



GILDA'S CLUB WESTCHESTER

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:30-12:00 Beading with Christina 12:00-2:30 Open Art Studio 12:30-1:30 Tai Chi and Qi Gong
4 11:00-12:30 Breast Cancer Group 11:00-3:00 Mah Jongg 2:00-3:00 Meditation with Liz	5 12:00-1:00 Yoga 1:00-2:30 Knit One, Crochet Too! 1:00-2:30 Sista's Circle 1:00-3:00 Open Sewing 6:00-7:30 Living With Loss Group 6:00-7:30 Living With Cancer Group	6 12:00-1:30 Living with Cancer Group 2:30-4:00 Living with Cancer Group 5:30-7:30 Multiple Myeloma 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 Prostate Cancer Group	7 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	8 11:00-12:00 Laughter Yoga 12:00-2:00 Cooking Together 11:30-2:30 Open Art Studio
11 11:00-3:00 Mah Jongg 2:00-3:00 Meditation with Liz	12 10:00-11:00 Chair Yoga 11:00-11:30 Reiki with Carolyn 11:30-12:00 Reiki with Carolyn 11:00-12:00 Standing Pilates 12:00-1:00 Yoga 1:00-2:30 Knit One, Crochet Too! 1:00-3:00 Sewing with Eva 6:00-7:30 Breast Cancer Group 6:00-7:30 Living With Loss Group 6:00-7:30 Living With Cancer Group	13 10:00-11:00 Lite Zumba 12:00-1:30 Living with Cancer Group 2:30-4:00 Living with Cancer Group 5:30-7:00 Transform Yourself and Your World with 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	14 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	15 10:30-12:00 Beading with Christina 11:00-12:00 Laughter Yoga 12:00-2:30 Open Art Studio
18 President's Day Clubhouse Closed	19 12:00-1:00 Yoga 1:00-2:30 Knit One, Crochet Two! 1:00-3:00 Open Sewing 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group	20 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 6:00-7:30 Young Women with Breast Cancer	21 11:00-11:30 Walk Fit 11:30-12:30 Stretch & Tone 2:00-4:00 Rapid Relief From Fear 2:30-4:00 Red Door Readers-Little Women by Louisa May Alcott 6:00-7:30 Sista'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	22 11:30-2:30 Open Art Studio
25 11:00-3:00 Mah Jongg 2:00-3:00 Meditation with Liz	26 10:00-11:00 Chair Yoga 11:00-12:00 Standing Pilates 12:00-1:00 Yoga 1:00-2:30 Knit One, Crochet Two! 1:00-3:00 Sewing with Eva 6:00-7:30 The Metal Element: Colds and Flu 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Cancer Group	27 12:00-1:30 Living With Cancer Group 2:30-4:00 Living With Cancer Group 6:00-6:30 Reiki with Elizabeth 6:30-7:00 Reiki with Elizabeth 6:00-7:00 Yoga 6:00-7:30 Living with Loss Group 6:00-7:30 Living with Loss Group	28 11:00-11:30 Walk Fit 11:30-12:30 Stretch & Tone 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	Clubhouse Hours: M 9-4:30 PM T-Th 9-7:30 PM F 8:30-4:00 PM

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

How Do I Get Started?

Membership is free; you do not need a referral. Just call 914.644.8844 to get started. Everything offered at Gilda's Club is free of charge.

Gilda's Club Westchester is located at 80 Maple Avenue in the center of White Plains. Anyone touched by cancer – any type of cancer – is welcome to walk through our red doors in search of support, information, and camaraderie.

Support Groups

All groups are facilitated by licensed mental health professionals. If you are interested in joining a group, you must first call (914) 644-8844 to speak with a member of the program staff.

Living with Cancer Groups

Weekly on-going support groups for adults recently diagnosed with cancer or in treatment.

Caregiver Groups

Weekly on-going support groups for caregivers and friends of people living with cancer.

Living with Loss Groups

Weekly on-going groups for adults who have had a significant person in their lives die of cancer.

Next Steps Bereavement Group

A monthly group for adults entering the next stage in their grieving process. Most members experienced their loss over a year ago.

Viviendo con Cancer

Un grupo de apoyo bimensual para toda persona que esta En tratamiento de cancer.

The following **Monthly Groups** are ongoing cancer specific groups with both a supportive and informational component for people living with cancer.

Breast Cancer Group

Gynecologic Cancer Group

Multiple Myeloma Group

Also open to family & friends

Men's Group

For men with any type of cancer

Post-Treatment Group

Prostate Cancer Group

Young Women with Breast Cancer Group

Tai Chi and Qi Gong Margaret Matsumoto

Friday, February 1 /12:30-1:30 PM

Join Margaret to experience Tai Chi and Qi Gong. Tai Chi is a graceful, low impact exercise that can benefit people of all ages. Qi Gong means training your body to work better from the inside out.

Get started today!
Sign up required.

Laughter Yoga

Vinodray Shah, MD. Certified laughter leader and retired Surgeon

Friday, February 8 & 15/11:00-12:00 PM

Did you know that laughter reduces the level of stress hormones? That is changes your mood within minutes by releasing endorphins, the feel good hormone and natural pain killer. Join Vinodray as he shows us how laughter can help create a positive mental state to deal with negative people and situations, and gives hope and optimism to cope with difficult times. Learn why laughter is the best medicine.

Sign up required.

Transform Yourself and Your World with Yoga

Nancy Kardon, certified 20 year Iyengar yoga teacher

Wednesday, February 13/5:30-7:00 PM

This method of Hatha Yoga emphasizes alignment while developing strength, stamina, flexibility and balance. In this class, we'll learn how to quiet the chattering mind. We will work with support and will open the chest and lungs, the "heart" center, but without vigorous poses.

We'll connect body, mind, breath and senses to cultivate alert relaxation, ease and equanimity. Longtime, uninterrupted practice can lead to transformation. This class may be a first step.

Sign up required.

The Metal Element: Colds and Flu

Drew DiVittorio, NCCAOM, Founder/Primary Instructor, NY Institute of Herbal Medicine and Nutrition

Tuesday, February 26/6:00-7:30 PM

According to Chinese Medicine, the lungs are the roots of our Qi (life force energy). When in harmony, the lungs control our exterior immune function, protecting us from colds, flu and other environmental toxins.

Join Drew as he discusses herbs, food cures, and exercises to help the lungs. Sign up required.



Thank you to NewYork-Presbyterian for their generous support of our lectures and workshops.



Gilda's Club Westchester is a FREE cancer support community for men, women, children and teens impacted by cancer. For more information, please call 914.644.8844 or visit our website: www.gildasclubwestchester.org