



This Month At A Glance

Lectures

Metastatic Breast Cancer Patient Ambassador Educational Event
Wednesday, December 2
6:00pm – 8:00pm

Intro to Jin shin Jyutsu® Self-Help
Thursday, December 3
6:00pm – 8:00pm

Save the Date

Jewelry Design Workshop
Friday January 15
10:00am – 4:00pm

Painting Miniatures
Thursday March 4, 11, 18, 25
6:00pm – 8:00pm

Artist Books
Friday April 9
10:00am – 3:00pm

Social Event

Winter Wonderland Decorating Party
Tuesday, December 1
5:30pm – 7:00pm

A Winter Wonderland Holiday Celebration with the Juilliard School Of Music
Friday, December 11
5:30pm – 7:30pm

For Spring 2010, The Creative Center will once again be offering new Creative Expressions Workshops here at Gilda's Club NYC. Although these workshops will not begin until January, **registration will begin at 10am on Monday, December 7.** Registration will be taken by the **Creative Center**, at **(646) 465-5313 or-5314.** Please note that you must speak with someone directly to make a reservation, voicemail messages WILL NOT be considered as a reservation. Limited space is available, so please call early to register.

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. – 5:00 P.M.
Saturday: As Scheduled

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

A Winter Wonderland Holiday Celebration

Please Join Us

Friday, December 11
5:30pm — 7:30pm

Let's celebrate the joy our community brings to all of us by gathering together in our magnificent winter wonderland. Joining us will be the Juilliard School of Music.

Please call to make a reservation at 212-647-9700, and let us know how many family members and friends will be joining you, especially if you are bringing children.

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 11AM-12:30PM TAI CHI EASY 6-8PM OPEN ART STUDIO 5:30-7PM WINTER WONDERLAND DECORATING PARTY	2 11AM-12PM FELDENKRAIS FOR EVERYBODY 6-7:30PM YOGA REFRESH AND REVITALIZE 6-7:30PM LIFE AFTER DEATH OF A PARTNER NWG 6-8PM LECTURE: METASTATIC BREAST CANCER PATIENT AMBASSADOR EDUCATIONAL EVENT	3 6-8PM LECTURE: INTRO TO JIN SHIN JYUTSU® SELF-HELP 6-7:30PM LIFE AFTER CANCER NWG	4	5
6	7 11AM-12PM RESTORATIVE YOGA 3:30-5PM GENTLE AEROBICS 6:30-7:30PM CHI GONG 6-7:30PM MUSIC FOR LIFE: IMAGERY & MUSIC 6-7:30PM LIFE AFTER DEATH OF A PARENT NWG	8 11AM-12:30PM SAFE & SOUND YOGA 6-8PM ART PROJECTS	9 11AM-12PM FELDENKRAIS FOR EVERYBODY 6-7:30PM YOGA REFRESH AND REVITALIZE	10 4:30-6PM CROCHET CIRCLE 6-7PM LAUGHTER YOGA	11 A WINTER WONDERLAND HOLIDAY CELEBRATION WITH THE JULLIARD SCHOOL OF MUSIC 5:30-7:30PM (CLUBHOUSE OPENS @ 5:30PM)	12 11AM-1PM OPEN ART STUDIO 12:30-2:30PM STRESS-LESS FOR LIFE 1-2:30PM WRITER WITHIN
13	14 3:30-5PM GENTLE AEROBICS 6-7:30PM MUSIC FOR LIFE: DRUM CIRCLE 6-7:30PM LIFE AFTER DEATH OF A PARTNER 6:30-7:30PM CHI GONG 6-7:30PM LUNG CANCER NWG	15 11AM-12:30PM RASA YOGA	16 11AM-12PM FELDENKRAIS FOR EVERYBODY 6-7:30PM YOGA REFRESH AND REVITALIZE	17 4:30-6PM CROCHET CIRCLE 6-7:30PM YOUNG ADULT NWG	18 11AM -12PM MEDITATION	19
20	21 11AM-12PM RESTORATIVE YOGA 3:30-5PM GENTLE AEROBICS 6-7:30PM POST-TREATMENT NWG (BERKELEY CARROLL) 6:30-7:30PM CHI GONG	22 11AM-12:30PM RASA YOGA 6-8PM ART PROJECTS	CLUBHOUSE CLOSED - ENJOY THE HOLIDAYS!			
27	CLUBHOUSE CLOSED					26
	28	29	30	31	<p>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>	



Workshops

Body Movement *Workshops*

Chi Gong

Monday, December 7, 14 & 21

6:30pm – 7:30pm

Facilitator: Ken Gray

Feldenkrais For EveryBody

December, 2, 9, & 16

11:00am – 12:00pm

Facilitator: Diane Deneroff & Marilyn Bakun

Gentle Aerobics

Monday, December 7, 14 & 21

3:30pm – 5:00pm

Facilitator: Catherine Gross

Rasa Yoga

Tuesday, December 15 & 22

11:00am – 12:30pm

Facilitator: Jainee McCarroll

Restorative Yoga

Monday, December 7 & 21

11:00am – 12:00pm

Facilitator: Christy Allen

Safe and Sound Yoga

Tuesday, December 8

11:00am – 12:30pm

Facilitator: Melissa Elstein

Tai Chi Easy

Tuesday, December 1

11:00am – 12:30pm

Facilitator: Melissa Elstein

Yoga Refresh & Revitalize

Wednesday, December 2, 9, & 16

6:00pm – 7:30pm

Facilitator: Diane Cimine, RYT

Creative Expressions *Workshops*

Art Projects

Tuesday, December 8, 22

6:00pm – 8:00pm

Facilitator: Judy Tulin

Crochet Circle

Thursday, December 10, 17

4:30pm – 6:00pm

Facilitator: Michelle Marte

Open Art Studio

Tuesday, December 1

6:00pm – 8:00pm

Saturday, December 12

11:00am - 1:00pm

Facilitator: Peer-Led

Writer Within

Saturday, December 12

1:00pm – 2:30pm

Facilitator: Lynda Aron

Gilda's Club is pleased to once again offer the Music for Life workshop! Please join NYU Music Therapy Students Kate Beever and Candia Bouzioti for an opportunity to express yourself and find community through music. Musical activities may include drumming, music imagery, and music sharing/discussion. Please check the calendar each month for workshop details.

NEW! Music For Life:

Imagery and Music

Monday, December 7

6:00pm – 7:30pm

Facilitators: Kate Beever & Candia Bouzioti

Learn relaxation and breathing techniques, utilizing music to help set the mood and allow you to imagine soothing images.

NEW! Music For Life:

Drum Circle

Monday, December 14

6:00pm – 7:30pm

Facilitator: Kate Beever & Candia Bouzioti

Drumming is a joyful way to relieve stress. Just bring your enthusiasm – no prior drumming experience is necessary!!

Stress Reduction *Workshops*

Laughter Yoga

Thursday, December 10

6:00pm – 7:00pm

Facilitator: Francine Shore

Meditation

Friday, December 18

11:00am – 12:00pm

Facilitator: Sister Sabita

Stress-Less For Life

Saturday, December 12

12:30pm – 2:30pm

Facilitator: Scott Weiner, Certified Hypnotist

Reservation Policy

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Networking Groups And Lectures

Networking Groups

Breast Cancer NWG-LECTURE

Wednesday, December 2

6:00pm – 8:00pm

Facilitator: Rhonda Menikheim, LMSW

Complementary Treatments NWG-LECTURE

Thursday, December 3

6:00pm – 8:00pm

Facilitator: Marcey Needel, LCSW

Life After Cancer NWG

Thursday, December 3

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim, LMSW

Life After Death of a Parent NWG

Monday, December 7

6:00pm – 7:30pm

Facilitator: Allie Gubin, SWI

Life After Death of a Partner NWG

Wednesday, December 2

6:00pm – 7:30pm

Facilitator: Ida Dancyger, PhD

Life After Death of a Partner NWG

Monday, December 14

6:00pm – 7:30pm

Facilitator: Allie Gubin, SWI

Lung Cancer NWG

Sponsored by

OSI Pharmaceuticals Foundation

Monday, December 14

6:00pm – 7:30pm

Facilitator: Rhonda Menikheim, LMSW

Post-Treatment NWG

(Berkeley Carroll School)

Monday, December 21

6:00pm – 7:30pm

Facilitator: Darren Arthur, LMSW

Young Adult NWG

Thursday, December 17

6:00pm – 7:30pm

Facilitator: Beth Britton, LMSW

Lectures

Metastatic Breast Cancer Patient Ambassador Educational Event

(Sponsored by the Breast Cancer Networking group & Genentech BioOncology)

Wednesday, December 2 6:00pm- 8:00pm

This educational program will provide you with the opportunity to learn about innovative tumor-starving therapies to help treat metastatic breast cancer. You'll also hear from a Fight MBC Together Ambassador as she shares her story of surviving MBC.

INTRO TO JIN SHIN JYUTSU® SELF-HELP

(Sponsored by the Complementary Treatment Networking group)

Thursday, December 3 6:00pm – 8:00pm

Speaker: Teri Meissner, certified Jin Shin Jyutsu® Practitioner

Jin Shin Jyutsu® which utilizes light touch, is an ancient form of Japanese bodywork that may help in promoting relaxation and strengthening 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.

Save the Date

Frankly Speaking About Cancer: Spotlight on Liver Cancer – January 2010

Jewelry Design Workshop Friday, January 15 10:00am – 4:00pm

Facilitator – Joan Max Reinmuth

Explore the world of aesthetics as you create one of a kind pieces of jewelry. Together we will discover the "why's" of artistic choice- why we like what we like, why we choose one thing over another and why we need to open ourselves to new ideas. Using a variety of materials (wire, beads, glass) participants will make several pieces that reflect the ideas we will explore

Painting Miniatures Thursday, March 4, 11, 18, 25 6:00pm – 8:00pm

Facilitator – Donna Levinstone

In this workshop we will learn how to paint Lillipution works of art- a whole world in it's tiniest form. Part of a long history, painting miniatures has seen a revival and is an intensely satisfying way to paint. We will be using a variety of mediums including acrylic paint.

Artist Books Friday, April 9 10:00am – 3:00pm

Facilitator – Debra Fink Bacheleder

This workshop will teach you the A-Zs of creating a unique book form - the artist book. Using many fantastic techniques you will create an artistic home for your personal work. We will cover (no pun intended!) every aspect of the handmade book - from bindings to pages.

Social Events

Winter Wonderland Decorating Party

Tuesday, December 1

5:30pm- 7:00pm

Facilitator: Lindsey Fry

Please join us in creating a Winter Wonderland feel throughout the Clubhouse! We will also be wrapping children's gifts and light refreshments will be served.

A Winter Wonderland Holiday Celebration with the Juilliard School of Music

Friday, December 11

5:30pm- 7:30pm

Please join us for our annual Winter Wonderland Celebration! Enjoy the holiday festivities with beautiful music performed by students of the Juilliard School. Please RSVP.