

PROGRAM CALENDAR

A free, non-profit support community for anyone touched by cancer

We Would Like to
Thank Our Sponsors

RhonaSmiles

This month's Gynecological Cancer Networking Group is sponsored by Rhona Smiles in memory of Rhona Weisman

Oxford LITHOGRAPH

Oxford Lithograph has donated their time and expertise to provide us with our Gilda's Club Brochures

Thank you to our
February Heroes

To all of our invaluable members and volunteers, we would like to thank you for all of your hardwork and dedication to Gilda's Club Northern New Jersey!

Thank You to Senator Loretta Weinberg for her ongoing support and the grant she has established in memory of her husband Irwin Weinberg

Message from the Program Director

When the weather is cold outside, you will find comfort, support and a homelike atmosphere in the Clubhouse. Our groups are thriving, our activities are well attended, and we are your home away from home.

We have had several requests from members who want to do outreach and I'm happy to be hosting an informational session for prospective new "Member Navigators." You'll learn what outreach is and how to present the Gilda's Club program. The Member Navigator information meeting will be held Thursday morning, February 25, from 10:30 - 11:30 a.m. Refreshments will be served.

In New Jersey alone, 1,330 people are diagnosed with cancer each day. We are working hard to fulfill Gilda Radner's wish that "Nobody should face cancer alone." We strive to educate people about our program, reaching new members through hospitals, community fairs, and by speaking to organizations such as Women's Clubs and Rotary Clubs.

I am looking forward to this information session, to teaching members the benefits of outreach and representing our Clubhouse, and to getting your ideas and input to enrich our process and our presentations. This will be a great chance to socialize with others who want to volunteer. I believe the benefits of the program are best told through those whose lives have been touched by our program of social and emotional support. Please come and join us! RSVP to the front desk if you will be attending.

This month we are looking forward to our Valentine's Day Potluck dinner. Our potlucks are always well attended and filled with the camaraderie that the Gilda's Club philosophy is built upon. I certainly can't neglect to mention the delicious dishes our members prepare. Please RSVP for the Valentine's Day Potluck.

This time of year brings uncertain weather. If the roads are snowy or icy, please call ahead to the clubhouse before coming down to see us.

I wish everyone a Happy and Healthy February 2010!

Best wishes,

Robin Gilman

Boiling Springs Bank and

Gilda's Club Northern New Jersey

The Community Alliance Program is a program sponsored by Boiling Springs Bank to help raise money for non profits. By opening an account and designating it a "donor account" to Gilda's Club Northern New Jersey, we become eligible for matching funds. Boiling Springs has already given away more than \$90,000 in donations to 46 nonprofit agencies since 2006; let's put Gilda's Club on that list.

The Community Alliance Program rewards nonprofit organizations when their members or supporters bank at Boiling Springs. For more information, call Mary Miraglia 201-456 1670 ext. 111

Vote For Gilda's Club Northern New Jersey

Gilda's Club is one of the top 3 finalists to be designated by the New Jersey State Federation of Women's Clubs of GFWC. There will be ballots sent to all the Women's Clubs of New Jersey and they will then vote for their designated cause. Their last mission was Autism. The opportunity is for two years and we are very happy to be considered. If you belong to or know anyone who does belong to a local Women's Club please make sure to put in a good word about the important work we do here. This would be a wonderful opportunity for us to further our outreach into underserved communities and to partner with the many women in New Jersey who know how to get things done.

Clubhouse Wishlist

The clubhouse could always use household items and drinks and snacks for the noogies; no peanuts please!

February Calendar

201-457-1670 ext 110 see if we are open

In case of inclement weather please call the clubhouse at



575 Main Street | Hackensack, NJ 07601 | info@gildasclubnj.org | (201) 457-1670

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See Inside

February 2010 Program Calendar

2010 February

Gilda's Club Northern New Jersey | 575 Main Street | Hackensack, NJ 07601
 Monday 10am-4pm | Tuesday-Thursday 10am-8pm | Friday 10am-4pm | Saturday 10am-2pm (3rd Saturday of every month)

*Featuring
 This Month



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Qigong Movement 10:30-11:30am w/Anita *Yoga/Tai Chi for Healing and Balance 1-2:15pm	2 Not on the Floor Yoga 10:30-11:45am Mah Jongg (upon request) 12-2pm Coffee Talk: Young Adults 6:30-8pm Living with Cancer Noogieland 6:30-8pm Teen Tuesday 6:30-8pm	3 Yoga w/Trena 11am-12pm Yoga for Strength & Serenity 4:15-5:15pm Blood Cancer Networking 6:30-8pm Colon Cancer Networking 6:30-8pm Prostate Cancer Networking 6:30-8pm Art Class: Mixed Media 6:30-8pm	4 Gentle Yoga 1-2:15pm Poker Time 1-3pm Living Life after Treatment 6:30-8pm	5 Tai Chi 11am-12pm Clubhouse Closed	6 Clubhouse Closed
8 Qigong Movement 10:30-11:30am w/Anita *Yoga/Tai Chi for Healing and Balance 1-2:15pm	9 Not on the Floor Yoga 10:30-11:45am Mah Jongg (upon request) 12-2pm Yoga w/Jess 5:30-6:30pm Gynecological Cancer Networking 6:30-8pm Knitting Circle 6:30-8pm Noogieland 6:30-8pm Teen Tuesday 6:30-8pm	10 Living Life after Treatment 12:30-2pm Guided Imagery Meditation 2-3pm Lung Cancer Networking 2-3:30pm Pancreatic Cancer Networking 3:30-5pm *Valentine's Day Potluck 6-8pm Art Class: Mixed Media 6:30-8pm	11 *Missing Your Valentine? 10:30am-12pm Gentle Yoga 1-2:15pm Toning w/Luly 3-4pm Poker Time 1-3pm Brain Anzips 6:30-8pm	12 Spring Forest Qigong 12:15-1:15pm Clubhouse Closed	13 Clubhouse Closed
15 Presidents Day Clubhouse Closed	16 Not on the Floor Yoga 10:30-11:45am Mah Jongg (upon request) 12-2pm *Self-Help Acupressure 2-3pm Writing Your Illness 2:30-3:30pm Noogieland 6:30-8pm Teen Tuesday 6:30-8pm	17 Yoga for Strength & Serenity 4:15-5:15pm Stress Reduction Workshop 2:30-4pm Breast Cancer Networking 6:30-8pm Art Class: Mixed Media 6:30-8pm	18 Gentle Yoga 1-2:15pm Poker Time 1-3pm Living Life after Treatment 6:30-8pm	19 *Red Door Tour 12pm	20 Sisters Network 10am-12pm
22 Qigong Movement 10:30-11:30am w/Anita *Yoga/Tai Chi for Healing and Balance 1-2:15pm Crazy Quilting 1-3pm	23 Not on the Floor Yoga 10:30-11:45am Mah Jongg (upon request) 12-2pm Knitting Circle 6:30-8pm Noogieland 6:30-8pm Teen Tuesday 6:30-8pm	24 Yoga w/Trena 11am-12pm Living Life after Treatment 12:30-2pm Guided Imagery Meditation 2-3pm Yoga for Strength & Serenity 4:15-5:15pm Art Class: Mixed Media 6:30-8pm	25 *Member Navigator Meeting 10:30am-11:30am *Safe Pest Control w/Jodi 12-1pm Gentle Yoga 1-2:15pm Poker Time 1-3pm	26 Tai Chi 11am-12pm Spring Forest Qigong 12:15-1:15pm	27 Clubhouse Closed

Yoga/Tai Chi for Healing and Balance
 Mondays, February 1, 8, 22 / 1-2:15pm
 Please join us and welcome a new yoga and tai chi instructor, Gregory. Gregory will guide the class to open meridian channels of the body to improve the flow of Ki energy. Unlock your body's own healing ability. Fluid motions will improve balance and focus. Each class will include energy meditation.

Valentines Day Potluck
 Wednesday, February 10 / 6-8pm
 Join in on all the Valentine's Day fun; bring a friend and the entire family to share in the love! Please bring the main dish and we'll provide the desert. Open to the public. Paul Szepial and his band will provide the entertainment. Please call the front desk at 201-457-1670 ext 110 to sign up and let us know what you are bringing.

Missing Your Valentine?
 Thursday, February 11 / 10:30am-12pm
 Come share tea, cookies and support with others who have lost their partner to cancer. Please call the front desk to sign up 201-457-1670 ext 110.

Self-Help Acupressure
 Tuesday, February 16 / 10:30-11:30am
 Licensed Acupuncturist, Margaret Steele, teaches you how to apply pressure to specific points on your own body to help relieve a variety of conditions.

Red Door Tour
 Friday, February 19 / 12pm
 To share our mission, we are offering Red Door Tours each month to show people what goes on behind our welcoming red door. The tours are personal and inspiring opportunities for people to explore our beautiful clubhouse. Tours are an hour long- no longer, we promise! Light refreshments will be served. Call the clubhouse to reserve your spot. 201-457-1670 ext 110.

Member Navigator Meeting
 Thursday, February 25 / 10:30-11:30am
 An informational session for prospective new "Member Navigators." You'll learn what outreach is and how to present the Club's Club program.

Safe Pest Control w/Jodi
 Thursday, February 25 / 12-1pm
 Do your pest controls have a skull and crossbones on them? Come and learn non-toxic ways to control pests.



Volunteer Corner
Calendar Mailing
 Calendar volunteers, the calendar mailing will take place on Monday, February 22nd at 11 am. Please sign up if you are able to participate.
 For more information, please call the clubhouse at 201-457-1670.

Interested in Volunteering?
 Please call 201-457-1670 ext 113.

Interested in Joining the Auxiliary or Have a Great Idea?
 Please leave your ideas at the front desk or email auxpresident@gildasclubnj.org

For Kids and Teens
 Teen Tuesdays is a get together for teenagers whose lives have been touched by cancer. Meets every Tuesday of the month. This is a fun way for teenagers to get involved in the clubhouse, volunteer, get support, and to just be themselves.
 Noogieland Children touched by cancer can explore their feelings, ask questions, and just "be kids" having FUN! through art and play.
 For more information, please contact Lisa Schwartz at: lisa@gildasclubnj.org.

Reminders

For Members

If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you are feeling better. Thank you!

Due to members strong reactions to odors during chemotherapy, please refrain from wearing cologne or perfume when at the clubhouse. Thank you!

Please sign up for all activities at least 24 hours in advance at 201-457-1670. Activities without sufficient enrollment will be cancelled.

Support Groups

Day and Time Groups Offered
 Tuesday, 12:30pm - 2pm Wellness
 Tuesday, 6:30pm - 8pm Wellness, Living with Loss, PhD Alumni
 Thursday, 6:30pm - 8pm Family, Friends, and Caregivers

How to Become a Member

Call 201-457-1670 to sign up for a New Member Meeting!