

Gilda's Club South Jersey

calendar of free events

Clubhouse (609) 926-2699

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

MARCH 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 2 3 | |
| 4 9:30 AM—Tri Yoga Basics with Deanna 11:00 AM—Meditation with Robyn 6:00 PM—Gentle Yoga with Diane 5:00 PM—AtlantiCare's Breast Cancer Support Group-NEW TIME | 5 10:00 AM—Gilda's Club South Jersey Now 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 9:30 AM—New Member Meeting 10:00 AM—Wellness Group | 6 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM—"Going Plant Powered" - Tips for Optimal Nutrition presented by Anthony Dissen, MA, RDN-Join us on Facebook Live!  6:00 PM—Reiki with Charlie & Deb 10:00 AM—Meditation & Mindfulness with Naida 10:00 AM—Wellness Group | 7 9:30 AM—Flowing Yoga with Katie 10:45 AM—"Dance! Like No One is Watching" with Bethany-see below* 12:00 PM—New Member Meeting 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 | 8 9 10 | |
| 11 9:30 AM—Tri Yoga Basics with Deanna 6:00 PM—Movie Night & Potluck Dinner: Member's Choice  | 12 9:30 AM—Gilda's Quilters with Merry & Kathy 10:00 AM—Gilda's Club South Jersey Now in Atlantic City! 11:00 AM—Yoga with Robyn 12:15 PM—Pilates with Helen 3:00 PM—New Member Meeting 6:00 PM—Family & Friends Group 6:00 PM—Wellness Group 6:00 PM—Xi Sorority with the Noogies 9:30 AM—Reiki | 13 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM—Jewelry Making with Seaglass with Trish 6:00 PM—Reiki with Charlie & Deb 10:00 AM—Wellness Group 4:00 PM—AtlantiCare Ostomy Support Group | 14 10:00 AM—Flowing Yoga with Bethany 10:45 AM—"Dance! Like No One is Watching" with Bethany-see below* 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 | 15 6:00 PM—Noogieland Fun Friday with Jack and Jill of America, Inc. 16 17 | |
| 18 9:30 AM—Yoga with Andee 6:00 PM—Men's Night!-Sponsored by Holy Redeemer 10:00 AM—New Member Meeting 11:00 AM—Keeping a Journal, Part 2 – Get Focused, Be Creative | 19 10:00 AM—Gilda's Club South Jersey Now 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 10:00 AM—Chit-Chat N' Craft with Deb 9:30 AM—New Member Meeting 10:00 AM—Wellness Group | 20 9:30 AM—Chair Yoga & Mindfulness to Manage Stress with Naida 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 1:00 PM—"Bohemian Tote Bag" with Trish 5:00 PM—Reiki with Carlo 6:00 PM—New Member Meeting 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 | 21 10:00 AM—Flowing Yoga with Bethany 10:45 AM—"Dance! Like No One is Watching" with Bethany-see below* 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 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine | 22 23 24 | |
| 25 9:30 AM—Yoga with Andee 11:00 AM—Book Club & Bag Lunch with Susan 11:00 AM—New Member Meeting 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—Happy Hour: Top-Shelf Health with Dr. Nnewiwe 10:00 AM—Jewelry Making with Seaglass with Carol | 26 9:30 AM—Gilda's Quilters with Merry & Kathy 10:00 AM—Gilda's Club South Jersey Now 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—Tween & Teen Night 6:00 PM—Wellness Group | 27 4:30 PM—Mindfulness Based Cancer Recovery with Beth & Pat 6:00 PM—Oil Painting with Joe Returns 6:00 PM—Reiki with Charlie & Deb 10:00 AM—Wellness Group 12:15 PM—Lunch & Learn: "Cancer Rehabilitation, Including Impairments Related to Loss of Balance" by ReVital/NovaCare Rehabilitation | 28 10:00 AM—Flowing Yoga with Bethany 10:45 AM—"Dance! Like No One is Watching" with Bethany-see below* 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 *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. | 29 3:00 PM—AtlantiCare's Breast Cancer Support Group-Cape May Court House 30 31 | |