



This Month At A Glance

LECTURES

Finding Your Voice: Self-Advocacy with Medical Professionals

Speaker: Terin Izil
Tuesday, April 7
6-7:30pm

Introduction to Sound Meditation

Speaker: Leigh Evans
Tuesday, April 21
4:30-6pm

NEW WORKSHOPS

Tools for Self-Empowerment

Facilitators: Crystal Wei and Marcye Brown
Wednesday, April 15
6 - 8pm

Suminagashi Paper Marbling

Facilitator: Hayley Ferber, Two by Twelve
Tuesday, April 28
6:30 - 8pm

NOOGIELAND PROGRAM

Club Sparkle

Monday, April 13-Friday, April 17
9am-1pm

SPECIAL EVENT

Una celebración de nuestra comunidad latina

Tuesday, April 7
5:30-7:30pm

See back page for more details on lectures and workshops/ descripciones de talleres y lecturas al dorso de la pagina.



No one should face cancer alone.

CLUBHOUSE HOURS

Monday-Thursday: 9:00 A.M. - 8:00 P.M.

Friday: 9:00 A.M. - 4:30 P.M.

Saturdays: As Scheduled

(212) 647-9700 • www.gildasclubnyc.org

195 West Houston Street, New York, NY 10014

REMINDER:

PLEASE REGISTER ONLINE FOR ALL ACTIVITIES @ WWW.GILDASCLUBNYC.ORG/MEMBERPORTAL

TO CANCEL A RESERVATION PLEASE CALL 212-647-9700

WEATHER:

In case of inclement weather, please call ahead of time or check our Facebook page or website to see if scheduled activities are still being held. Generally, we follow suit with the NYC Public Schools.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reminder: If you have a cold or any contagious illness, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you feel better. Additionally, please be sensitive to individuals who have a heightened sense of smell due to treatment. Please avoid wearing cologne and perfume at Gilda's Club New York City. Thank you.</p>	<p>RESERVATION POLICY If we do not have the minimum number of reservations 48 hours prior to an activity, it will be cancelled. It's important to register for all activities so that we can best communicate any changes in our schedule. If you are unable to attend an activity, please cancel your reservation as soon as possible by calling 212-647-9700</p>	<p>1 11AM-1PM—Knitting Circle 6-7:30PM—Yoga: Refresh and Revitalize 6-8PM— Post-Treatment Group</p>	<p>2 10am-3pm—Zentangle (Please contact the Creative Center @646-465-5313 for reservations) 2-4PM—Rest & Restore 6-8PM—Living with Advanced or Metastatic Cancer Group 6-8PM—The Story You Tell Writing Workshop 6:30-7:30PM—Reiki and Soundwaves Meditation</p>	<p>3 12-1PM—Vinyasa Yoga</p>
<p>6 6:30-8PM— The John Lennon Real Love Project: A Songwriting Workshop</p>	<p>7 11AM-12:30PM—Gentle Yoga 12:30-2PM—Mujeres Unidas Grupo 3-4PM—Pilates Mat 6-7:30PM—Lecture: Finding Your Voice: Self-Advocacy with Medical Professionals 6:30-8PM— Writing Your Own Personal Essay</p>	<p>8 10-11AM—Gentle Yoga 11AM-1PM—Crochet Circle 1-2:30PM—Living with Loss Group 6-7:30PM—Living with Gynecological Cancer Group 6-7:30PM—Yoga: Refresh and Revitalize</p>	<p>9 1:30-3PM— Breathe & Release: An Introduction to Conscious Connected Breathwork 4-5PM—Laughter Yoga 4-5PM—Movement Meditation 6-7:30PM—Young Adult Bereavement Group 6:30-7:30PM—Zumba 6:30-8PM—Art Projects</p>	<p>10</p>
<p>13 9AM-1PM—Club Sparkle *Registration Required 4-5PM—Moving For Life: Gentle Aerobics 6-7:30PM—Comedy Writing 6:30-7:30PM—Vinyasa Yoga 6-8PM—Living with Prostate Cancer Group</p>	<p>14 9AM-1PM—Club Sparkle *Registration Required 2-3:30PM—Wellness Group 3-4PM—Seated Yoga 6:30-8PM—Aikido 6:30-8PM— Writing Your Own Personal Essay</p>	<p>15 9AM-1PM—Club Sparkle *Registration Required 11AM-1PM—Knitting Circle 1-2:30PM— Post-Treatment Group 4-5:30PM—New! Circle Of Om 4:45-5:45PM—Walking Qigong 6-7:30PM—Yoga: Refresh and Revitalize 6-8PM—Living with Loss Group 6-8PM—New! Tools for Self-Empowerment</p>	<p>16 9AM-1PM—Club Sparkle *Registration Required 5:30-7:30PM—Una celebración de nuestra comunidad latina 6-7:30PM—Caregiver Support Group 6-7:30PM—Young Adults Living with Cancer Group 6-8PM—Screen Writing</p>	<p>17 9AM-1PM—Club Sparkle *Registration Required</p>
<p>20 3-4:30PM—Meditation as the Still Point 4-5PM—Moving For Life: Gentle Aerobics 6:30-7:30PM— Healing Sound Meditation and Sonic Attunement</p>	<p>21 11AM-12:30PM—Gentle Yoga 3-4PM—Pilates Mat 4:30-5:30PM—New! Qi Gong 4:30-6PM—Lecture: Introduction to Sound Meditation 6:30-8PM— Writing Your Own Personal Essay</p>	<p>22 3-5PM—1-Minute Relief from Stress 11AM-1PM—Knitting Circle 6-7:30PM— Yoga: Refresh and Revitalize</p>	<p>23 4-5PM—Movement Meditation 6-8PM—Living with Blood Cancer Group</p>	<p>24</p>
<p>27 4-5PM—Moving For Life: Gentle Aerobics 6-7:30PM— Discover Essentrics® with Betty</p>	<p>28 11AM-12:30PM—Gentle Yoga 3-4PM—Seated Yoga 6:30-7:30PM—New! Flow & Restore 6:30-8PM— New! Suminagashi Paper Marbling</p>	<p>29 11AM-1PM—Knitting Circle 6-7:30PM— Yoga: Refresh and Revitalize</p>	<p>30 6-7:30PM—Origami for Everyone</p>	

Monthly Groups

Caregiver Support Group

Thursday, April 16

6 – 7:30pm

Facilitator: Jamie Shapiro, LCSW

Living with Advanced or Metastatic Cancer

Thursday, April 2

6– 8pm

Facilitator: Haley Feldman, LCSW

Living with Blood Cancer

Thursday, April 23

6 – 8pm

Facilitator: Jilian Levinson, LCSW

Living with Gynecological Cancer

Wednesday, April 8

6 – 7:30pm

Facilitator: Awilda Torres, PhD, LMHC

Living with Loss

Wednesday, April 8

1 – 2:30pm

Facilitator: Christine Nolin, LCSW

Wednesday, April 15

6 – 8pm

Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer

Monday, April 13

6 – 8pm

Facilitator: Andrew Hearn, LMSW

Mujeres Unidas Grupo de Apoyo

martes, el 7 abril

12:30– 2pm

Facilitadora: Haley Feldman, LCSW

Post-Treatment Group

Wednesday, April 1

6 – 8pm

Facilitator: Dena Kaliades, LMSW

Wednesday, April 15

1– 2:30pm

Facilitator: Dena Kaliades, LMSW

Wellness Group

Tuesday, April 14

2 – 3:30pm

Facilitator: Haley Feldman, LCSW

Young Adult Bereavement

Thursday, April 9

6 – 7:30pm

Facilitator: Darren Arthur, MSW, LCSW, OSW-C

Young Adults Living with Cancer

Thursday, April 16

6 – 7:30pm

Facilitator: Darren Arthur, MSW, LCSW, OSW-C

Weekly Groups

In order to participate in a support group, please call (212)-647-9700 for more information.

Wellness Groups: are weekly support groups for individuals diagnosed with cancer.

Family Groups: are weekly support groups for family members and friends who have been impacted by cancer.

Bereavement Groups: are weekly support groups for individuals who are grieving the death of a loved one to cancer.

Noogie Night & Teens Connect: are support groups for children and teens touched by cancer.

Monday

4:30 – 6pm Teens Connect*

6 – 8pm Bereavement Group*

6– 8pm Bereavement Group*

Tuesday

6 – 8pm Family & Friends Group*

6 – 8pm Wellness Group *

6 – 8pm Wellness Group *

6 – 8pm Bereavement Group*

Wednesday

10 – 11:30am Spanish Wellness Group: Uptown

11:30am – 1pm Wellness Group: East Flatbush,

Brooklyn

1 – 3pm Wellness Group*

6 – 8pm Family & Friends Group*

6 – 8pm Wellness Group*

6 – 8pm Wellness Group*

6 – 8pm Noogie Night

(Family & Friends)*

Thursday

6 – 8pm Bereavement Group*

6 – 8pm Noogie Night (Bereavement)*

*GCNYC CLUBHOUSE

Lectures

Finding Your Voice: Self-Advocacy with Medical Professionals

Tuesday, April 7, 2020; 6-7:30pm

Speaker: Terin Izil

Your voice can be one of the most powerful tools in your treatment. Yet oftentimes, we keep quiet even when we have questions, don't understand medical jargon, or want a second opinion. In this lecture, you'll learn to overcome the beliefs that keep us quiet so you can create the support you need from your medical team.

Introduction to Sound Meditation

Tuesday, April 21, 2020; 4:30-6pm

Speaker: Leigh Evans

Sound meditation is a practice that allows us to experience inner calm and deep relaxation. In this lecture demonstration, Leigh will combine simple breathing exercises along with singing bowls, chimes and other calming vibratory sounds to help bring attendees into a meditative state. This lecture will allow you to learn more and experience the relaxing benefits of sound.

Special Event

Una celebración de nuestra comunidad latina

jueves, 16 de abril del 2020; 5:30–7:30pm

Gilda's Club NYC y Latina SHARE te invitan a una fiesta muy especial para celebrar la comunidad latina impactada por cáncer. Habrá un panel de sobrevivientes, música, y un pequeño refrigerio.

Para más información y registración, llame al (212) 647-9700.

Body Movement Workshops

Aikido
Tuesday, April 14
6:30 – 8pm
 Facilitator: Glen Matsuda

Circle of Om: Flow & Release
Wednesday, April 15
4 – 5:30pm
 Facilitator: Sharyn Hahn

Discover Essentrics® with Betty
Monday, April 27
6 – 7:30pm
 Facilitator: Betty Ng

New! Flow & Restore
Tuesday, April 28
6:30 – 7:30pm
 Facilitator: Laura Adelson

Gentle Yoga
Tuesday, April 7
11am– 12:30pm
 Facilitator: Tracy Anderson
Wednesday, April 8
10– 11am
 Facilitator: Becca Pulliam
Tuesday, April 21
11am– 12:30pm
 Facilitator: Sabrina Maschi
Tuesday, April 28
11am– 12:30pm
 Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics
Monday, April 13, 20, 27
4– 5pm
 Facilitator: Caroline King

Pilates Mat
Tuesday, April 7, 21
3 – 4pm
 Facilitator: Miranda Stevens

New! Qi Gong
Tuesday, April 21
4:30 – 5:30pm
 Facilitator: Kelly McDonald

Rest & Restore
Thursday, April 2
2 – 4pm
 Facilitator: Maisah Hargett

Seated Yoga
Tuesday, April 14, 28
3 – 4pm
 Facilitator: Hillary Helmling

Vinyasa Yoga
Monday, April 13
6:30 – 7:30pm
 Facilitator: Rachel Darivoff
Friday, April 3
12– 1pm
 Facilitator: Mary Butler-Fink

Walking Qigong
Wednesday, April 15
4:45 – 5:45pm
 Facilitator: Brenda Wyetzner

Yoga: Refresh & Revitalize
Wednesdays in April
6 – 7:30pm
 Facilitator: Diane Cimine, RYT

Zumba
Thursday, April 9
6:30 – 7:30pm
 Facilitator: Evie Aronson

Stress Reduction Workshops

1-Minute Releif from Stress
Wednesday, April 22
3 – 5pm
 Facilitator: Scott Weiner

Breathe and Release: An Introduction to Conscious Connected Breathwork
Thursday, April 9
1:30– 3pm
 Facilitator: Catherine Man

Healing Sound Meditation and Sonic Attunement
Monday, April 20
6:30– 7:30pm
 Facilitator: Chris Boutin

Laughter Yoga
Thursday, April 9
4 – 5pm
 Facilitator: Francine Shore

Meditation as The Still Point
Monday, April 20 (New Day)
3 – 4:30pm
 Facilitator: Joe Raiola

Movement Meditation
Thursday, April 9, 23
4 – 5pm
 Facilitator: Hillary Helmling

Reiki and Soundwaves Meditation
Thursday, April 2
6:30 – 7:30pm
 Facilitator: Mei Leung

New! Tools for Self-Empowerment
Wednesday, April 15
6 – 8pm
 Facilitators: Crystal Wei and Marcye Brown

This workshop will lead attendees through guided activities that will provide tools to help empower you during life's challenges. Come and reconnect with your essential self and discover how to access personal power.

Creative Expressions Workshops

Art Projects
Thursday, April 9
6:30 – 8pm
 Facilitator: Judy Tulin

Comedy Writing
Monday, April 13
6 – 7:30pm
 Facilitator: David LaBarca

Crochet Circle
Wednesday, April 8
11am – 1pm
 Facilitator: Jennifer Tichenor

Knitting Circle
Wednesday, April 1, 15, 22, 29
11am – 1pm
 Facilitator: Barbara Glassman
Origami for Everyone
Thursday, April 30
6 – 7:30pm
 Facilitator: Jenny Woodward

Screen Writing
Thursday, April 16
6 – 8pm
 Facilitator: Jessica Kaplan

New! Suminagashi Paper Marbling
Tuesday, April 28
6:30 – 8pm
 Facilitator: Hayley Ferber, Two by Twelve

Learn the Japanese process of Suminagashi paper marbling, the art of floating ink on paper. Surrender control and watch as the color dances on water and embeds itself into the paper for a surprising and unpredictable result.

The John Lennon Real Love Project: A Songwriting Workshop
Monday, April 6
6:30 – 8pm
 Facilitators: Pete and Maura Kennedy

The Story You Tell Writing Workshop
Thursday, April 2
6 – 8pm
 Facilitators: Rochelle Goldstein & Calvin Henry

Writing Your Own Personal Essay
Monday, April 7, 14, 21
6:30 – 8pm
 Facilitator: John Ficarra

Zentangle*
Thursday, April 2
10am-3pm
Facilitator: The Creative Center

*Please contact The Creative Center at 646-465-5313 for reservations and more information.

Noogieland & Teen Programs

Gilda's Study Corner
Wednesdays & Thursdays
5 – 5:50pm
 Facilitator: Michele Halusic, LCSW-R

Club Sparkle
Monday, April 13-Friday, April 17
9am – 1pm

Club Sparkle is a special program for kids to have fun, make friends and be with other children who have been touched by cancer. The program is open to children between the ages of 5-12 years old. Space is limited.

Please contact Michele Halusic for more information at 212-647-9700 ext. 238 or mhalusic@gildasclubnyc.org.