

# Gilda's Club South Jersey

*calendar of free events*

Clubhouse (609) 926-2699

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

**FEBRUARY 2019**

[www.gildasclubsouthjersey.org](http://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	
<b>4</b> 9:30 AM—Yoga with Andee 6:00 PM—Gentle Yoga with Diane 6:00 PM—Movie Night & Potluck Dinner: Member's Choice  10:00 AM—New Member Meeting	<b>5</b> 9:30 AM—Walk & Talk with Shelley 10:00 AM—Gilda's Club South Jersey <i>Now in Atlantic City!</i> 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—"Bohemian Tote Bag" with Trisha 9:30 AM—New Member Meeting 10:00 AM—Wellness Group	<b>6</b> 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—New Member Meeting 10:00 AM—Wellness Group 10:00 AM—Meditation & Mindfulness with Naida	<b>7</b> 10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 6:00 PM—Living with Loss 6:00 PM—Noogieland Valentine's Bingo with Belhaven Middle School 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	8 9 10	
<b>11</b> 9:30 AM—Yoga with Andee 11:00 AM—Meditation with Robyn 1:00 PM—New Member Meeting 10:00 AM—Keeping a Journal – An Introduction with Judy	<b>12</b> 9:30 AM—Gilda's Quilters with Merry & Kathy 10:00 AM—Gilda's Club South Jersey <i>Now in Atlantic City!</i> 11:00 AM—Yoga with Robyn 12:15 PM—Pilates with Helen 6:00 PM—Family & Friends Group 6:00 PM—Noogieland presents Belhaven Middle School "No Sew" Blankets 6:00 PM—Wellness Group 10:00 AM—Bottle Glass Art with Carol 12:30 PM—New Member Meeting	<b>13</b> 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	<b>14</b> 9:30 AM—Flowing Yoga with Katie 10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 6:00 PM—Noogie Night-Grief Busters	15 16 17	
<b>18</b> 9:30 AM—Tri Yoga Basics with Deanna 6:00 PM—Men's Night!- Sponsored by Holy Redeemer 6:00 PM—Yoga with Allison 10:00 AM—New Member Meeting	<b>19</b> 9:30 AM—Walk & Talk with Shelley 10:00 AM—Gilda's Club South Jersey <i>Now in Atlantic City!</i> 11:00 AM—Yoga with Robyn 12:15 PM—Pilates with Helen 4:00 PM—New Member Meeting 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	<b>20</b> 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 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	<b>21</b> 9:30 AM—Flowing Yoga with Katie 10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 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 5:30 PM—Fun Friday at Ninja Academy! 23 24	
<b>25</b> 9:30 AM—Tri Yoga Basics with Deanna 11:00 AM—Book Club & Bag Lunch with Susan <i>Women's Night!</i> 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—"Prevention of HPV-related Disease" presented by Dr. Warshal of MD Anderson Cancer Center at Cooper	<b>26</b> 9:30 AM—Gilda's Quilters with Merry & Kathy 10:00 AM—Gilda's Club South Jersey <i>Now in Atlantic City!</i> 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—Chit-Chat N' Craft with Deb	<b>27</b> 9:30 AM—Chair Yoga & Mindfulness to Manage Stress with Naida 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 11:00 AM—New Member Meeting 6:00 PM—Frankly Speaking About Cancer: Lung Cancer with Joia Di Stefano, MPH 6:00 PM—Sip. Savor. Support at Vagabond 10:00 AM—Wellness Group	<b>28</b> 9:30 AM—Flowing Yoga with Katie 10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i> 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 6:00 PM—Noogie Night-Grief Busters 9:30 AM—New Member Meeting 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.	