

# Gilda's Club South Jersey





calendar of free events

Clubhouse (609) 926-2699

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

MAY 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	
 <b>Skin Cancer AWARENESS</b>		<b>1</b> 9:30 AM-Kripalu (Compassionate) Yoga with Judy/Debra 4:00 PM-New Member Meeting 4:30 PM-Mindfulness Based Cancer Recovery with Beth 6:00 PM-"Going Plant Powered" - Tips for Optimal Nutrition presented by Anthony Disen, MA, RDN-Join us on Facebook Live!  10:00 AM-Meditation & Mindfulness with Naida 10:00 AM-Wellness Group 12:00 PM-Springtime Tea Social	<b>2</b> 9:30 AM-Flowing Yoga with Susan 10:45 AM-"Dance! Like No One is Watching" with Bethany* 1:00 PM-Understanding Loss 1:30 PM-Draw, Paint and Relax! with Sharon 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	<b>3</b> <b>4</b> <b>5</b>	
<b>6</b> 9:30 AM-Tri Yoga Basics with Deanna 6:00 PM-Gentle Yoga with Diane 5:00 PM-AtlantiCare's Breast Cancer Support Group- <b>NEW TIME</b>	<b>7</b> 9:30 AM-Walk & Talk with Shelley 10:00 AM-Gilda's Club South Jersey <b>Now in Atlantic City</b> 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-Sea Glass Jewelry Making with Carol 9:30 AM-New Member Meeting 10:00 AM-Wellness Group	<b>8</b> 9:30 AM-Chair Yoga & Mindfulness to Manage Stress with Naida 9:30 AM-Kripalu (Compassionate) Yoga with Judy/Debra 4:30 PM-Mindfulness Based Cancer Recovery with Beth 6:00 PM-"Ask the Dermatologist" about Skin Cancer with Kristen Lewis, N.P. of Schweiger Dermatology Group 6:00 PM-Reiki with Charlie & Deb 10:00 AM-Wellness Group 1:30 PM-Yo-Pi-Chi with Cassey 4:00 PM-AtlantiCare Ostomy Support Group	<b>9</b> 9:30 AM-Flowing Yoga with Susan 10:00 AM-New Member Meeting 10:45 AM-"Dance! Like No One is Watching" with Bethany* 1:00 PM-Understanding Loss 1:30 PM-Draw, Paint and Relax! with Sharon 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	<b>10</b> <b>11</b> <b>12</b>	
<b>13</b> 9:30 AM-Tri Yoga Basics with Deanna 1:00 PM-New Member Meeting 5:00 PM-Line Dancing with Nancy 5:00 PM-Movie Night & Potluck Dinner: The Greatest Showman 	<b>14</b> 9:30 AM-Gilda's Quilters with Merry & Kathy 10:00 AM-Gilda's Club South Jersey <b>Now in Atlantic City</b> 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-Art with Carol	<b>15</b> 9:30 AM-Kripalu (Compassionate) Yoga with Judy/Debra 4:30 PM-Mindfulness Based Cancer Recovery with Beth 5:00 PM-Reiki with Carlo 6:00 PM-Introduction to Scrapbooking with Deb Spicer 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>16</b> 10:45 AM-"Dance! Like No One is Watching" with Bethany* 1:00 PM-Understanding Loss 1:30 PM-Draw, Paint and Relax! with Sharon 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	<b>17</b> 6:00 PM-NoogieLand Fun Friday!! Relay for Life at MRHS <b>18</b> <b>19</b> 8:30 AM-Gilda's Gladiators Dragon Boat Paddle	
<b>20</b> 9:30 AM-Yoga with Andee 11:00 AM-Book Club & Bag Lunch with Susan 5:00 PM-Line Dancing with Nancy 6:00 PM-MEN'S NIGHT! -Sponsored by Holy Redeemer 10:00 AM-New Member Meeting	<b>21</b> 9:30 AM-Walk & Talk with Shelley 10:00 AM-Gilda's Club South Jersey <b>Now in Atlantic City</b> 12:15 PM-Pilates with Helen 3:00 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 9:30 AM-New Member Meeting 10:00 AM-Wellness Group	<b>22</b> 9:30 AM-Kripalu (Compassionate) Yoga with Judy/Debra 11:00 AM-Tai Chi & Qigong with Cassey 4:00 PM-Breast Cancer Support Group 4:00 PM-Gynecological Cancers Support Group 5:30 PM- <b>WOMEN'S NIGHT!</b> Supper & Social: <i>Sponsored by Holy Redeemer</i> 6:00 PM-Reiki with Charlie & Deb 6:30 PM-"Ask the Physical Therapist" about Chemo Induced Peripheral Neuropathy with Revital Cancer Rehabilitation 10:00 AM-Wellness Group 12:15 PM-Lunch & Learn: "Ask the Oncology Esthetician about Skincare Routines" presented by Dee Mason, Licensed Esthetician, certified in Oncology Skincare.	<b>23</b> 9:30 AM-Flowing Yoga with Susan 10:45 AM-"Dance! Like No One is Watching" with Bethany* 1:00 PM-Understanding Loss 1:30 PM-Draw, Paint and Relax! with Sharon 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	<b>24</b> <b>25</b> <b>26</b>	
<b>27</b> Closed for Memorial Day  <b>HAPPY MEMORIAL DAY</b> REMEMBER AND HONOR	<b>28</b> 9:30 AM-Gilda's Quilters with Merry & Kathy 10:00 AM-Gilda's Club South Jersey <b>Now in Atlantic City</b> 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	<b>29</b> 9:30 AM-Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM-Adult Storytelling: "Turkeys in the Trees" presented by Jim 6:00 PM-New Member Meeting 10:00 AM-Wellness Group	<b>30</b> 9:30 AM-Flowing Yoga with Susan 10:45 AM-"Dance! Like No One is Watching" with Bethany* 1:00 PM-Understanding Loss 1:30 PM-Draw, Paint and Relax! with Sharon 6:00 PM- <b>Cocktails by the Beach 2019</b> 6:00 PM-Living with 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 *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.	<b>31</b> 3:00 PM-AtlantiCare's Breast Cancer Support Group-Cape May Court House	