GILDA’S CLUB NEW YORK CITY MISSION:
To support, educate, and empower cancer patients and their families. Our free comprehensive cancer program includes support groups, educational lectures, workshops and social events for everyone impacted by cancer – men, women, teens, and children.

Hours: Monday-Thursday: 9:00 A.M. – 8:30 P.M.
Friday: 9:00 A.M. – 4:30 P.M.
Saturdays: As Scheduled
(212) 647–9700 • www.gildasclubnyc.org

This Month At A Glance

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<th>LECTURE</th>
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<td>Living with Grief: Helping Children and Teens Cope with Loss</td>
<td>Memory Bash</td>
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<tr>
<td>Monday, December 5</td>
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SOCIAL EVENTS
Juilliard Music Performance
Thursday, December 15
6:00pm – 7:00pm

Winter Wonderland
Friday, December 9
5:30pm – 7:30pm

Please join us for our 21st Annual Winter Wonderland Celebration a chance to enjoy the beauty of this season with friends and family.

Festivities include dinner, a performance by the Peace of Heart Choir and lots of fun!

Call to RSVP: (212) 647-9700

**Please let us know how many guests will be joining you, especially if you are bringing children.**

SAVE THE DATE:
New Year’s Celebration
Friday, January 27, 2017; 5:30pm – 7:30pm

Thank you to our sponsors for their generosity and support of our program:

NYC Department of Health
Kings County
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>RESERVATION POLICY</strong></td>
<td>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.</td>
<td>5:50-6:30pm</td>
<td>Gilda’s Study Corner</td>
<td>12:30-2pm Holiday Origami</td>
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<tr>
<td>3:45-5pm</td>
<td>Moving For Life</td>
<td>Gentle Yoga</td>
<td>5:5-5:50pm 6-8pm</td>
<td>2:30-3:30pm New! Tai Chi</td>
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<td>4:30-6pm</td>
<td>Teens Connect</td>
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<td>4:5pm Letting Go Through Laughter Yoga</td>
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<tr>
<td>6-7:30pm</td>
<td>Lecture: Living with Grief</td>
<td>Wreath Decorating</td>
<td>5:5-5:50pm 6-7:30pm</td>
<td>Gilda’s Study Corner</td>
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<td>6:30-7:30pm</td>
<td>Stand-Up Comedy</td>
<td>Chi Gong</td>
<td>6-7:30pm</td>
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<td>New! Open Level Yoga</td>
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<td>6-7:30pm</td>
<td>Caregivers Support Group</td>
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<td>6:30-8pm</td>
<td>FORCE-NYC-</td>
<td>Gilda’s Study Corner</td>
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<td>Young Adult Bereavement Group</td>
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<td>6:30-8pm</td>
<td>Networking Event</td>
<td>Yoga: R &amp; R</td>
<td>6-8pm</td>
<td>Reiki</td>
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<td>11am-12:30pm</td>
<td>Gentle Yoga</td>
<td>Gilda’s Study Corner</td>
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<td>The Story You Tell Writing Workshop</td>
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<td>5-5:50pm</td>
<td>Movement Meditation</td>
<td>Yoga: R &amp; R</td>
<td>6-8pm</td>
<td>Clubhouse Closes @ 12pm</td>
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<td>6-8pm</td>
<td>Gilda’s Study Corner</td>
<td>Yoga: R &amp; R</td>
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<td>CLUBHOUSE CLOSED</td>
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<td>6:30-7:30pm</td>
<td>Chi Gong</td>
<td>Gilda’s Study Corner</td>
<td>6-8pm</td>
<td>CLUBHOUSE CLOSED</td>
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<td>3-4pm</td>
<td>Living with Prostate Cancer Group</td>
<td>Gilda’s Study Corner</td>
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<td>Writing Workshop</td>
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GILDA’S CLUB NEW YORK CITY

Lectures are open to non-members, all other activities require membership.

December 2016

Monthly Groups

Amigos Unidos
martes, 20 de diciembre
Charla: El Cáncer y la Depresión
12:00pm – 2:00pm
Facilitator: Fran Castellanos-Ross, LMSW

Caregivers Support Group
Thursday, December 8
6:00pm – 7:30pm
Facilitator: Jenna North, LMSW

Living with Advanced or Metastatic Cancer
Thursday, December 1
6:00pm – 7:30pm
Facilitator: Roxanne Buskin, LMSW

Living with Blood Cancer
Thursday, December 22
6:00pm – 7:30pm
Facilitator: Haydee Bulos, LMSW

Living with Gynecological Cancer
Wednesday, December 14
6:00pm – 7:30pm
Facilitator: Awilda Torres, PhD, LMHC

Living with Loss
Wednesday, December 14
1:00pm – 2:30pm
Facilitator: Christine Nolin, LCSW

Monday, December 19
6:00pm – 7:30pm
Facilitator: Michele Halusic, LCSW-R

Wednesday, December 14
Park Slope, Brooklyn
6:30pm – 8:30pm
Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer
Monday, December 12
6:00pm – 7:30pm
Facilitator: Ben Weinstock, LMSW

Post-Treatment
Thursday, December 1
6:00pm – 8:00pm
Facilitator: Emily Riordan, LMSW

Thursday, December 8
11:00am – 1:00pm
Facilitator: Migdalia Torres, LCSW-R

Young Adult Bereavement
Thursday, December 8
6:00pm – 7:30pm
Facilitator: Darren Arthur, MSW, LCSW, OSW-C

Young Adults Living with Cancer
Thursday, December 15
6:00pm – 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
9 – 10:30am Spanish Breast Cancer Group:
Eastchester, Bronx
4:30 – 6pm Teens Connect*
6 – 8pm Bereavement Group*
6:30 – 8:30pm Bereavement Group*
6:30 – 8:30pm Family & Friends Group*

Tuesday
10 – 11:30am Wellness Group: Bronx
6 – 8pm Family & Friends Group*
6 – 8pm Wellness Group *
6 – 8pm Wellness Group *
6 – 8pm Bereavement Group*
6 – 8pm Bereavement Group*
6 – 8pm Bereavement Group*
6 – 8pm Noogie Night (Family & Friends)*

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 Bereavement Group*
6 – 8pm Bereavement Group*
6 – 8pm Bereavement Group*
6 – 8pm Noogie Night (Family & Friends)*

Thursday
2 – 4pm Wellness Group*
6 – 8pm Bereavement Group*
6 – 8pm Noogie Night (Bereavement)*

*GCNYC CLUBHOUSE

Lectures

Living with Grief: Helping Children & Teens Cope with Loss
Monday, December 5; 6:00-7:30pm
Speaker: Maria Georgopoulos, LMHC, FT, Calvary Hospital/Hospice

This lecture will explore the many facets of youth and adolescent grief. The facilitator will provide a modern perspective on death, including a review on how the understanding of death depends on age and development. Dimensions and principles of childhood grief will be discussed including the importance of teachable moments, grief psychological tasks and appropriate interventions. This lecture is open to adults facing anticipatory loss, bereft family members, and professionals working with those impacted by grief.

Social Events

Winter Wonderland Celebration!
Friday, December 9; 5:30-7:30pm
Please join us for our 21st Annual Winter Wonderland Celebration.

Juilliard Music Performance
Thursday, December 15; 6:00– 7:00pm
Please join us for an evening of beautiful music from the talented students of the Juilliard School.

Special Events

Memory Bash
Thursday, December 1; 6:00 – 7:30pm
Join celebrated author and award-winning CNN journalist Allison Gilbert in conversation with Gilda's Club CEO Lily Safani, followed by an interactive Memory Bash! It's a joyful group activity Allison writes about in her latest book, Passed and Present— an excuse to celebrate loved ones who have passed away, in the company of others drawn to do the same.

FORCE NYC: Facing Our Risk of Cancer Empowered (Hereditary Breast & Ovarian Cancer)
Topic: Preparing for an Oophorectomy and Coping with Medical Menopause
Monday, December 5; 6:30-8:00pm
Facilitator: Jane Herman

Join us for a discussion about how you can prepare for an oophorectomy (surgical removal of the ovaries) and how you may be affected by medical menopause following the surgery. This networking meeting is for women only.
Body Movement Workshops

Aikido
Monday, December 19
6 – 8pm
Facilitator: Glen Matsuda

Belly Dancing
Thursday, December 22
6 – 7pm
Facilitator: Lauren Sher Budabin

Chi Gong
Tuesday, December 6, 13, 20
6:30– 7:30pm
Facilitator: Ken Gray

Gentle Yoga
Tuesday, December 6
11:00am – 12:30pm
Facilitator: Salvador Martinez
Tuesday, December 13
11:00am – 12:30pm
Facilitator: Livvie Mann
Tuesday, December 20
11:00am – 12:30pm
Facilitator: Liz Dalton

Moving For Life
Monday, December 5, 12, 19
3:45pm – 5pm
Facilitator: Caroline King

New! Tai Chi
Friday, December 2
2:30 – 3:30pm
Facilitator: Master Longfei Yang
Tai Chi is an ancient Chinese tradition that today is practiced as a graceful form of exercise. It involves a series of movements performed in a slow focused manner; accompanied by deep breathing to assist in rebalancing the body.

Yoga: Refresh & Revitalize
Wednesday, December 7, 14, 21
6 – 7:30pm
Facilitator: Diane Cimine, RYT

Zumba
Monday, December 19
6 – 7pm
Facilitator: Evie Aronson

Stress Reduction Workshops

1-Minute Relief from Stress
Wednesday, December 21
3 – 5pm
Facilitator: Scott Weiner

Balancing Your Mood Through Hypnosis
Thursday, December 15
6 – 7:30pm
Facilitator: Alexander Ivlev

Feeling Joyful
Monday, December 12
6 – 8pm
Facilitator: Deena Kolbert

New! Imagine Peace, Practice Peace: Meditation as the Still Point
Wednesday, December 7
3 – 5pm
Facilitator: Konrad Ryushin Marchaj

Letting Go Through Laughter Yoga
Thursday, December 15
4 – 5pm
Facilitator: Francine Shore

New! Open Level Yoga
Monday, December 5
6:30 – 7:30pm
Facilitator: Rachel Darivoff

This yoga class is appropriate for all levels of yoga students; with plenty of options for how to modify postures in a way that works for you and your practice. Whether you want a bit of a challenge or something more gentle, there is something for everyone. Led with music, you’ll leave feeling energized and restored.

Movement Meditation
Tuesday, December 13
3 – 4pm
Thursday, December 8, 22
5 – 6pm
Facilitator: Hillary Helmling

Reiki
Tuesday, December 6, 20
Thursday, December 8, 15
6 – 8pm
Facilitator: Jill Wachter & Friends

Creative Expressions Workshops

Art Projects
Thursday, December 1
6:30– 8pm
Facilitator: Judy Tulin

Holiday Origami
Friday, December 2
12:30pm – 2pm
Facilitator: Emily Riordan, LMSW
Tis the season to learn the Japanese art form of paper folding known as Origami. In this class we will focus on creating pieces that will brighten your homes for the holidays.

Needle Pulling Thread
Monday, December 12
6 – 8pm
Facilitator: Jill Heller

Stand Up Comedy
Monday, December 5
6– 7:30pm
Facilitator: David LaBarca

The Story You Tell- Writing Workshop
Thursday, December 8
6 – 8pm
Tuesday, December 20
6 – 8pm
Facilitators: Avia Tadmor, Elizabeth Koster & Marcus Creaghan

New! Tai Chi
Friday, December 2
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Gilda's Study Corner
Tuesday, Wednesday and Thursday (except the week of 12/26-12/29)
5 – 5:50pm
Facilitator: Michele Halusic, LCSW-R
*Please call Michele Halusic @ 212-647-9700. Ext. 243 for more information.

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Thursday, December 8
6 – 8pm
Tuesday, December 20
6 – 8pm
Facilitators: Avia Tadmor, Elizabeth Koster & Marcus Creaghan

Wreath Decorating
Tuesday, December 6
6 – 8pm
Facilitator: The New York Junior League
Join the New York Junior League for a fun night of wreath decorating! Prepare for the upcoming winter holiday season by decorating wreaths with ribbons, bows, glitter, pine cones, and lots of other fun items. Whether you’re going for quirky or sophisticated, you’ll have all the materials you need to succeed - get as creative as you’d like! All materials provided, and you’ll be able to leave with a beautiful decoration for your wall or doorway.

Noogieland Program

Gilda’s Study Corner
Tuesday, Wednesday and Thursday (except the week of 12/26-12/29)
5 – 5:50pm
Facilitator: Michele Halusic, LCSW-R
*Please call Michele Halusic @ 212-647-9700. Ext. 243 for more information.

Teen Program

Teens Connect
Monday, December 5, 12, 19
4:30 – 6pm
Facilitator: Michele Halusic, LCSW-R

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