

Gilda's Club South Jersey

calendar of free events



Clubhouse (609) 926-2699

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

JUNE 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	
SURVIVOR and staying over! National Cancer Survivor's Month 1 #NCS2019 2					
3 9:30 AM—Tri Yoga Basics with Deanna 6:00 PM—Gentle Yoga with Diane 5:00 PM—AtlantiCare's Breast Cancer Support Group-NEW TIME 	4 9:30 AM—Walk & Talk with Shelley 10:00 AM—Gilda's Club South Jersey- Now in Atlantic City! 11:00 AM—Meditation and Mindful Yoga with Naida 12:15 PM—Pilates with Helen 6:00 PM—Family & Friends Group 6:00 PM—Noogie Night 6:00 PM—Wellness Group 9:00 AM—Cancer Survivors Day at AtlantiCare: Peace, Love and Survivorship 9:30 AM—New Member Meeting 10:00 AM—Wellness Group	5 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 10:00 AM—Wellness Group: Picnic at Lake Lenape East, Mays Landing 	6 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 2:00 PM—New Member Meeting 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	7 8 9 8:30 AM-Gilda's Gladiators Dragon Boat Paddle 	
10 9:30 AM—Tri Yoga Basics with Deanna 5:00 PM—Line Dancing with Nancy 6:00 PM— Men's Night! -Sponsored by Holy Redeemer 6:00 PM—New Member Meeting 	11 9:30 AM—Gilda's Quilters with Merry & Kathy 10:00 AM—Gilda's Club South Jersey- Now in Atlantic City! 10:30 AM—Meditation with Christina 11:00 AM—Yoga with Christina 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—Picture Frame Button Art with Carol Bonfiglio	12 9:30 AM—Chair Yoga & Mindfulness to Manage Stress with Naida 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 6:00 PM—"Button Flower Art" with Carol 6:00 PM—Reiki with Charlie & Deb 10:00 AM—Wellness Group 12:15 PM—Lunch & Learn:" Aromatherapy-Aroma Freedom Technique" presented by Dolly Reyes, Certified Aroma Freedom Technique Practitioner 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* 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 	14 15 16 8:30 AM-Gilda's Gladiators Dragon Boat Paddle	
17 11:00 AM—Book Club & Bag Lunch with Susan 5:00 PM—Movie Night & Potluck Dinner: The Best Exotic Marigold Hotel 10:00 AM—New Member Meeting	18 9:30 AM—Walk & Talk with Shelley 10:00 AM—Gilda's Club South Jersey- Now in Atlantic City! 11:00 AM—Meditation and Mindful Yoga with Naida 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—Tween & Teen Night 6:00 PM—Wellness Group 9:30 AM—Reiki with Jen 9:30 AM—New Member Meeting 10:00 AM—Wellness Group	19 9:30 AM—Kripalu (Compassionate) Yoga with Judy/Debra 5:00 PM—Reiki with Carlo 6:00 PM—Oil Painting with Joe Returns 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 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 10:00 AM—Chit-Chat N' Craft with Deb 1:00 PM—All Levels Yoga at the LifeCenter with Katie & Elaine	21 22 23 8:30 AM-Gilda's Gladiators Dragon Boat Paddle 	
24 9:00 AM—Camp Sparkle 2019: Peace, Love and Noogies 5:00 PM—Introduction to Scrapbooking with Deb 5:00 PM—Line Dancing with Nancy 	25 9:00 AM—Camp Sparkle 2019: Peace, Love and Noogies 10:00 AM—Gilda's Club South Jersey- Now in Atlantic City! 6:00 PM—Family & Friends Group 6:00 PM—Wellness Group 	26 9:00 AM—Camp Sparkle 2019: Peace, Love and Noogies 1:00 PM—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 6:00 PM—Reiki with Charlie & Deb 6:30 PM—Breast Surgeon Presentation with Dr. Anjeanette Brown 10:00 AM—Wellness Group	27 9:00 AM—Camp Sparkle 2019: Peace, Love and Noogies 1:00 PM—Understanding Loss 6:00 PM—Living with Loss 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. 	28 HAPPY BIRTHDAY! GILDA RADNER 3:00 PM-AtlantiCare's Breast Cancer Support Group-Cape May Court House 29 30 8:30 AM-Gilda's Gladiators Dragon Boat Paddle	

Surviving cancer is not
The end of a gruesome story
It is the beginning
Of a beautiful one...