

2012 February

Gilda's Club Northern New Jersey | 575 Main Street | Hackensack, NJ 07601

Monday 10am-4pm | Tuesday-Thursday 10am-8pm | Friday 10am-3pm | Saturday 10am-2pm (3rd Saturday of every month) 201-457-1670

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Volunteer Corner Interested in Volunteering? Please call Stephanie at 201-457-1670 ext. 123 or stephanieb@gildasclubnj.org		1 Yoga for Strength & Serenity 4:15-5:15pm Prostate Cancer Networking Group 6-7:30pm Art Class: Mixed Media 6-7:30pm	2 Gentle Yoga 1-2:15pm Kids Need Kids 6-7:30pm Living w/Cancer Support Group 6-7:30pm Coping for the Caregiver Support Group 6-7:30pm Blood Cancer Networking Group 6-7:30pm	3 Spring Forest Qigong 12:15-1:15pm	4 Clubhouse Closed
6 *Lebed Method Exercise Class 10:30am-11:30am Yoga/Tai Chi for Healing and Balance 12:30-2pm	7 Off the Floor Yoga w/Lois 10:30-11:45am Living w/Cancer Support Group 12:30-2pm *Intro to Reiki Wellness 2-4pm Knitting Circle 6-7:30pm Young Adults Living w/Cancer Networking Group 6-7:30pm Partners Bereavement Group 6-7:30pm Parental Bereavement Group 6-7:30pm	8 Yoga w/Trena 11am-12pm Living Life after Treatment 12:30-2pm Guided Imagery Meditation 2-3pm Lung Cancer Networking Group 2-3:30pm Pancreatic Cancer Networking Group 3:30-5pm Clubhouse Closes at 5:15pm	9 Yogasati w/Karen 11:30am-12:30pm Gentle Yoga 1-2:15pm Kids Need Kids 6-7:30pm Living w/Cancer Support Group 6-7:30pm Coping for the Caregiver Support Group 6-7:30pm	10	11 Clubhouse Closed
13 *Lebed Method Exercise Class 10:30am-11:30am Yoga/Tai Chi for Healing and Balance 12:30-2pm *Noogieland Valentine's Day Party 6-8pm	14 Off the Floor Yoga w/Lois 10:30-11:45am Living w/Cancer Support Group 12:30-2pm Gynecological Cancer Networking Group 6-7:30pm Partners Bereavement Group 6-7:30pm Parental Bereavement Group 6-7:30pm *Intro to Line Dancing 7-9pm	15 Yoga w/Trena 11am-12pm Stress Reduction Workshop 2:30-4pm Yoga for Strength & Serenity 4:15-5:15pm Clubhouse Closes at 5:15pm	16 Yogasati w/Karen 11:30am-12:30pm Gentle Yoga 1-2:15pm Kids Need Kids 6-7:30pm Living w/Cancer Support Group 6-7:30pm Coping for the Caregiver Support Group 6-7:30pm	17 Spring Forest Qigong 12:15-1:15pm	18 Sisters Network 10am-12pm *Laughter Yoga 11am-12:30pm
20 President's Day *Lebed Method Exercise Class 10:30am-11:30am	21 Off the Floor Yoga w/Lois 10:30-11:45am Living w/Cancer Support Group 12:30-2pm Knitting Circle 6-7:30pm Partners Bereavement Group 6-7:30pm Parental Bereavement Group 6-7:30pm	22 Breast Cancer Networking Group 1-2:30pm Guided Imagery Meditation 2-3pm Art Class: Mixed Media 6-7:30pm Breast Cancer Networking Group 6-7:30pm	23 Gentle Yoga 1-2:15pm Kids Need Kids 6-7:30pm Living w/Cancer Support Group 6-7:30pm Coping for the Caregiver Support Group 6-7:30pm	24 Spring Forest Qigong 12:15-1:15pm	25 Clubhouse Closed
27 *Lebed Method Exercise Class 10:30am-11:30am Yoga/Tai Chi for Healing and Balance 12:30-2pm	28 Off the Floor Yoga w/Lois 10:30-11:45am Living w/Cancer Support Group 12:30-2pm *Intro to Reiki Wellness 2-4pm Partners Bereavement Group 6-7:30pm Parental Bereavement Group 6-7:30pm	29 Yoga w/Trena 11am-12pm Yoga for Strength & Serenity 4:15-5:15pm *Navigating Through Legal Matters While Living w/Cancer 6:30-8pm	For Kids and Teens <p>Kids Like Me is a weekly support group for kids ages 5-12 who have lost a loved one to cancer. Kids will participate in various activities and art projects that will help them express themselves and share their experience. Registration Open / Tuesdays 6-7:30pm</p> <p>Kids Need Kids is a weekly support group for kids ages 5-12 who have cancer or have family members or friends with cancer. Kids will participate in various activities and art projects that help them express themselves and share their experience with other kids, helping them to feel less isolated, worried, and confused. Thursdays / 6-7:30pm</p> <p>Teens Together is a monthly support group for teens age 13-18 that have been touched by cancer. Teens have the opportunity to share their cancer related experiences and gain support, understanding, and friendship. Registration Open / 5-6:15pm</p> <p>For more information, please contact Debbie Vincent at 201-457-1670 ext. 111 or dvincent@gildasclubnj.org</p>		

Weekly Support Groups

Living with Cancer Support Group:

A support group that meets on a weekly basis for anyone who is currently living with cancer, this includes but is not limited to: people who are newly diagnosed, people who are currently going through treatment, people who are living with metastatic cancer, people who are dealing with a recurrence of cancer, and those who recently completed treatment. **Tuesdays, 12:30-2pm or Thursdays, 6-7:30pm**

Living with Loss

A support group that meets on a weekly basis for any adult who has lost a loved one to cancer. **Registration Open/Tuesdays, 6-7:30pm**

*Featuring this Month

Lebed Method Mondays, February 6,13,20,27/ 10:30-11:30am

The Lebed Method is a movement and exercise program that focuses on the lymphatic system which is sometimes affected during cancer treatment. This program will help with overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. To register for this class please call 201-457-1670 x 110.

Intro to Reiki Wellness Tuesdays, February 7 & 28 / 2-4pm

Reiki means "Universal Life Energy." The technique is used for stress reduction, relaxation and it also promotes wellness and healing by balancing our own energies. It is administered by "laying on hands" by a Reiki Master. This class has limited seating so please sign up to attend 201-457-1670 x110

Noogieland Valentine's Day Party Monday, February 13 / 6-8pm

Valentine's Day food, fun, games, crafts and special goody bags for the kids. To register for the party please call 201-457-1670 ext. 110.

Intro to Line Dancing Tuesday, February 14 / 7-9pm

The Cultural Outreach Department of GCNNJ invites you to a "Valentine's Evening" Introductory Line Dance Class by Rose. Come and learn the newest and oldest line dances while having fun! Experience is not necessary, please RSVP by February 10th to 201-457-1670 x110.

Laughter Yoga Saturday, February 18 / 11am-12:30pm

Laughter: The activity of laughing; the manifestation of joy or mirth. Yoga: a course of related exercises and breathing techniques designed to promote physical and spiritual well being. Laughter Yoga: laughter exercises, yogic breathing, health benefits and FUN!

Navigating Through Legal Matters While Living with Cancer

When: Wednesday/ February 29, 2012 6:30-8pm

Featuring: Attorney Myra Metzger from Northeast New Jersey Legal Services

Details: This lecture will focus on living wills, DNRs, Power of Attorney as well as how to handle bills from hospitals and doctors when billing is incorrect.

Call today to reserve your spot 201-457-1670 ext. 110.

