freeman and Tommy Lee Jones  10:00 AM—New Member Meeting 4:00 PM—AtlantiCare's Breast Cancer Support Group	4 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 Connie 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 10:00 AM—Bottle Glass Art with Carol 9:30 AM—New Member Meeting 10:00 AM—Wellness Group	5 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM—"Foundations of Health-Keys to a Long Life" presented by Anthony Dissen, MA, RDN-Join us on Facebook Live!  10:00 AM—Meditation & Mindfulness with Naida 10:00 AM—Wellness Group	6 9:30 AM—Flowing Yoga with Susan 10:00 AM—New Member Meeting 10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 1:00 PM—Draw, Paint, and Relax with Sharon! 6:00 PM—Living with Loss 6:00 PM—Understanding Loss 6:00 PM—Noogie Night-Grief Busters 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	7 8 9 3:00 PM—2018 NoogieLand Holiday Party at Boogie Nights in Tropicana 	
10 9:30 AM—Yoga with Andee 11:00 AM—Book Club Movie & Potluck Lunch with Susan 4:00 PM—New Member Meeting 6:00 PM—Create Holiday Gift Tags with Vicki 6:00 PM—Yoga with Joyce 12:00 PM—"Look Good Feel Better" presented by American Cancer Society	11 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 Connie 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 10:30 AM—New Member Meeting	12 9:30 AM—Chair Yoga & Mindfulness to Manage Stress with Naida 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM—Frankly Speaking About Cancer: Clinical Trials with Chuck Westcott, RN, BSN 6:00 PM—Reiki with Charlie & Deb 10:00 AM—Wellness Group 12:15 PM—Songfest of Favorite Seasonal Music led by Barry Keefe 1:30 PM—Yo-Pi-Chi with Cassey 4:00 PM—AtlantiCare Ostomy Support Group	13 9:30 AM—Flowing Yoga with Susan 10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 1:00 PM—Draw, Paint, and Relax with Sharon! 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	14 5:30 PM—Gilda's Club Adult Holiday Potluck Special 	
				15 16	
17 9:30 AM—Tri Yoga Basics with Deanna 11:00 AM—Meditation with Robyn 6:00 PM— Men's Night! -Sponsored by Holy Redeemer 10:30 AM—Keeping a Journal—An Introduction with Judy	18 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 Connie 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—Tween & Teen Night 6:00 PM—Wellness Group 9:30 AM—Reiki with Jen Chappine 9:30 AM—New Member Meeting 10:00 AM—Wellness Group	19 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 1:00 PM—New Member Meeting Women's Night! 4:00 PM—Breast Cancer Support Group 4:00 PM—Gynecological Cancers Support Group 5:00 PM—Reiki with Carlo 5:30 PM—Women's Night Supper & Social: <i>Sponsored by Holy Redeemer</i> 6:30 PM—"Ask the Psychologist" with Vince Stranges, PhD 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	20 9:30 AM—Flowing Yoga with Susan 10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 1:00 PM—Draw, Paint, and Relax with Sharon! 6:00 PM—Living with Loss 6:00 PM—Understanding Loss 6:00 PM—Noogie Night-Grief Busters 6:00 PM—Teens & Young Adults Living with Loss 9:30 AM—New Member Meeting 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	21 22 23	
24  Closed for the Holidays	25 Closed for the Holidays 	26 Closed for the Holidays 	27 Closed for the Holidays 	28 Closed for the Holidays 3:00 PM—AtlantiCare's Breast Cancer Support Group-Cape May Court House 29 30	
31 Closed for the Holidays 	<p>* 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.</p>				