

*We ask that you RSVP in advance before attending any activities and lectures:
1-201-457-1670 ext 110



Spotlight

Workshops to Explore at Gilda's Club NNJ

Workshops

Spring Forest Qigong

Wednesday, December 3, 10 | 3-4pm

An advanced, simple, and powerful form of Qigong. The goal is to enhance the quality of life by teaching people ways to open the energy channels and maintain balance.

Tai Chi

Fridays, December 5, 12, 19 | 11am-12pm

Tai Chi is a meditation in motion. A series of postures performed in a slow meditative dance using the mind, body, and spirit. It is called the Tango of the Universe. Please wear comfortable clothes.

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.

Writing your Illness

Tuesday, December 16 | 6-7:30pm

Discover the profound healing effect writing has on the emotional and psychological experience of illness. This workshop will help the individuals learn to write openly and honestly the story of their illness.

Lectures to Attend at Gilda's Club NNJ

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.

Gynecological Networking Group

Thursday December 4 | 2:30-4pm

This group will meet the 1st Thursday every month.

Pancreatic Networking

December 8 | 1-2:30pm

Meets the 2nd Monday every month

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

Upcoming Events



Acupuncture and Cancer Care with Margaret Steele-

Tuesday January 6th from 6:30-7:30pm

Blood Cancer Networking

-The first Wednesday of every month from
6:30-8pm

Stress Reduction with Dr. Motz

-4th Wednesday of every month starting in
January 09

-**Please look for the Socrates Café coming back in
January 08**

Fundraising Auxiliary

Interested in Joining the Fundraising Auxiliary or Have a Great Idea?

Please leave your idea at the front desk or email auxpresident@gildasclubnnj.org

Upcoming Events

Barnes & Noble Gift Wrapping at Riverside:

December: 1,5,10,14,20,27

from 9am-4pm.

December: 3 and 18

from 4pm-11pm

These are 3hr. Shifts. Sign up sheet posted on kitchen bulletin board or call 201-457-1670 ext 113

Whole Foods Edgewater
Gift Wrapping

December: 13,14,18,19,20,21,22,23

From 10am-10pm. *These are 4hr. Shifts*

10am-2pm/ 2-6pm/6-10pm

December 24th: from 9am-6pm

Sign up sheet posted on kitchen bulletin board or call 201-457-1670 ext 113

Cooking Demo By: Pampered Chef

December 14th @2pm at Gilda's Club NNJ

To sign up please contact 1-201-457-1670 ext 113

Start shopping now at

www.pamperedchef.biz/carolyncooks2

Please enter Gilda's Club as your host so we can get credit!

January 09

Massage-A-Thon

Saturday, Jan 24th 9am-6pm

@The Institute for Therapeutic Massage

Pompton Lakes and Red Bank Locations

1hr. Swedish Massage \$37

To make a appointment -Call 201-457-1670 ext 113

Gilda's Club Motto



"Clubhouse Motto"

It is our goal to provide a safe and comfortable place for members, volunteers and staff, where everyone is treated with respect and kindness.

Did You Know.....

Did you know that in our Beach Room we have cards that were donated to us from The Gallery Collection? The holidays are coming up soon, so please check it out and ask for your cards today!

Emails

All members should be aware that if they have access to the internet we are requesting that they go on-line to view the monthly calendar.

We would like to have all e-mails from members who have e-mail addresses so we can correspond by e-mail when we need to inform them of important events, etc. This saves the clubhouse time and money.

Clubhouse Courtesies

Let's make your home away from home as nice as can be...

Pitch in to make a pot of coffee, even change a roll of tee pee.

Avoid parking in the Gilda's and Planned Parenthood lot,

As those spaces are needed for the staff and for the tots.

If you would like to attend an event, kindly give us a call,

And, remember to make Gilda's Club a safe place for all.

