

# PROGRAM CALENDAR

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

*Thank You to our March Heroes*

Mark and Molly Churchill  
Paul and Joyce Speziale  
Janice Pergament  
Alissa Mauss

*We would like to thank our sponsors*



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



The Family Support Groups are made possible with support from the Eisai USA Foundation

Clubhouse Wishlist

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

### Message from the Program Director

March 2010 is an exciting and humorous month for us! Humor and laughter were the special gifts that Gilda Radner gave, and she taught us that they positively affect our well-being and enrich our spirit. True to the Gilda's Club philosophy, where we appreciate that things in our lives often need to be treated with humor and whimsy, we are thrilled to be hosting our annual Laugh-Off event on March 17th, 24th and 31st. Please come and share in these nights of fun and laughter where our clubhouse is transformed into a Comedy Club, and comics perform and compete for a spot in our Finale on April 8th at Bananas Comedy Club. We look forward to seeing everyone here for a free evening of great entertainment for our Laugh Off! nights. We also hope to see you at Bananas for the Finale, which is always an incredible evening where you will be sure to laugh your sides off and contribute to a great cause - Gilda's Club NNN! Please save the dates and don't forget to sign up for the Laugh Off events.

We are pleased to be offering two new support groups that we believe will meet the unique needs of some of our members. Parenting Through Cancer is a weekly support group for parents who are raising their children while coping with their cancer diagnosis. It will begin on Wednesday, March 3rd from 12:30-2pm. Parental Bereavement Group is also a weekly support group for those who have lost a child of any age to cancer. It begins on Thursday, March 4th from 6:00-7:30pm. We have also opened up our Coffee Talk: Young Adults Living with Cancer networking group to members in their 40's. It will be a wonderful opportunity to connect with others and engage in discussion about the challenges faced by young adults living with cancer. It meets on Tuesday, March 2nd from 6:30-8 and on the first Tuesday of every month. All three groups will be held here at the clubhouse and require preregistration.

On March 10th from 6-8:30pm we are delighted to be hosting a relevant workshop for today's couples dealing with a breast cancer diagnosis, entitled Partners in Survival. This is a free program for women with breast cancer and her male support partner that is sponsored by the Bergen County Cancer Coalition and Men Against Breast Cancer. Brochures for this event with registration information are available at the clubhouse.

Gilda's Club becomes even greener on March 16th when we celebrate St. Patrick's Day with our annual Pot Luck and our famous bagpipes, providing some good, old-fashioned Irish entertainment. The festivities will be from 12-2pm. Please remember to sign up and let us know what dish you will be bringing to share with your friends.

Wu Ming Qigong for Breast Health will be held on Saturday, March 26th from 10:30am-1:30pm. It will teach you movements to increase vital energy, bolster the immune system and unlock your body's innate healing ability. Topics will include foods for healing and acupuncture points to promote wellness. Refreshments will be served. Best Wishes for a Happy and Healthy March 2010!

Robin Gilman

### ◆New Groups◆

#### Parental Bereavement Group

Weekly Support Group for parents who have lost a child to cancer

Thursday evenings beginning March 4th through April 29th (except April 8th)  
6 p.m. to 7:30 p.m.

Group is open to the public and preregistration is required. To sign up, call Carley Tsagkos at 201-457-1670 ext 125

#### Parenting Through Cancer

Weekly support group for parents living with cancer and raising children.

Wednesday afternoons beginning March 3rd through April 21st  
12:30 p.m. to 2: 00 p.m.

Group is open to the public and preregistration is required. To sign up, call Lisa Schechter at 201-457-1670 ext 113

### ◆Featured This Month

#### Partners in Survival Workshop

Wednesday, March 10 / 6-8:30pm

A program for men in the lives of women with breast cancer. Guest speaker Mark Heysion, president-co-founder of Men Against Breast Cancer, will provide tips to manage the challenges you and your partner face. Optional programs available this evening for women. A light meal will be provided. Advance registration required. To sign up, contact Kenese Robinson at 201-634-2699.

#### Laugh Off

Wednesdays, March 17,24,31/ 6:30-8pm

Finale, Thursday, April 8 / 7pm

Laugh Off is one of our most popular events at Gilda's Club Northern New Jersey, and this year is our 11th anniversary!The clubhouse will be transformed into a simulated comedy club for 3 audition nights followed by our grand finale evening at Bananas Comedy Club in Hasbrouck Heights. Laugh Off is coordinated for the 11th year by Paterson born, native North Jersey comedienne Sunda Cronquist. So gather your family and friends and join us for 1 of many nights filled with laughter! Warning: Adult Content! Open to public. To purchase tickets for April 8, 2010 please contact Stephanie at 201-457-1670 ext 123

#### Wu Ming Qigong for Breast Health

Saturday, March 20 / 10:30am-1:30pm

The most powerful tool that Traditional Chinese medicine has to offer is the ancient system of exercise called qigong. These movements increase Qi or vital energy, bolster the immune system, and unlock the body's innate healing ability. This educational program also includes foods for healing and acupressure points to promote wellness. Please call 201-457-1670 ext 110 to reserve your spot.

# March Calendar



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

Non-profit  
US Postage  
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Hackensack, NJ  
Permit No. 1177

# 2010 March

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
<b>1</b> *Watercolors w/Anita 10:30am-12:30pm Yoga/Tai Chi for Healing and Balance 1-2:15pm	<b>2</b> Not on the Floor Yoga 10:30-11:45am Mah Jongg (upon request) 12-2pm *4 Keys to Health 1-2pm *Coffee Talk/Young Adults Living with Cancer 6:30-8pm Noogieland 6:30-8pm Teen Tuesday 6:30-8pm	<b>3</b> Yoga w/Trena 11am-12pm *Parenting Through Cancer 12:30-2pm Yoga for Strength & Serenity 4:15-5:15pm Colon Cancer Networking 6:30-8pm Prostate Cancer Networking 6:30-8pm Art Class: Mixed Media 6:30-8pm	<b>4</b> *Black Task Force Openhouse 10am-8pm Gentle Yoga 1-2:15pm Poker Time 1-3pm *Parental Bereavement Group 6-7:30pm	<b>5</b> Tai Chi 11am-12pm Spring Forest Qigong 12:15-1:15pm	<b>6</b> Clubhouse Closed
<b>8</b> *Watercolors w/Anita 10:30-12:30pm Yoga/Tai Chi for Healing and Balance 1-2:15pm	<b>9</b> 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	<b>10</b> Yoga w/Trena 11am-12pm Living Life after Treatment 12:30-2pm *Parenting Through Cancer 12:30-2pm Guided Imagery Meditation 2-3pm *Networking Wednesday* Yoga for Strength & Serenity 4:15-5:15pm *Partners in Survival Workshop 6-8:30pm Art Class: Mixed Media 6:30-8pm	<b>11</b> Gentle Yoga 1-2:15pm Poker Time 1-3pm Red Door Tour 1pm *Parental Bereavement Group 6-7:30pm Entre Amigos 6:30-8pm	<b>12</b> Spring Forest Qigong 12:15-1:15pm	<b>13</b> Clubhouse Closed
<b>15</b> *Watercolors w/Anita 10:30am-12:30pm Calendar Mailing 11am Yoga/Tai Chi for Healing and Balance 1-3pm Crazy Quilting 1-3pm	<b>16</b> Not on the Floor Yoga 10:30-11:45am *St. Patrick's Day Potluck 12-2pm Writing Your Illness 2:30-3:30pm Noogieland 6:30-8pm Teen Tuesday 6:30-8pm Art Class: Mixed Media 6:30-8pm	<b>17</b> St. Patrick's Day Yoga w/Trena 11am-12pm *Parenting Through Cancer 12:30-2pm *Laugh Off! 6:30-8pm	<b>18</b> Gentle Yoga 1-2:15pm Poker Time 1-3pm Yoga for Strength & Serenity 4:15-5:15pm *Parental Bereavement Group 6-7:30pm Break: Cancer Networking 6:30-8pm	<b>19</b> Spring Forest Qigong 12:15-1:15pm	<b>20</b> First Day of Spring 10am-12pm Sisters Network 10:30am-1:30pm
<b>22</b> *Watercolors w/Anita 10:30am-12:30pm Yoga/Tai Chi for Healing and Balance 1-2:15pm	<b>23</b> 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 Art Class: Mixed Media 6:30-8pm	<b>24</b> Living Life after Treatment 12:30-2pm *Parenting Through Cancer 12:30-2pm Stress Reduction Workshop 2:30-4pm *Laugh Off! 6:30-8pm	<b>25</b> Toning w/Lyly 11am-12pm Gentle Yoga 1-2:15pm Poker Time 1-3pm Yoga for Strength & Serenity 4:15-5:15pm *Parental Bereavement Group 6-7:30pm	<b>26</b> Tai Chi 11am-12pm Spring Forest Qigong 12:15-1:15pm Black Task Force Fashion Show 5:00-9:00pm	<b>27</b> Clubhouse Closed
<b>29</b> *Watercolors w/Anita 10:30am-12:30pm Yoga/Tai Chi for Healing and Balance 1-2:15pm	<b>30</b> Not on the Floor Yoga 10:30-11:45am Mah Jongg (upon request) 12-2pm Noogieland 6:30-8pm Teen Tuesday 6:30-8pm Art Class: Mixed Media 6:30-8pm	<b>31</b> *Parenting Through Cancer 12:30-2pm Guided Imagery Meditation 2-3pm *Laugh Off! 6:30-8pm	<b>For Kids and Teens</b> Teon Tuesdays Teon Tuesdays is a get together for teenagers who's 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 Schechter at lisas@gildasclubnj.org		

**Watercolors w/Anita**  
 Mondays, March 1, 8, 15, 22, 29 / 10:30am-12:30pm  
 If you are interested in exploring watercolor painting please come over to the clubhouse and join Anita as she gives you some useful and helpful techniques to explore your inner artist. Please bring your own paper and supplies. Supplies are limited at the clubhouse. Seats are limited so please sign up at 201-457-1679 ext 110.

**4 Keys to Health**  
 Tuesday, March 2 / 1-2pm  
 This workshop is to help create an awareness of the 4 key requirements for optimal health. The presentation is to help define health and discuss the lifestyle habits that will help create balance. Please call 201-457-1670 ext 110 to sign up.

**Coffee Talk Young Adults Living/Cancer**  
 Tuesday, March 2 / 6:30-8pm  
 A monthly networking group for people in their 20's, 30's, or 40's who have been living with or recently diagnosed with cancer. Group is co-sponsored by the Young Survivors Coalition. Please call 201-457-1670 ext. 110 to sign up.

**BTF Openhouse**  
 Thursday, March 4 / 10am-8pm  
 The Black Task Force will host an all-day Open House for pastors, church staff, and leaders of ministries within the church. Please drop by the clubhouse any time between those hours for a Red Door tour to learn about the many programs that Gilda's Club NNJ offers. Light refreshments will be served. Please RSVP no later than March 1st, 201-457-1670 ext 110.

**Volunteer Corner**  
 Calendar Mailings  
 Calendar mailings, the calendar mailing will take place on March 15th at 11am. Please call the clubhouse if you are able to participate  
 Interested in Volunteering?  
 Please call Lisa at 201-457-1670 ext 113.  
 Interested in Joining the Fundraising Auxiliary or Have a Great Idea?  
 Please leave your ideas at the front desk or email: auspresident@gildasclubnj.org

**Pancreatic Cancer Networking**  
 Wednesday, March 10 / 3:30-5pm  
**St. Patrick's Day Potluck**  
 Tuesday, March 16 / 12-2pm  
 To help celebrate St. Patrick's Day bagpiper Brian Monteverdi will join us once again! Please bring the main dish and we will provide the dessert. Don't forget to wear green! Open to the public. To sign up please call 201-457-1670 ext 110.



## 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, PH&D 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