



## This Month At A Glance

### Lectures

**Untangling The Complexities  
Of Depression In People Living  
With Cancer**

Thursday, February, 9  
6:00 – 7:30pm

Speaker: Mark I. Weinberger, Ph.D.,  
MPH

**Jin Shin Jyutsu® Self-Help**

Thursday, February 23  
6:00pm – 7:30pm

Speaker: Teri Meissner, certified Jin  
Shin Jyutsu® Practitioner

### Social Events

**Documentary Night: "Crazy Love"**

Thursday, February 16  
5:30pm – 8:00pm

**Gilda's Pick Book Club: State of Wonder**

Wednesday, February 1  
6:00pm – 7:00pm

**Remembrance Gathering**

Friday, February 10  
5:30pm – 7:30pm

### Special Program

**Camp Sparkle**

Tuesday, February 21 – Saturday,  
February 25  
9:00am – 1:00pm



Dear Members:

## Happy Valentine's Day!

GCNYC is a special community of friends that provides 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  
Executive Director, Program & Satellite Expansion

## 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. – 4:30 P.M.**

**Saturdays: As Scheduled**

**(212) 647-9700 • [www.gildasclubnyc.org](http://www.gildasclubnyc.org)**

**195 West Houston Street, New York, NY 10014**

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

Thank you to the Merck Foundation for  
their support of our program.




Thank you to the Greater NYC Affiliate of Susan G. Komen  
for the Cure for their support of our community satellite  
Program in the Bronx.



# GILDA'S CLUB NEW YORK CITY Program Calendar

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>	<p>6-7:30pm <b>1</b> 6-7pm Yoga: Refresh and Revitalize Gilda's Pick Book Club: <i>State of Wonder</i></p>	<p>6-8pm <b>2</b> 6-7:30pm Art Projects Life After Death of a Parent NWG</p>	<p>11am-4pm <b>3</b> Words and Images: A Romance on Paper (Part I) Registration is through the Creative Center @646-465-5313/5314 Space is limited</p>	<p><b>4</b></p>
<p><b>6</b> 3:30-5pm Gentle Aerobics 4:30-6pm Teen Friends and Family NWG 6-7:30pm Lesbian, Gay, Bisexual and Transgender NWG 6:30-7:30pm Chi Gong</p>	<p><b>7</b> 11am-12:30pm Gentle Yoga 3-4pm Yoga Dance 6-8pm Open Art Studio 6-8:30pm Reiki: Relaxing the Mind, Body and Spirit</p>	<p><b>8</b> 6-7:30pm Yoga: Refresh and Revitalize</p>	<p>11am-12:30pm Post-Treatment NWG 6-7:30pm Lecture: Untangling the Complexities of Depression in People Living with Cancer 6-7:30pm Young Adult Bereavement NWG 6-7:30pm Spirituality NWG 6-8pm Collage Workshop</p>	<p>11am-4pm <b>10</b> Words and Images: A Romance on Paper (Part II) Registration is through the Creative Center @646-465-5313/5314 Space is limited Remembrance Gathering 5:30-7:30pm</p>	<p><b>11</b></p>
<p><b>13</b> 3:30-5pm Gentle Aerobics 4:30-6pm Teen Bereavement NWG 6:30-7:30pm Chi Gong</p>	<p><b>14</b> 11am-12:30pm Gentle Yoga 1-2:30pm Amigos Unidos NWG</p>	<p><b>15</b> 6-7:30pm Yoga: Refresh and Revitalize 6-8pm Writer Within</p>	<p>5:30-8pm <b>16</b> Documentary Night: "Crazy Love" 6-7pm Laughter Yoga 6-7:30pm Young Adults Living with Cancer NWG 6-7:30pm Life After Death of a Parent NWG 6-8pm Art Projects</p>	<p>12-1pm <b>17</b> Crochet Circle</p>	<p><b>18</b></p>
<p><b>20</b> CLUBHOUSE CLOSED IN OBSERVANCE OF PRESIDENTS DAY</p>	<p><b>21</b> 9am-1pm CAMP SPARKLE *Registration required 11am-12:30pm Gentle Yoga 3-4pm Yoga Dance 6-8pm Open Art Studio</p>	<p><b>22</b> 9am-1pm CAMP SPARKLE *Registration required 6-7:30pm Yoga: Refresh and Revitalize</p>	<p><b>23</b> 9am-1pm CAMP SPARKLE *Registration required 11am-12:30pm Post-Treatment NWG 3:30-5pm Art As Emotional Expression 6-7:30pm Lecture: Jin Shin Jyutsu Self-Help 7-8pm Cherub Improv</p>	<p><b>24</b> 9am-1pm CAMP SPARKLE *Registration required 12-1pm Crochet Circle</p>	<p><b>25</b> 9am-1pm CAMP SPARKLE *Registration required</p>
<p><b>27</b> 3:30-5pm Gentle Aerobics 4:30-6pm Teens Connect NWG 6:30-7:30pm Chi Gong</p>	<p><b>28</b> 3-5pm Easy Self-Hypnosis 6:30-8pm Beading Class</p>	<p><b>29</b> 6-7:30pm Yoga: Refresh and Revitalize</p>	<div style="border: 1px solid red; padding: 10px; text-align: center;"> <p><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>		

### Body Movement Workshops

#### Chi Gong

Monday, February 6, 13, 27  
6:30pm – 7:30pm  
Facilitator: Ken Gray

#### Gentle Aerobics

Monday, February 6, 13, 27  
3:30pm – 5:00pm  
Facilitator: Catherine Gross

#### Gentle Yoga

Tuesday, February 7, 21  
11:00am – 12:30pm  
Facilitator: Salvador Martinez  
Tuesday, February 14  
11:00am – 12:30pm  
Facilitator: Leah Thomas

#### Yoga Dance

Tuesday, February 7, 21  
3:00pm – 4:00pm  
Facilitator: Steven Kerner

#### Yoga: Refresh and Revitalize

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

### Stress Reduction Workshops

#### Easy Self-Hypnosis

Tuesday, February 28  
3:00pm – 5:00pm  
Facilitator: Scott Weiner,  
Certified Hypnotist

#### Laughter Yoga

Thursday, February 16  
6:00pm – 7:00pm  
Facilitator: Francine Shore

#### Reiki: Relaxing the Mind, Body and Spirit

Tuesday, February 7  
6:00pm – 8:30pm  
Facilitator: Jill Wachter and Friends

### Creative Expressions Workshops

#### Art Projects

Thursday, February 2 & 16  
6:00pm – 8:00pm  
Facilitator: Judy Tulin

#### Art As Emotional Expression

Thursday, February 23  
3:30pm – 5:00pm  
Facilitator: Val Sereno, M.A. and  
SVA Students

#### Beading Class

Tuesday, February 28  
6:30pm – 8:00pm  
Facilitator: Mark Klein

#### Cherub Improv

Thursday, February 23  
7:00pm – 8:00pm  
Facilitator: Alexis Levenson

#### Collage Workshop

Thursday, February 9  
6:00pm – 8:00pm  
Facilitator: Ruthie Azarch

#### Crochet Circle

Friday, February 17 & 24  
12:00pm – 1:00pm  
Facilitator: Michelle Marte

#### Open Art Studio

Tuesday, February 7 & 21  
6:00pm – 8:00pm  
Facilitator: Meera Gopalan

#### Words and Images:

##### A Romance with Paper - Part I

Friday, February 3  
11:00am – 4:00pm  
Facilitator: Liz Demaree

Registration is through  
the Creative Center  
@646-465-5313/5314  
Space is limited

#### Words and Images:

##### A Romance with Paper - Part II

Friday, February 10  
11:00am – 4:00pm  
Facilitator: Liz Demaree

Registration is through  
the Creative Center  
@646-465-5313/5314  
Space is limited

#### Writer Within

Wednesday, February 15  
6:00pm – 8:00pm  
Facilitator: Lynda Aron

#### 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.

## Networking Groups

### Amigos Unidos (Latino Wellness)

Tuesday, February 14 1:00pm – 2:30pm  
Facilitator: Carolina Hoires, LCSW

### Breast Cancer

Thursday, February 16 6:00pm – 7:30pm  
Facilitator: Carolina Hoires, LCSW

### Complementary Treatments-LECTURE

Thursday, February 23 6:00pm – 7:30pm  
Facilitator: Carolina Hoires, LCSW

### Lesbian, Gay, Bisexual and Transgender

Monday, February 6 6:00pm – 7:30pm  
Facilitator: Ovita Williams, LCSW

### Life After Death of a Parent

Thursday, February 2 & 16 6:00pm – 7:30pm  
Facilitator: Darren Arthur, LCSW

### Post-Treatment

Thursday, February 9 11:00am – 12:30pm  
Facilitator: Migdalia Torres, LCSW-R

Thursday, February 23 11:00am – 12:30pm  
Facilitator: Carolina Hoires, LCSW

### Spirituality - "Service Through Spirituality"

Thursday, February 9 6:00pm – 7:30pm  
Facilitator: Rev. Elise M. Gans. BA, MDiv

### Teen Bereavement

Monday, February 13 4:30pm – 6:00pm  
Facilitator: Michele Halusic, LCSW-R

### Teens Connect

Monday, February 27 4:30pm – 6:00pm  
Facilitator: Michele Halusic, LCSW-R

### Teen Friends and Family

Monday, February 6 4:30pm – 6:00pm  
Facilitator: Meera Gopalan, MSW

### Young Adult Bereavement

Thursday, February 9 6:00pm – 7:30pm  
Facilitator: Laura Elgort, SWI

### Young Adults Living With Cancer

Thursday, February 16 6:00pm – 7:30pm  
Facilitator: Angela Jupp, LMSW

## Support Groups

In order to participate in a support group please call (212)-647-9700 for more information.

**Wellness Groups:** weekly support groups for individuals diagnosed with cancer.

**Family Groups:** weekly support groups for family members and friends that have been impacted by cancer.

**Bereavement Groups:** weekly support groups for individuals who have lost a loved one to cancer.

**Noogie Night & Teen Time:** are support groups for children and Teens touched by cancer.

### Monday

10am – 12pm **Spanish Breast Cancer Group: Bronx**

11am-1pm **Spanish Breast Cancer Support Group-NY Presbyterian: Washington Heights**

6 – 8pm **Bereavement Group**  
6:30 – 8:30pm **Bereavement Group**  
6:30 – 8:30pm **Family Group**

### Tuesday

6 – 8pm **Family Group**  
6 – 8pm **Wellness Group 1**  
6 – 8pm **Wellness Group 2**  
6 – 8pm **Bereavement Group**  
6 – 8pm **Noogie Night**

### Wednesday

1 – 3pm **Breast Cancer Group: Bronx**  
1:30 – 3pm **Post Treatment Group: Brooklyn (every other Wednesday)**

6 – 8pm **Bereavement Group**  
6 – 8pm **Family Group**  
6 – 8pm **Noogie Night**  
6 – 8pm **Wellness Group**  
6:30 – 8:30pm **Bereavement Group: Brooklyn**

### Thursday

11:30am – 1pm **Wellness Group: Brooklyn**  
2 – 4pm **Wellness Group**  
6 – 8pm **Bereavement Group**

### Friday

12 - 2pm **Wellness Group**

## Lectures

### Untangling The Complexities Of Depression In People Living With Cancer

Thursday, February 9 6:00pm – 7:30pm  
Speaker: Mark I. Weinberger, Ph.D., MPH

Join Dr. Mark Weinberger as he talks about the prevalence of depression in cancer patients. He will also discuss difficulties in diagnosing depression and common barriers to mental health treatment options including the cost, stigma and beliefs associated with mental health treatment.

### Jin Shin Jyutsu® Self-Help

(Sponsored by the Complementary Treatment Networking Group)

Thursday, February 23 6:00pm – 7:30pm

Speaker: Teri Meissner, certified Jin Shin Jyutsu® Practitioner

Teri Meissner, a certified Jin Shin Jyutsu® Practitioner will teach a series of simple Jin Shin Jyutsu® Self-Help exercises to participants. Jin Shin Jyutsu® is an ancient form of light touch Japanese body work that can help reduce stress, induce relaxation, and boost the immune system.

## Social Events

### Documentary Night: "Crazy Love"

Thursday, February 16 5:30pm – 8:00pm

Nick Budabin, Gilda's Club NYC volunteer, presents Gilda's Club Documentary Night. Come watch an entertaining film, enjoy and discuss with old friends and new.

### Gilda's Pick Book Club: *State of Wonder*

Wednesday, February 1 6:00pm – 7:00pm

Do you love to read and chat? Join us in discussing *State of Wonder*, by Anne Patchett. All critiques welcome!

### Remembrance Gathering

Friday, February 10 5:30pm – 7:30pm

Please join the Gilda's Club Community as we commemorate our members and their loved ones who have died of cancer.

## Special Program

### Camp Sparkle

Tuesday, February 21 – Saturday, February 25 9:00am – 1:00pm

Camp Sparkle is a special camp for kids to have fun, make friends, and be with other children who have been touched by cancer. The camp is open to children between the ages of 5 – 12 years old who either have a loved one living with cancer or are grieving the death of a loved one to cancer. As space is limited, please contact Michele Halusic for more information at 212-647-9700 ext. 243 or mhalusic@gildasclubnyc.org.