

PROGRAM CALENDAR

A free, non-profit support community for anyone touched by cancer

Featured Events This Month

Health Benefits of Drinking Tea Tuesday, December 2 | 12:30-1:30pm

Please join us as we welcome first time lecturer Gene Yau to our clubhouse. Gene is the founder of Asian Tea Depot and he is bringing us a fun and educational lecture on the importance of drinking tea. Gene is also going to bring samples of his tea for us to try.

Space is limited so please sign up at the front desk.

Holiday Dance Party and Potluck

Wednesday December 17 |
6-7:30pm

Come celebrate the holiday season with your fellow members and bring your favorite dish. The band Sharp Edge is back to help us kick off the night, so bring your dancing shoes and joyful spirits. Friends and family are all invited. Open to the public.

Call 201-457-1670 ext. 110 to sign up.

Thank you to our December Heroes



Blue Moon in Englewood

E. Fitz Art

Frankie L's Pizzeria Hackensack

Garfield High School

Isbre Water

Stony Hill Inn

Stop and Shop Lyndhurst

Stop and Shop Hackensack

for their generous donations and contributions to GCNNJ



December Calendar

cancer support for the whole family,



575 Main Street | Hackensack, NJ 07601 | (201) 457-1670
www.gildasclubnj.org | info@gildasclubnj.org

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Message from the Executive Director

It has been a very eventful year both in and out of the clubhouse. The great news is that our doors have remained open for anyone touched by cancer. I want to make sure everyone in the community knows this so please help us to spread the word. Our mission is still "To create welcoming communities of free support for everyone living with cancer – men, women, teens and children – along with their families and friends."

The passion about Gilda's Club and our mission has been evident not only in the clubhouse, but in the community at large. I have received many phone calls from concerned members, volunteers and donors asking how they can help. We are so grateful that many of our previous donors have returned and we are so fortunate to have met new ones.

Our volunteers and members have been active in fundraising efforts as well. We had several very successful fundraisers and our Auxiliary Fundraising Committee has several more scheduled for the coming months. Please check our calendar and website for upcoming events.

We are back to our old calendar format due to the generosity of Efitz Art. If you are receiving our calendar by mail and have access to our website or if you can pick up your copy while at the clubhouse, please call our front desk so we can remove your name from our mailing list. This saves us time and money and we need to run as efficiently as possible.

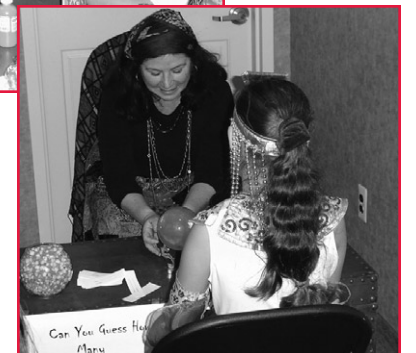
We will be reaching out to our active members to polish up our database. We welcome any comments you may have on membership. We want to continue to provide the warm and welcoming community that everyone has come to know as Gilda's Club

Lenore Guido
Lenore Guido

Gilda's Club Photo Album



Members, families, friends, and volunteers all come together to spend a night of spooktacular fun at our annual Noogiefest Party!



Clubhouse Wishlist

New Things We Need

- Bottled Water
- Paper Towels
- Parmalat Milk
- Bottled water
- Coffee/Extra Large
- Coffee filters
- C-fold towels
- Toilet Paper
- Tissues
- Dishwashing Detergent
- Paper Plates
- Coffee
- AA Batteries
- Kids snacks
- Juice Boxes
- Arts and Craft Projects for Children

...and for the Noogies

Only new items, please!

We Thank Our Sponsor



See Inside

December 2008 Program Calendar

2008 December

Gilda's Club Northern New Jersey | 575 Main Street | Hackensack, NJ 07601
 Monday 10am-6pm | Tuesday-Thursday 10am-8pm | Friday 10am-4pm | Saturday 10am-2pm (201) 457-1670



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Member Meeting 1-2pm	2 Not on the Floor Yoga 10:30-11:45am • Health Benefits of Drinking Tea Lecture 12:30-1:30pm Mah Jongg 12:30-2 pm Yoga with Jess 5:30-6:30pm Art Class: Mixed Media 6:30-8pm	3 Yoga with Trena 11:30am-12:30pm "Ask the Dr." 2:00pm-3:30pm *Spring Forest Qigong with Ann 3-4pm Thyroid Cancer Networking 6-7:30pm Knitting Circle 6:30-8pm	4 Helping Hands and PH&D Networking 11am-12pm Gentle Yoga 1-2:15pm Poker Time 1-3pm *Gynecological Networking Group 2:30-4pm Line Dancing 3-4:30pm *TNT: Dynamite Thursdays 6:30-8pm	5 *Tai Chi 11am-12pm	6 Clubhouse Closed
8 Pancreatic Networking Group 1-2:30pm *Make Your Own Gift Wrap 2-4pm	9 Not on the Floor Yoga 10:30-11:45am Mah Jongg 12:30-2 pm Art Class: Mixed Media 6:30-8pm	10 Yoga with Trena 11:30am-12:30pm Living Life after Treatment 12:30-2pm Guided Imagery 2-3pm Lung Cancer Networking 2:30-4pm Spring Forest Qigong with Ann 3-4pm *New Member Meeting 5:30-6:30pm Knitting Circle 6:30-8pm Entre Amigos (Among Friends) 6:30-8pm Breast Cancer Networking 6:30-8pm	11 Red Door Tour 12pm Gentle Yoga 1-2:15pm Poker Time 1-3pm Line Dancing 3-4:30pm *TNT: Dynamite Thursdays 6:30-8pm	12 *Tai Chi 11am-12pm	13 Clubhouse Closed
15 New Member Meeting 1-2pm *Dance Expressions 2:15-3:15pm Crazy Quilting 1-3pm	16 Not on the Floor Yoga 10:30-11:45am Mah Jongg 12:30-2 pm Yoga with Jess 5:30-6:30pm *Writing Your Illness 6-7:30pm Art Class: Mixed Media 6:30-8pm	17 Yoga with Trena 11:30am-12:30pm Ceramics with Marilyn 12-2pm *Holiday Dance Party and Potluck 6-7:30pm	18 Gentle Yoga 1-2:15pm Poker Time 1-3pm Line Dancing 3-4:30pm *TNT: Dynamite Thursdays 6:30-8pm	19 *Tai Chi 11am-12pm	20 Sisters Networking 10am-12pm
22 Hanukkah	23 Not on the Floor Yoga 10:30-11:45am Mah Jongg 12:30-2 pm Art Class: Mixed Media 6:30-8pm	24 Christmas Eve Clubhouse Closed	25 Christmas Day Clubhouse Closed	26 Clubhouse Closed	27 Clubhouse Closed
29 Clubhouse Hours 10am-4pm	30 Clubhouse Hours 10am-4pm	31 New Year's Eve Clubhouse Closed			

Gynecological Networking
 Thursday, December 4 | 2:30-4pm
 Please join us for the Gynecological Networking group. This group will meet the first Thursday of every month.

Dynamite Thursdays
 Thursdays, December 4, 11, 18, | 6:30-8pm
 Noogieland and the Teen Group meet on Thursday nights along with Grief Busters for a dynamic evening. Join us for support, activities, and a whole lot of fun

Pancreatic Networking
 Monday, December 8 | 1-2:30pm
 Please join us for the Pancreatic Networking Group. This group will meet the second Monday of every month.

Make Your Own Gift Wrap
 Monday, December 8 | 2-4pm
 Make your own gift wrap at Gilda's. Come stamp your way into the holidays with Suzy. No experience required.

Dance Expressions
 Monday, December 15 | 2:15-3:15pm
 Explore, play, and express yourself through movement. A gentle approach to creative dance. Suitable for adults of any age and ability level. Taught by Linda Mensch, Center for Modern Dance education guest faculty, and director of "The Moving Company" in Warwick, NJ.



Volunteer Corner

Calendar Mailing
 Calendar volunteers, the calendar mailing will take place on Monday, December 15 at 11 am. Please sign up if you are able to participate.

Interested in Volunteering?
 Please sign up for a Red Door Tour or call 1-201-457-1670 ext 124.

Interested in Joining the Auxiliary or Have a Great Idea?
 Please leave your ideas at the front desk or email auxpresident@gildasclubnnj.org.

For more information, please call the clubhouse at 201-457-1670.

For Kids and Teens

Noogieland
 Children touched by cancer can explore their feelings, ask questions, and just "be kids" having FUN! through art and play.

Teen Scene
 Teen Thursdays is a get together for teenagers whose lives have been touched by cancer. Meets every Thursday of the month. This is a fun way for teenagers to get involved in the clubhouse, volunteer, get support, and to just be themselves.

For more information, please contact Rachel Gottlieb at rachelg@gildasclubnnj.org

Reminders For Members

- If you are ill, we ask that you be considerate of fellow members whose immune systems may be compromised and visit the clubhouse when you are feeling better. Thank you!
- Due to members strong reactions to odors during chemotherapy, please refrain from wearing cologne or perfume when at the clubhouse. Thank you!
- Please sign up for all activities at least 24 hours in advance at (201) 457-1670. Activities without sufficient enrollment will be cancelled.

Support Groups

- Day and Time**
- Tuesday, 12:30pm-2pm
 - Tuesday, 6:30pm-8pm
 - Thursday, 10-11:30am
 - Thursday, 11am-12:30pm
 - Thursday, 6:30pm-8pm
- Groups Offered**
- Wellness
 - Wellness ■ Family, Friends, and Caregivers ■ ph&d Alumni
 - Wellness
 - Living with Loss
 - Wellness ■ Living with Loss

How to Become a Member

- Call 201-457-1670 to speak to a program staff person
- Come to a New Member Meeting
- Create a Customized Membership Plan