



This Month *At A Glance*

Lectures

**Learn the Practice of
Jin Shin Jyutsu**

**"Partner to Partner:
Living with Cancer"**

**Nutrition and Wellness for
the Breast Cancer Patient**

Special Events

**Springtime Antipasti Party
Friday, March 20
6:00pm – 7:30pm
Speaker: Lisa Mendoza**

Please join us as Lisa Mendoza, chef and volunteer, demonstrates how to create delicious springtime antipasti dishes. Join in with other members for an evening of food, fun, and creativity, as we experiment with fresh ingredients and delicious recipes to nibble.

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,

For the last decade, the Revlon Run/Walk For Women has been raising critically-needed funds for all areas of cancer care, including research, treatment and emotional support. Since its inception, the Revlon Run/Walk For Women has distributed nearly 40 million dollars dedicated to the fight against women's cancers. Gilda's Club New York City has been, and continues to be, a proud beneficiary of the Revlon Run/Walk.

Please join us for this inspiring event! Walk with Gilda's Club New York City (Team #80). This is our 12th year participating, and our goal this year is to have the largest team of walkers Gilda's Club New York City has ever had!!! So rally your friends, family and colleagues to support GCNYC and this awesome event.

Check the Clubhouse bulletin board for walk updates!

If you are interested in walking, please register online at www.revlonrunwalk.com and choose Team #80! If you have any questions, please call GCNYC team captain Eileen Jackson at 212-647-9700 x254 or ejackson@gildasclubnyc.org If you are interested in volunteering at the event, please call Lindsey Fry at 212-647-9700, x229, or Lfry@gildasclubnyc.org.

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 3-5pm Emotional Freedom Technique @ Prospect Park YMCA	2 11am-12pm Restorative Yoga 3:30-5:00pm Gentle Aerobics 6:30-7:30pm Chi Gong	3 11am-12:30pm Tai Chi Easy 6pm New Member Meeting 6:30-7:30pm Music For Life	4 11am-12pm Feldenkrais for EveryBody 6-7:30pm Blood Related Cancer NWG 6-7:30pm Yoga: Refresh and Revitalize 6:30-8pm Creative Writing	5 10am New Member Meeting 5-6:45pm Crochet Circle 6-7pm Feldenkrais 6-8pm Life After Cancer NWG 6-8pm Life After the Death of a Parent NWG 6:30-8:30pm Stress-Less for Life	6 1:30-3:30pm Open Art Studio	7
8	9 11am-12pm Restorative Yoga 4-5:30pm Friends of Pets NWG 6-7:30pm Complementary Treatment NWG- Lecture Learn the Practice of Jin Shin Jyutsu 6:30-7:30pm Chi Gong	10 11am-12:30pm Safe and Sound Yoga 6-8pm Art Projects 6pm New Member Meeting	11 11am-12pm Feldenkrais for EveryBody 6-7:30pm Yoga Refresh and Revitalize 6:30-8pm Creative Writing	12 10am New Member Meeting	13 1-2:30pm Gourmet Fitness	14 11am New Member Meeting 11-1pm Open Art Studio 1-3pm Writer Within 1-2:30pm Cherub Improv
15 1-2pm Feldenkrais Workshop @ Prospect Park YMCA	16 11am-12pm Restorative Yoga 6-8pm Lung Cancer NWG 6-8pm Life After the Death of a Partner NWG 6:30-7:30pm Chi Gong	17 11am-12:30pm Tai Chi Easy 5-6:45pm Crochet Circle 6pm New Member Meeting 6:30-7:30pm Music For Life	18 11am-12pm Feldenkrais for Everybody 6-7:30pm Yoga: Refresh and Revitalize 6:30-8pm Creative Writing	19 10am New Member Meeting 6-8pm Open Art Studio	20 6-7:30pm Springtime Antipasti Party	21
22	23 11am-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6-8pm Post-Treatment NWG (Berkeley Carroll School) 6:30-7:30pm Chi Gong 6-8pm Partner to Partner: Living With Cancer NWG	24 11am-12:30pm Rasa Yoga 6-8pm Art Projects 6pm New Member Meeting	25 11am-12pm Feldenkrais for Everybody 6-7:30pm Yoga: Refresh and Revitalize 6-8pm Breast Cancer NWG 6:30-8pm Creative Writing	26 10am New Member Meeting 6-7:30pm Young Adult NWG 6-8pm Colorectal NWG	27	28
29	30 11am-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6-7:30pm Chi Gong	31 11-12:30pm Tai-Chi Easy 6:30-7:30pm Music for Life 5:30-7:30pm Nutrition and Wellness for the Breast Cancer Patient Lecture 6:30-7:30pm Music For Life	<div style="border: 2px solid red; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;">Reservation Policy</p> <p style="text-align: center;">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

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

Feldenkrais

Thursday, March 5
6:00pm – 7:00pm
Facilitator: Tatiana Light

Feldenkrais For Everybody

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

Feldenkrais Workshop @ Prospect Park YMCA

Sunday, March 15
1:00pm – 2:00pm
Facilitator: March Dolphin

Gentle Aerobics

Monday March 2, 23, 30
3:30pm – 5:00pm
Facilitator: Bonnie Schiffer

Restorative Yoga

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

Gourmet Fitness

Friday, March 13
1:00pm – 2:30pm
Facilitator: Michelle Risa

Rasa Yoga

Tuesday, March 24
11:00am – 12:30pm
Facilitator: Jainee McCarroll

Safe and Sound Yoga

Tuesday, March 10
11:00am – 12:30pm
Facilitator: Melissa Elstein

Tai Chi Easy

Tuesday, March 3, 17
11:00am – 12:30pm
Facilitator: Melissa Elstein

Yoga Refresh & Revitalize

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

Creative Expressions *Workshops*

Art Projects

Tuesday, March 10, 24
6:00pm – 8:00pm
Facilitator: Judy Tulin

Cherub Improv

Saturday March 14
1:00pm – 2:30pm
Facilitator: Cherub Improv

Creative Writing

Wednesdays in March
6:30pm – 8:00pm
Facilitator: Carolyn Slutsky

Crochet Circle

Thursday, March 5
5:00pm – 6:45pm
Tuesday, March 17
5:00pm – 6:45pm
Facilitator: Michelle Marte

New Workshop! Music For Life

Tuesday, March 3, 17, 31
6:30pm – 7:30pm
Facilitator: Holly Mentzer and Taryn Thomas

Open Art Studio

Friday, March 6
1:30pm – 3:30pm
Saturday, March 14
11:00am – 1:00pm
Thursday March 19
6:00pm – 8:00pm
Facilitator: Peer-Led
Limited to 12 Members

Writer Within

Saturday, March 14
1:00pm – 3:00pm
Facilitator: Lynda Aro

Stress Reduction *Workshops*

Emotional Freedom Techniques

@ Prospect Park YMCA
Sunday, March 1
3:00pm – 5:00pm
Facilitator: Carolyn Meiselbach

Stress-Less Self Hypnosis

Thursday, March 5
6:30pm – 8:30pm
Facilitator: Scott Weiner,
Certified Hypnotist

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Networking Groups And Lectures

Networking Groups

Blood Related Cancer NWG

Wednesday, March 4

6:00pm – 7:30pm

Facilitator: Johnathan Pearlroth

Breast Cancer NWG

Wednesday, March 25

6:00pm – 8:00pm

Facilitator: TBD

Colorectal Cancer NWG

Thursday, March 26

6:00pm – 8:00pm

Facilitator: Ida Dancyger, Ph.D.

Complementary Treatments NWG-LECTURE

Monday, March 9

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim,
LMSW

Friends of Pets NWG

Monday, March 9

4:00pm – 5:30pm

Facilitator: Mediha Kosovrasti

Life After Cancer NWG

Thursday, March 5

6:00pm – 8:00pm

Facilitator: Migdalia Torres,
LCSW-R

Life After Death of a Parent NWG

Thursday, March 5

6:00pm – 8:00pm

Facilitator: TBD

Life After Death of a Partner NWG

Monday, March 16

6:00pm – 8:00pm

Facilitator: TBD

Lung Cancer NWG

Monday, March 16

6:00pm – 8:00pm

Facilitator: TBD

Post-Treatment NWG (Berkeley Carroll School)

Monday, March 23

6:00pm – 8:00pm

Facilitator: Darren Arthur, LMSW

Young Adult NWG

Thursday, March 26

6:00pm – 7:30pm

Facilitator: Migdalia Torres,
LCSW-R

Lectures

Learn the Practice of Jin Shin Jyutsu® (Sponsored by the Complementary Treatment Networking group)

Monday, March 9

6:00pm – 7:30pm

Speaker: Teri Meissner

Jin Shin Jyutsu® is the ancient Japanese art of harmonizing body, mind and spirit using light touch. Similar to Acupressure, Jin Shin Jyutsu® is said to facilitate balance in the body's energy systems, reduce the effects of stress, induce relaxation, and boost the body's immune system.

Teri Meissner, who is a certified practitioner, will teach you how you can practice Jin Shin Jyutsu® on your own body by placing your fingertip along specific locations to stimulate circulation and release tension and stress.

Nutrition and Wellness for the Breast Cancer Patient

Tuesday, March 31

5:30pm – 7:30pm

Speaker: Leslie Bonci, MPH, RD, LDN, CSSD

Leslie Bonci is the Director of the Sports Medicine Nutrition Program at UPMC. She is the host of the CBS segment – The Winning Plate – and has had 25 guest appearances on the Today show. Leslie will provide information on how to empower, educate, and enable yourself to make healthy self-nurturing choices. She will also show you ways to exercise and reduce stress through small changes that produce big results.

Partner to Partner: Living With Cancer Networking Group

Monday, March 23

6:00pm – 8:00pm

Facilitator: Bridget Leicester, LCSW

When a family member is diagnosed with cancer, the relationship between partners can be especially impacted. A cancer experience presents couples with diverse challenges and accomplishments. Join with other couples to share your experiences and build support around pivotal issues such as role changes, financial stressors, communication and intimacy. This new networking group is for individuals living with cancer and their partners.

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