



GILDA'S CLUB WESTCHESTER

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Clubhouse Hours: M 9-4:30 PM T-Th 9-7:30 PM</p>				<p>1</p> <p>10:30-12:00 Beading with Christina 11:30-12:30 Tai Chi 12:00-2:30 Open Art Studio</p>
<p>4</p> <p>11:00-12:30 Breast Cancer Group 2:00-3:00 Meditation with Liz</p>	<p>5</p> <p>10:30-12:00 Spirituality 12:00-1:30 Breast Cancer Group 12:00-1:00 Yoga 12:00-1:30 Living with Loss Group 1:00-2:30 Knit One, Crochet Two! 1:00-3:00 Sewing with Eva 1:00-2:30 Sistah's Circle 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group</p>	<p>6</p> <p>10:00-11:00 Lite Zumba 11:00-12:00 Restorative Yoga 12:00-1:30 Living with Cancer Group 2:30-4:00 Living with Cancer Group 5:30-7:30 Multiple Myeloma 6:00-7:00 Yoga 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Loss Group</p>	<p>7</p> <p>11:00-11:30 Walk Fit 11:30-12:30 Stretch & Tone 5:15-6:45 Gilda's Dinner 6:00-7:30 Caregiver Group-Vine Room 6:00-7:30 Caregiver Group-Art Room 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group</p>	<p>8</p> <p>10:00-11:00 Coloring for Adults 11:00-12:00 Laughter Yoga 12:00-2:00 Cooking Together 11:30-2:30 Open Art Studio</p>
<p>11</p> <p>11:00-3:00 Mah Jongg 2:00-3:00 Meditation with Liz</p>	<p>12</p> <p>10:00-11:00 Chair Yoga 11:00-12:00 Total Body Workout 11:00-11:30 Reiki with Carolyn 11:30-12:00 Reiki with Carolyn 12:00-1:00 Yoga 12:00-1:30 Living with Loss Group 1:00-2:30 Knit One, Crochet Two! 4:00-5:00 Dancing Like Our Stars 6:00-7:30 Breast Cancer Group 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group</p>	<p>13</p> <p>12:00-1:30 Living with Cancer Group 2:30-4:00 Living with Cancer Group 6:00-7:00 Yoga 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Loss Group 6:00-7:30 Post-Treatment Group 6:00-7:30 Next Steps Bereavement Group</p>	<p>14</p> <p>11:00-11:30 Walk Fit 11:30-12:30 Stretch & Tone 1:00-2:30 Pica Y Platica 6:00-7:30 Caregiver Group-Vine Room 6:00-7:30 Caregiver Group-Art Room 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group</p>	<p>15</p> <p>10:30-12:00 Beading with Christina 12:00-2:30 Open Art Studio</p>
<p>18</p> <p>10:00-11:30 Survivorship Series #1 11:00-3:00 Mah Jongg 1:00-2:00 Learn to Read Your Dreams 2:00-3:00 Meditation with Liz</p>	<p>19</p> <p>10:00-11:00 Chair Yoga 11:00-12:00 Total Body Workout 12:00-1:00 Yoga 12:00-1:30 Living with Loss Group 1:00-2:30 Knit One, Crochet Two! 1:00-3:00 Sewing with Eva 4:00-5:00 Dancing Like Our Stars 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group</p>	<p>20</p> <p>11:00-12:00 Restorative Yoga 12:00-1:30 Living with Cancer Group 2:30-4:00 Living with Cancer Group 6:00-7:00 Yoga 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Loss Group 6:00-7:30 Men's Group</p>	<p>21</p> <p>2:30-4:00 Red Door Readers 6:00-7:30 Sistah's Circle 6:00-7:30 Caregiver Group-Vine Room 6:00-7:30 Caregiver Group-Art Room 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group</p>	<p>22</p> <p>10:00-11:00 Coloring for Adults 11:00-12:00 Laughter Yoga 11:30-2:30 Open Art Studio</p>
<p>25</p> <p>10:00-11:30 Survivorship Series #2 2:00-3:00 Meditation with Liz 2:00-4:00 Easy Self Hypnosis</p>	<p>26</p> <p>12:00-1:00 Yoga 12:00-1:30 Living with Loss Group 1:00-2:30 Knit One, Crochet Two! 6:00-7:30 Breast Cancer Group 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group</p>	<p>27</p> <p>Clubhouse Closed</p>	<p>28</p> <p>Clubhouse Closed Happy Thanksgiving</p>	<p>29</p> <p>Clubhouse Closed</p>

To join us for any of the programs on our calendar, please call 914-644-8844 at least 24 hours prior.