



## This Month *At A Glance*

### Lectures

**What You Need to Know About Long-Term Care Planning**  
Thursday, February 11  
6:30pm – 8:00pm

**21 Tips & Techniques For Enhancing Your Energy**  
Wednesday, February 17  
6:00pm – 7:30pm

**Lung Cancer: Dispelling Myths, Dispensing Facts - It's Not Just About Smoking**  
Tuesday, February 23  
6:00pm – 7:30pm

### Special Events

**Teen Networking Open House**  
Thursday, February 11  
6:00pm – 7:30pm

Teens, we need your help! Join other teens for an informative open house about Gilda's Club NYC and our new Teen Time program. Learn about the various ways to get involved at Gilda's Club including meeting and connecting with other teens touched by cancer, organizing annual community events such as Noogiefest (our Halloween party), spreading the word about our cancer support program, and helping to build our children's program! A tour of the Clubhouse will be provided and Refreshments will be served. Please RSVP by **Monday, February 8** at (212) 647-9700.

**Remembrance Gathering**  
Friday, February 19  
6:00pm – 7:30pm

## GILDA'S CLUB NEW YORK CITY

Creates welcoming communities of free support for everyone living with cancer – men, women, teens and children – along with their families and friends. Our innovative program is an essential complement to medical care, providing networking and support groups, workshops, lectures and social activities, all **free of charge**.

**Hours: Monday – Thursday: 9:00 A.M. – 8:30 P.M.**  
**Friday: 9:00 A.M. – 5:00 P.M.**  
**Saturday: As Scheduled**

**(212) 647-9700 • [www.gildasclubnyc.org](http://www.gildasclubnyc.org)**  
**195 West Houston Street, New York, NY 10014**

Dear Members,

## HAPPY VALENTINE'S DAY!



**GCNYC is a special community of friends that provide hope, strength, wisdom and courage all year round. This month, especially in honor of Valentine's Day, we want to express our heartfelt gratitude for your unwavering commitment to building a caring community.**

Lily Safani  
CEO

Migdalia Torres  
Program Director

To receive the monthly calendar by email, go to [calendar@gildasclubnyc.org](mailto:calendar@gildasclubnyc.org) and provide us your email address.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b></p> <p>11am-12pm Restorative Yoga 3:30-5:00pm Gentle Aerobics 6-8pm Creative Writing 6-7:30pm Music For Life: Music Imagery 6:30-7:30pm Chi Gong</p>	<p><b>2</b></p> <p>11am-12:30pm Gentle Yoga 6-8pm Open Art Studio</p>	<p><b>3</b></p> <p>11am-12pm Feldenkrais for EveryBody 6-7:30pm Yoga: Refresh and Revitalize 6-7:30pm Life After Death of a Partner NWG</p>	<p><b>4</b></p> <p>4:30-6pm Crochet Circle 6-7:30pm Life After Cancer NWG 6-7:30pm Life After Death of a Parent NWG</p>	<p><b>5</b></p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b></p> <p>3:30-5pm Gentle Aerobics 6-7:30pm Music For Life: Drum Circle 6:30-7:30pm Chi Gong 6-8pm Creative Writing</p>	<p><b>9</b></p> <p>11am-12:30pm Gentle Yoga 6-8pm Art Projects</p>	<p><b>10</b></p> <p>11am-12pm Feldenkrais for EveryBody 6-7:30pm Yoga Refresh and Revitalize</p>	<p><b>11</b></p> <p>6-7:30pm Teen Networking Open House 6:30-8pm Lecture: What You Need to Know About Long-Term Care Planning</p>	<p><b>12</b></p> <p>12-1:30pm Gourmet Fitness</p>	<p><b>13</b></p> <p>11am-1pm Open Art Studio 12:30-2:30pm Stress-Less For Life 1-2:30pm Writer Within</p>
<p><b>14</b></p>	<p><b>15</b></p> <p><b>CLUBHOUSE CLOSED IN OBSERVANCE OF PRESIDENTS DAY</b></p>	<p><b>16</b></p> <p>11am-12:30pm Gentle Yoga 2-3:30pm Life Writing 6-8pm Open Art Studio</p>	<p><b>17</b></p> <p>11am-12pm Feldenkrais for Everybody 2-3:30pm Poetry: An Introduction 6-7:30pm Lecture: 21 Tips &amp; Techniques for Enhancing Your Energy 6-7:30pm Yoga: Refresh and Revitalize 6-7:30pm Breast Cancer NWG</p>	<p><b>18</b></p> <p>4:30-6pm Crochet Circle 6-7pm Laughter Yoga</p>	<p><b>19</b></p> <p>11-12pm Meditation 6-7:30pm Remembrance Gathering</p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p> <p>3:30-5pm Gentle Aerobics 6-7:30pm Teen Time! Networking Group 6:30-7:30pm Chi Gong 6-8pm Creative Writing 6-8pm Life After Death of a Partner NWG</p>	<p><b>23</b></p> <p>11am-12:30pm Gentle Yoga 2-3:30pm Life Writing 6-7:30pm Lecture: Lung Cancer: Dispelling Myths, Dispensing Facts - It's Not Just About Smoking 6-8pm Art Projects</p>	<p><b>24</b></p> <p>11am-12pm Feldenkrais for Everybody 2-3:30pm Poetry: An Introduction 6-7:30pm Yoga: Refresh and Revitalize</p>	<p><b>25</b></p> <p>6-7:30pm Young Adult NWG 7-8pm Cherub Improv</p>	<p><b>26</b></p>	<p><b>27</b></p>
<p><b>28</b></p>	<div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center;"><b>Reservation Policy</b></p> <p>If we do not have the minimum number of reservations 48 hours prior to an activity, it will be canceled. If you decide to attend an activity at the last minute, please call ahead to ensure availability. Reservations should be made with the receptionist at 212-647-9700.</p> </div>			<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>		



# Workshops

## Body Movement *Workshops*

### Chi Gong

Monday, February 1, 8, 22  
6:30pm – 7:30pm  
Facilitator: Ken Gray

### Feldenkrais For EveryBody

Wednesdays in February  
11:00am – 12:00pm  
Facilitators: Diane Deneroff & Marilyn Bakun

### Gentle Aerobics

Monday, February 1, 8, 22  
3:30pm – 5:00pm  
Facilitator: Catherine Gross

### Gentle Yoga

Tuesday, February 2, 16  
11:00am – 12:30pm  
Facilitator: Leah Thomas

### Gentle Yoga *Continued*

Tuesday, February 9  
11:00am – 12:30pm  
Facilitator: Salvador Martinez

### Tuesday, February 23

11:00am – 12:30pm  
Facilitator: Tamara Dobrow

### Gourmet Fitness

Friday, February 12  
12:00pm – 1:30pm  
Facilitator: Michelle Risa

### Restorative Yoga

Monday, February 1  
11:00am – 12:00pm  
Facilitator: Christy Allen

### Yoga Refresh & Revitalize

Wednesdays in February  
6:00pm – 7:30pm  
Facilitator: Diane Cimine, RYT

## Stress Reduction *Workshops*

### Laughter Yoga

Thursday, February 18  
6:00pm – 7:00pm  
Facilitator: Francine Shore

### Meditation

Friday, February 19  
11:00am – 12:00pm  
Facilitator: Sister Sabita

### Music For Life: Imagery & Music

Monday, February 1  
6:00pm – 7:30pm

### Music For Life: Drum Circle

Monday, February 8  
6:00pm – 7:30pm  
Facilitators: Kate Beever & Candia Bouziota

### Stress-Less For Life

Saturday, February 13  
12:30pm – 2:30pm  
Facilitator: Scott Weiner,  
Certified Hypnotist

## Creative Expressions *Workshops*

### Art Projects

Tuesday, February 9, 23  
6:00pm – 8:00pm  
Facilitator: Judy Tulin

### Cherub Improv

Thursday, February 25  
7:00pm – 8:00pm  
Facilitator: Jonathan Goldberg

### Creative Writing

Monday, February 1, 8, 22  
6:00pm – 8:00pm  
Facilitator: Columbia Artists & Teachers

### Crochet Circle

Thursday, February 4, 18  
4:30pm – 6:00pm  
Facilitator: Michelle Marte

### New! Life Writing: Writing from the heart

Tuesday, February 16, 23  
2:00pm – 3:30pm  
Facilitator: Patricia Grodd

Writing is the oldest and most widely used form of self expression. Through the use of both journaling and memoir writing, we explore our thoughts and feelings to discover ourselves. In a supportive workshop we help and encourage one another on this transformative journey.

No writing skills are necessary.

### New! Poetry: An Introduction

Wednesday, February 17, 24  
2:00pm – 3:30pm  
Facilitator: Patricia Grodd

A poet once said, "Poetry is just one person talking to another". Together we will explore how poetry can equip us imaginatively and emotionally to face the joys and challenges of our lives. This workshop is a continuation of POETRY 101. We will review poems starting from just before the turn of the century onward into modern poetry. Open to all, no experience is necessary or expected.

### Open Art Studio

Tuesday, February 2, 16  
6:00pm – 8:00pm  
Saturday, February 13  
11:00am – 1:00pm  
Facilitator: Peer-Led  
Limited to 12 Members

### Writer Within

Saturday, February 13  
1:00pm – 2:30pm  
Facilitator: Lynda Aron



# Networking Groups And Lectures

## Networking Groups

### Breast Cancer NWG

Wednesday, February 17

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim,  
LMSW

### Complementary Treatments NWG-Lecture

Wednesday, February 17

6:00pm – 7:30pm

Facilitator: Migdalia Torres,  
LCSW-R

### Life After Cancer NWG

Thursday, February 4

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim,  
LMSW

### Life After Death of a Parent NWG

Thursday, February 4

6:00pm – 7:30pm

Facilitator: Allie Gubin, SWI

### Life After Death of a Partner NWG

Wednesday, February 3

6:00pm – 7:30pm

Facilitator: Ida Dancyger, Ph.D

Monday, February 22

6:00pm – 7:30pm

Facilitator: Allie Gubin, SWI

### Lung Cancer NWG-LECTURE

Sponsored by OSI Pharmaceuticals Foundation.

Tuesday, February 23

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim,  
LMSW

### Teen Time Networking Group

Thursday, February 22

6:00pm – 7:30pm

Facilitator: Allie Gubin, SWI

### Young Adult NWG

Thursday, February 25

6:00pm – 7:30pm

Facilitator: Allie Gubin, SWI

## Lectures

### What you Need to Know About Long-Term Care Planning

Thursday, February 11 6:30pm – 8:00pm

Facilitator: Vivian Gallo

Many individuals impacted by cancer are unsure if they are eligible to purchase long term health care insurance. Vivian Gallo will present the criteria for eligibility as well as where this insurance is provided, Medicare and Medicaid's role and the New York State partnership.

### 21 Tips & Techniques for Enhancing Your Energy

Wednesday, February 17 6:00pm – 7:30pm

Speaker: Marcey Needel, LCSW, CHHC, AADP  
Senior Program Manager, GCNYC

Join us for a light-hearted and informative approach to exploring our relationship with energy. We will discuss ways in which our energy becomes depleted and simple techniques we can use to increase our energy. You'll have an opportunity to create a plan that will assist you in integrating these tips and techniques into your daily routine.

### Lung Cancer: Dispelling Myths, Dispensing Facts - It's Not Just About Smoking

(Sponsored by OSI Pharmaceuticals Foundation)

Tuesday, February 23 6:00pm – 7:30pm

Facilitator: Susan Levin

Please join us for an interactive forum addressing the stigma so often associated with a lung cancer diagnosis, which relates to smoking. This lecture will provide an opportunity for you to learn the causes of lung cancer and to share your own experience.

## Special Events

### Remembrance Gathering

Friday, February 19 6:00pm – 7:30pm

Please join the Gilda's Club Community as we commemorate our members and their loved ones who have died of cancer. Music will be performed by the students of the Juilliard School.

### Reservation Policy

If we do not have the minimum number of reservations 48 hours prior to an activity, it will be canceled. If you decide to attend an activity at the last minute, please call ahead to ensure availability. Reservations should be made with the receptionist at 212-647-9700.