



This Month *At A Glance*

Lectures

**Introduction to Jin Shin Jyutsu®
Self-Help**

Thursday, July 9

6:00pm - 7:30pm

Speaker: Teri Meissner

"Oh, How SWEET It Is!"

Thursday, July 16

6:00pm - 8:00pm

Speaker: Marcey Needel, LCSW,
Holistic Health Counselor
Sr. Program Manager,
Gilda's Club NYC

Special Event

Summertime Ice Cream Social!

Wednesday, July 15

5:30pm – 7:00pm

Facilitator: Lindsey Fry

Please join us for a summer-time ice cream social at the Clubhouse! Join in with other members for an evening of board games, puzzles and fun for all! Please bring along your favorite ice cream topping to share.

GILDA'S CLUB NEW YORK CITY

Provides meeting places where men, women and children living with cancer – and their families and friends – can join together to build social and emotional support as a supplement to medical care. GCNYC offers support and networking groups, lectures, workshops and social events in a non-residential, homelike setting.

Our program is offered 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
195 West Houston Street, New York, NY 10014**

Dear Members,

This month, not only do we celebrate July 4th but at Gilda's Club we celebrate the legacy of Gilda Radner that has brought us together in our special community. Twenty years ago Gilda's Club was just a dream that was fulfilled with the opening of our clubhouse in 1995.

Our supportive community is a testament of how important social and emotional support is for anyone living with cancer and we are proud to continue Gilda's legacy.

This month we also have partnered with Jamba Juice. On July 17th they are donating 20% of their sales to Gilda's Club. So please be sure to stop by your local Jamba Juice location and mention this promotion. For a complete list of NYC Jamba Juice locations, please visit jambajuice.com.

Please note our summer hours for the month of July: The Clubhouse will be closed on Fridays and Saturdays.

We wish all of you a great July 4th holiday.

Best regards,

Lily Safani
CEO

Migdalia Torres
Program Director



To receive the monthly calendar by email, go to calendar@gildasclubnyc.org and provide us your email address.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<p style="text-align: center;">Reservation Policy</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>		<p>*NMM: New Member Meeting Orientation</p>	<p>11am-12pm Feldenkrais for EveryBody 6-7:30pm Blood Related Cancers NWG 6-7:30pm Life After the Death of a Partner NWG 6-7:30pm Yoga: Refresh and Revitalize 6:30-8pm Creative Writing</p>	<p>10am *NMM* Clubhouse Closes at 3pm for the Holiday</p>	<p>Clubhouse Closed For Summer Hours</p>	
5	6	7	8	9	10	11
	<p>11-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6:30-7:30pm Chi Gong</p>	<p>11am-12:30pm Tai Chi Easy 6pm *NMM* 6-7:30pm Life After Cancer NWG</p>	<p>11am-12pm Feldenkrais for EveryBody 1-3pm Open Art Studio 6-7:30pm Yoga: Refresh and Revitalize 6-7:30pm Life After Death of a Parent NWG</p>	<p>10am *NMM* 5-6:45pm Crochet Circle 6-7:30pm Intro to Jin Shin Jyutsu® Self-Help: Lecture</p>	<p>Clubhouse Closed For Summer Hours</p>	
12	13	14	15	16	17	18
	<p>11-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6-8pm Stress-Less For Life 6:30-7:30pm Chi Gong</p>	<p>11am-12:30pm Rasa Yoga 6pm *NMM* 6-8pm Open Art Studio</p>	<p>11am-12pm Feldenkrais for EveryBody 6-7:30pm Yoga: Refresh and Revitalize 6:30-8pm Creative Writing 5:30-7pm Summertime Icecream Social!</p>	<p>10am *NMM* 11-12pm Meditation 5-6:45pm Crochet Circle 6-8pm Complementary Treatment NWG- Lecture: "Oh How SWEET It Is!" 7-8pm Cherub Improv</p>	<p>Clubhouse Closed For Summer Hours</p>	
19	20	21	22	23	24	25
<p>1-2pm Feldenkrais Workshop @ Prospect Park YMCA</p>	<p>11-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6-7:30pm Lung Cancer NWG 6-7:30pm Life After Death of a Partner NWG 6:30-7:30pm Chi Gong</p>	<p>11am-12:30pm Tai Chi Easy 5-6pm Art Workshop: Art as an Emotional Expression 6pm *NMM* 6-8pm Open Art Studio</p>	<p>11am-12pm Feldenkrais for EveryBody 6-7:30pm Yoga: Refresh and Revitalize 6-7:30pm Breast Cancer NWG</p>	<p>10am *NMM* 6-7:30pm Young Adult NWG</p>	<p>Clubhouse Closed For Summer Hours</p>	
26	27	28	29	30	31	
	<p>11-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6-7:30pm Post-Treatment NWG (Berkeley Carroll School) 6:30-7:30pm Chi Gong</p>	<p>11am-12:30pm Safe & Sound Yoga 6pm *NMM* 6-8pm Art Projects</p>	<p>11-12pm Feldenkrais for EveryBody 6-7:30pm Yoga: Refresh and Revitalize 6:30-8pm Writer Within</p>	<p>10am *NMM* 6-7pm Laughter Yoga</p>	<p>Clubhouse Closed For Summer Hours</p>	<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

Mondays in July
6:30pm – 7:30pm
Facilitator: Ken Gray

Feldenkrais For EveryBody

Wednesdays in July
11:00am – 12:00pm
Facilitator: Diane Deneroff
& Marilyn Bakun

Feldenkrais Workshop @ Prospect Park YMCA

Sunday, July 19
1:00pm – 2:00pm
Facilitator: March Dolphin

Gentle Aerobics

Mondays in July
3:30pm – 5:00pm
Facilitator: Bonnie Schiffer

Rasa Yoga

Tuesday, July 14
11:00am – 12:30pm
Facilitator: Jainee McCaroll

Restorative Yoga

Mondays in July
11:00am – 12:00pm
Facilitator: Christy Allen

Safe and Sound Yoga

Tuesday, July 28
11:00am – 12:30pm
Facilitator: Melissa Elstein

Tai Chi Easy

Tuesday, July 7 & 21
11:00am – 12:30pm
Facilitator: Melissa Elstein

Yoga: Refresh & Revitalize

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

Creative Expressions *Workshops*

Art Projects

Tuesday, July 28
6:00pm – 8:00pm
Facilitator: Judy Tulin

NEW! Art Workshop: Art as Emotional Expression

Tuesday, July 21
5:00pm – 6:00pm
Facilitator: Val Sereno, M.A.

Use your imagination and creativity to express your feelings through mask-making. This workshop will be facilitated by Val Sereno, M.A., a Board Certified Art Therapist and students from New York's School of Visual Arts.

Cherub Improv

Thursday, July 16
7:00pm – 8:00pm
Facilitator: Jonathan Goldberg

Creative Writing

Wednesday, July 1 & 15
6:30pm – 8:00pm
Facilitator: Carolyn Slutsky

Crochet Circle

Thursday, July 9
5:00pm – 6:45pm
Thursday, July 16
5:00pm – 6:45pm
Facilitator: Michelle Marte

Open Art Studio

Wednesday, July 8
1:00pm – 3:00pm
Tuesday, July 14
6:00pm – 8:00pm
Tuesday, July 21
6:00pm – 8:00pm
Facilitator: Peer-Led

Writer Within

Wednesday, July 29
6:30pm – 8:00pm
Facilitator: Lynda Aron

Stress Reduction *Workshops*

Laughter Yoga

Thursday, July 30
6:00pm – 7:00pm
Facilitator: Francine Shore

Meditation

Thursday, July 16
11:00am – 12:00pm
Facilitator: Sister Sabita

Stress-Less For Life

Monday, July 13
6:00pm – 8:00pm
Facilitator: Scott Weiner,
Certified Hypnotist

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Networking Groups And Lectures

Networking Groups

Blood Related Cancers NWG

Wednesday, July 1

6:00pm – 7:30pm

Facilitator: Johnathan Pearlroth

Breast Cancer NWG

Wednesday, July 22

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim,
LMSW

Complementary Treatments NWG-LECTURE

Thursday, July 16

6:00pm – 8:00pm

Facilitator: Marcey Needel, LCSW

Life After Cancer NWG

Tuesday, July 7

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim,
LMSW

Life After Death of a Parent NWG

Wednesday, July 8

6:00pm – 7:30pm

Facilitator: Beth Britton, LMSW

Life After Death of a Partner NWG

Wednesday, July 1

6:00pm – 7:30pm

Facilitator: Ida Dancyger, Ph. D

Monday, July 20

6:00pm – 7:30pm

Facilitator: Migdalia Torres,
LCSW-R

Lung Cancer NWG

**Sponsored by OSI Pharmaceuticals
Foundation.**

Monday, July 20

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim,
LMSW

Post-Treatment NWG

(Berkeley Carroll School)

Monday, July 27

6:00pm – 7:30pm

Facilitator: Darren Arthur, LMSW

Young Adult NWG

Thursday, July 23

6:00pm – 7:30pm

Facilitator: Migdalia Torres,
LCSW-R

Lectures

INTRODUCTION TO JIN SHIN JYUTSU® SELF-HELP

Thursday, July 9

6:00pm – 7:30pm

Speaker: Teri Meissner

Jin Shin Jyutsu® is an ancient form of Japanese bodywork that can harmonize the body's energy. Similar to acupuncture, it utilizes light touch on 26 specific locations (Safety Energy Locks) on each side of the body. Jin Shin Jyutsu® may help to reduce stress, induce relaxation, and boost the body's immune system. Teri Meissner, a Certified Jin Shin Jyutsu® Practitioner, will introduce and explain the basics of Jin Shin Jyutsu® Self-Help and demonstrate Jin Shin Jyutsu® Self-Help exercises that you may practice on your own body.

"Oh, How SWEET It Is!"

Thursday, July 16

6:00pm – 8:00pm

Speaker: Marcey Needel, LCSW, Holistic Health
Counselor Sr. Program Manager, Gilda's Club NYC

Please join us to explore the relationship we develop with sugar and the importance of attending to sugar cravings. We'll discuss the meaning of sugar cravings and the ways in which sugar impacts our energy level and mood. Learn techniques that can assist you in developing a more balanced relationship with this delicious but temperamental food.

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