

This Month *At A Glance*

Lectures

***Introduction to Chinese Medicine**

Thursday, July 1
6:30pm – 8:00pm

Overview of Renal Cell Carcinoma Treatment

Tuesday, July 13
6:00pm – 7:30pm

***Managing Peripheral Neuropathy and Pain**

Tuesday, July 20
6:00 – 7:30pm

*Sponsored by



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: As Scheduled

(212) 647-9700 • www.gildasclubnyc.org
195 West Houston Street, New York, NY 10014



Wishing you a safe and happy July 4th!



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
			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.	1 6-7:30pm Life After Death of a Parent NWG 6:30-8pm Lecture: Introduction to Chinese Medicine	2 Clubhouse Closed	3
4 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.	5 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	6 11am-12:30pm Rasa Yoga 6-8pm Open Art Studio	7 11am-12pm Feldenkrais For Everybody 6-7:30pm Life After Loss NWG 6-7:30pm Yoga: Refresh and Revitalize 6:30-8pm Emotional Freedom Technique	8 11am-12:30pm Post-Treatment NWG 6-7pm Laughter Yoga 6-7:30pm Life After Cancer NWG 6-7:30pm Teen NWG	9 Clubhouse Closed	10
11 11am-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6:30-7:30pm Chi Gong • All support groups meet this week	12 11am-12:30pm Tai Chi Easy 6-8pm Art Projects 6-7:30pm Lecture: Overview of Renal Cell Carcinoma Treatment	13 11am-12pm Feldenkrais For Everybody 6-7:30pm Gourmet Fitness 6-7:30pm Yoga: Refresh and Revitalize 6-8pm Writer Within	14 10am-1pm Open Art Studio 6:30-8pm Comedy Night @ the Clubhouse!	15 Clubhouse Closed	16	17
18 11am-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6-7:30pm Life After Death of a Partner NWG 6:30-7:30pm Chi Gong	19 11am-12:30pm Rasa Yoga 5-8pm Self-Portrait Workshop for Women 6-7:30pm Lecture: Managing Peripheral Neuropathy and Pain	20 11am-12pm Feldenkrais For Everybody 6-7:30pm Yoga: Refresh and Revitalize	21 11am-12:30pm Post-Treatment NWG 6-7:30pm Teen NWG 6:00-7:15pm New! Tulaa Yoga 7-8pm Cherub Improv	22 Clubhouse Closed	23	24
25 11am-12pm Restorative Yoga 3:30-5pm Gentle Aerobics 6:30-7:30pm Chi Gong • All support groups meet this week	26 11am-12:30pm Tai Chi Easy 6-8pm Art Projects	27 11am-12pm Feldenkrais For Everybody 6-7:30pm Yoga Refresh and Revitalize	28 6:00-7:15pm New! Tulaa Yoga 6-8pm Easy Self-Hypnosis for Life	29 Clubhouse Closed	30	31

Lectures and social events are open to the public, all other activities require membership.

Body Movement *Workshops*

Chi Gong

Monday, July 12, 19, 26

6:30pm – 7:30pm

Facilitator: Ken Gray

Feldenkrais For Everybody

Wednesdays in July

11:00am – 12:00pm

Facilitator: Diane Deneroff
& Marilyn Bakun

Gentle Aerobics

Monday July 12, 19, 26

3:30pm – 5:00pm

Facilitator: Catherine Gross

Gourmet Fitness

Wednesday, July 14

6:00pm – 7:30pm

Facilitator: Francine Shore

Rasa Yoga

Tuesday, July 6, 20

11:00am – 12:30pm

Facilitator: Jainee McCarroll

Restorative Yoga

Monday, July 12, 19, 26

11:00am – 12:00pm

Facilitator: Christy Allen

Tai Chi Easy

Tuesday, July 13, 27

11:00am – 12:30pm

Facilitator: Melissa Elstein

New! Tulaa Yoga

Thursday, July 22, 29

6:00pm – 7:15pm

Facilitator: Madelyn Freundlich

Yoga Refresh & Revitalize

Wednesdays in July

6:00pm – 7:30pm

Facilitator: Diane Cimine, RYT

Creative Expressions *Workshops*

Art Projects

Tuesday, July 13, 27

6:00pm – 8:00pm

Facilitator: Judy Tulin

Open Art Studio

Tuesday, July 6

6:00pm – 8:00pm

Thursday, July 15

10:00am – 1:00pm

Facilitator: Peer-Led

Limited to 12 Members

Self-Portrait Workshop For Women

Tuesday, July 20

5:00pm – 8:00pm

Facilitator: Clarity Hanes

Limited to 10 Members

Writer Within

Wednesday, July 14

6:00pm – 8:00pm

Facilitator: Lynda Aron

Stress Reduction *Workshops*

Emotional Freedom Techniques

Wednesday, July 7

6:30pm – 8:00pm

Facilitator: Carolyn Meiselbach

Laughter Yoga

Thursday, July 8

6:00pm – 7:00pm

Facilitator: Francine Shore

Easy Self-Hypnosis for Life

Thursday, July 29

6:00pm – 8:00pm

Facilitator: Scott Weiner,
Certified Hypnotist

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Networking Groups

Breast Cancer-LECTURE

Tuesday, July 20
6:00pm – 7:30pm

Facilitator: Rhonda Menikheim, LMSW

Complementary Treatments-LECTURE

Thursday, July 1
6:30pm – 8:00pm

Facilitator: Marcey Needel, LCSW

Life After Cancer

Thursday, July 8
6:00pm – 7:30pm

Facilitator: Rhonda Menikheim, LMSW

Life After Death of A Parent

Thursday, July 1
6:00pm – 7:30pm

Facilitator: Rhonda Menikheim, LMSW

Life After Death of A Partner

Monday, July 19
6:00pm – 7:30pm

Facilitator: Rhonda Menikheim, LMSW

Life After Loss

Wednesday, July 7
6:00pm – 7:30pm

Facilitator: Ida Dancyger, Ph.D

Post-Treatment

Thursday, July 8, 22
11:00am – 12:30pm

Facilitator: Migdalia Torres, LCSW

Teen Networking

Thursday July 8, 22
6:00pm – 7:30pm

Facilitator: Allie Gubin, MSW

Lectures

Introduction to Chinese Medicine

Thursday, July 1 6:30pm – 8:00pm

Speaker: Joan Boccino, MS, L.Ac
(Sponsored by )

Join us for an exploration of the practical uses and benefits of Chinese Medicine. Joan Boccino, specialist in integrative medicine, licensed acupuncturist and nationally certified herbalist, will provide an introduction to the primary components of Chinese Medicine: acupuncture, herbology, dietary therapy, medical massage Tai Chi and Qi Gong. Joan will also present recent studies that measurably demonstrate how acupuncture can assist in alleviating postoperative nausea, fatigue, and pain. In addition, Joan will delve into the ways in which Tai Chi and Qi Gong can support cancer treatment as well as general health and well-being.

Overview of Renal Cell Carcinoma Treatment

Tuesday, July 13 6:00pm – 7:30pm

Speaker: Dr. Ana Molina
(Sponsored by GCNYC & the Kidney Cancer Association)

Please join us for an informative lecture on the latest advances in kidney Cancer treatment. Dr Ana Molina, Memorial Sloan Kettering Cancer Center, will discuss the various new therapies for kidney cancer. Q & A to follow.

Managing Peripheral Neuropathy and Pain

Tuesday, July 20 6:00pm – 7:30pm

Speaker: Nessa Coyle, NP, PhD,
Memorial Sloan Kettering Cancer Center
(Sponsored by )

Many individuals experience neuropathy and pain as a result of side effects from cancer treatment. Nessa Coyle will provide information on what causes neuropathy. She will also explain how a team approach with a combination of medications, physical therapy and other modalities can improve the symptoms and lessen the negative impact of peripheral neuropathy on an individual's quality of life.

Social Event

Comedy Night @ the Clubhouse!

Thursday July 15 6:30pm-8:00pm

Please join us for an evening of stand-up comedy with 6 highly hilarious comics who have been performing in New York City for over 10 years. The cast of characters will include Michael Brill, Rena Zager, Ophira Eisenberg, Ray Payton, Shecky Beagleman, and Jeni Aron. Get ready for a night of laughs you won't want to miss! Light refreshments will be provided.

Cherub Improv

Thursday July 22 7:00pm-8:00pm

Facilitator: Johnathan Goldberg

Join Cherub Improv for an opportunity to try your hand at improv comedy in a relaxed, accepting environment. Laugh and have fun as you explore the basic principles of improv: being creative, listening to your peers, thinking on your feet, and building confidence in your own ideas. Light refreshments will be provided.

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