

# Gilda's Club South Jersey

calendar of free events

Clubhouse (609) 926-2699

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

APRIL 2019

www.gildasclubsouthjersey.org

| WHITE= The Clubhouse<br>700 New Road, Linwood, NJ 08221  |  | YELLOW= GCSJ at AtlantiCare, Building 400<br>2500 English Creek Ave, EHT, NJ 08234  |   | BLUE= HOPE Community Center, Suite 100<br>211 N. Main St., Cape May Court House, 08210   |  |
|--|--|---|---|--|--|
| Monday   | Tuesday  | Wednesday   | Thursday  | F/S/Sun  |  |
| <p><b>1</b><br/>9:30 AM—Tri Yoga Basics with Deanna<br/>6:00 PM—Gentle Yoga with Diane</p> <p>5:00 PM—AtlantiCare's Breast Cancer Support Group-NEW TIME</p>   | <p><b>2</b><br/>9:30 AM—Walk &amp; Talk with Shelley<br/>10:00 AM—Gilda's Club South Jersey<br/><b>Now in Atlantic City!</b><br/>11:00 AM—Yoga with Robyn<br/>3:00 PM—New Member Meeting<br/>6:00 PM—Family &amp; Friends Group<br/>6:00 PM—Noogie Night<br/>6:00 PM—Wellness Group</p> <p>9:30 AM—New Member Meeting<br/>10:00 AM—Wellness Group</p>                              | <p><b>3</b><br/>9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra<br/>4:30 PM—Mindfulness Based Cancer Recovery with Beth<br/>6:00 PM—"Going Plant Powered" - Tips for Optimal Nutrition presented by Anthony Dissem, MA, RDN-Join us on Facebook Live!</p> <p>10:00 AM—Meditation &amp; Mindfulness with Naida<br/>10:00 AM—Wellness Group</p>  | <p><b>4</b><br/>9:30 AM—Flowing Yoga with Susan<br/>10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i><br/>1:00 PM—Understanding Loss<br/>6:00 PM—Living with Loss<br/>6:00 PM—Ryan's Case for Smiles- Sew a Pillowcase with Noogies</p> <p>1:00 PM—All Levels Yoga at the LifeCenter with Katie &amp; Elaine</p>  | <p><b>5</b><br/><b>6</b><br/><b>7</b></p>  |  |
| <p><b>8</b><br/>9:30 AM—Tri Yoga Basics with Deanna<br/>5:00 PM—Movie Night &amp; Potluck Dinner: Bohemian Rhapsody with Rami Malek</p>                                        | <p><b>9</b><br/>9:30 AM—Gilda's Quilters with Merry &amp; Kathy<br/>10:00 AM—Gilda's Club South Jersey<br/><b>Now in Atlantic City!</b><br/>12:15 PM—Pilates with Helen<br/>6:00 PM—Family &amp; Friends Group<br/>6:00 PM—Noogie Night<br/>6:00 PM—Wellness Group</p> <p>10:00 AM—Art with Carol Bonfiglio</p>  | <p><b>10</b><br/>9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra<br/>4:30 PM—Mindfulness Based Cancer Recovery with Beth<br/>6:00 PM—"The NJ Medical Marijuana Program" presented by Tim Weigand, Outreach and Dispensary Manager, Compassionate Care Foundation<br/>6:00 PM—New Member Meeting<br/>6:00 PM—Reiki with Charlie &amp; Deb</p> <p>10:00 AM—Wellness Group<br/>1:30 PM—Yo-Pi-Chi with Cassey<br/>4:00 PM—AtlantiCare Ostomy Support Group</p>   | <p><b>11</b><br/>9:30 AM—Flowing Yoga with Susan<br/>10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i><br/>1:00 PM—Understanding Loss<br/>6:00 PM—Living with Loss<br/>6:00 PM—Xi Sorority with the Noogies</p> <p>1:00 PM—All Levels Yoga at the LifeCenter with Katie &amp; Elaine</p>  | <p><b>12</b><br/><b>13</b><br/><b>14</b></p>   |  |
| <p><b>15</b><br/>9:30 AM—Yoga with Andee<br/>11:00 AM—Meditation with Robyn<br/>5:00 PM—Line Dancing with Nancy<br/>6:00 PM—Men's Night!- Sponsored by Holy Redeemer</p> <p>10:00 AM—New Member Meeting</p>  | <p><b>16</b><br/>9:30 AM—Walk &amp; Talk with Shelley<br/>10:00 AM—Gilda's Club South Jersey<br/><b>Now in Atlantic City!</b><br/>11:00 AM—Yoga with Robyn<br/>12:15 PM—Pilates with Helen<br/>6:00 PM—Family &amp; Friends Group<br/>6:00 PM—Noogie Night<br/>6:00 PM—Wellness Group</p> <p>9:30 AM—Adult Coloring<br/>9:30 AM—New Member Meeting<br/>10:00 AM—Wellness Group</p> | <p><b>17</b><br/>9:30 AM—Chair Yoga &amp; Mindfulness to Manage Stress with Naida<br/>9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra<br/>4:30 PM—Mindfulness Based Cancer Recovery with Beth<br/>5:00 PM—Reiki with Carlo<br/>6:00 PM—Tree of Life Pendant with Carol Bonfiglio</p> <p>10:00 AM—Wellness Group<br/>2:00 PM—"Preparing for Radiation Therapy" presented by AtlantiCare Cancer Care Institute<br/>4:30 PM—"Preparing for Chemotherapy" presented by AtlantiCare Cancer Care Institute</p> | <p><b>18</b><br/>9:30 AM—Flowing Yoga with Susan<br/>10:00 AM—New Member Meeting<br/>10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i><br/>1:00 PM—Understanding Loss<br/>6:00 PM—Living with Loss<br/>6:00 PM—Noogie Night-Grief Busters<br/>6:00 PM—Young Adults Living with Loss</p> <p>10:00 AM—Chit-Chat N' Craft with Deb<br/>1:00 PM—All Levels Yoga at the LifeCenter with Katie &amp; Elaine</p> | <p><b>19</b><br/><b>20</b><br/><b>21</b></p>   |  |
| <p><b>22</b><br/>9:30 AM—Yoga with Andee<br/>12:00 PM—New Member Meeting<br/>4:00 PM—Breast Cancer Support Group<br/>4:00 PM—Gynecological Cancers Support Group<br/>5:30 PM—Women's Night! Supper &amp; Social: Sponsored by Holy Redeemer<br/>6:30 PM—"Ask the Physical Therapist" about Lymphedema with Jennifer Brooks PT, DPT, CLT-LANA</p> | <p><b>23</b><br/>9:30 AM—Gilda's Quilters with Merry &amp; Kathy<br/>10:00 AM—Gilda's Club South Jersey<br/><b>Now in Atlantic City!</b><br/>11:00 AM—Yoga with Robyn<br/>12:15 PM—Pilates with Helen<br/>6:00 PM—Family &amp; Friends Group<br/>6:00 PM—Noogie Night<br/>6:00 PM—Tween &amp; Teen Night<br/>6:00 PM—Wellness Group</p> <p>9:30 AM—Reiki with Jen</p>              | <p><b>24</b><br/>9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra<br/>11:00 AM—Tai Chi &amp; Qigong with Cassey<br/>4:30 PM—Mindfulness Based Cancer Recovery with Beth<br/>6:00 PM—Reiki with Charlie &amp; Deb</p> <p>10:00 AM—Wellness Group<br/>12:15 PM—Lunch &amp; Learn: "Ostomy? Don't Isolate!"</p>  | <p><b>25</b><br/>9:30 AM—Flowing Yoga with Susan<br/>10:45 AM—"Dance! Like No One is Watching" with Bethany- <i>see below*</i><br/>1:00 PM—Understanding Loss<br/>6:00 PM—Living with Loss<br/>6:00 PM—Noogie Night-Grief Busters</p> <p>1:00 PM—All Levels Yoga at the LifeCenter with Katie &amp; Elaine</p>  | <p><b>26</b><br/>5:30 PM—Volunteer Appreciation Dinner</p> <p>3:00 PM—AtlantiCare's Breast Cancer Support Group-Cape May Court House</p> |  |
| <p><b>29</b><br/>9:30 AM—Yoga with Andee<br/>11:00 AM—Book Club &amp; Bag Lunch with Susan<br/>11:00 AM—Meditation with Robyn<br/>5:00 PM—Line Dancing with Nancy</p> <p>10:00 AM—"Button Flower Art" with Carol Bonfiglio</p>   | <p><b>30</b><br/>10:00 AM—Gilda's Club South Jersey<br/><b>Now in Atlantic City!</b><br/>12:15 PM—Pilates with Helen<br/>2:00 PM—New Member Meeting<br/>6:00 PM—Family &amp; Friends Group<br/>6:00 PM—Noogie Night<br/>6:00 PM—Wellness Group</p>   |      | <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 ACOH.</p>  | <p><b>27</b><br/><b>28</b></p>   |  |