

# Program Calendar | June 2024



Formerly known as  
**Gilda's Club**  
New York City

## EDUCATIONAL LECTURES

Lectures are open to non-members; all other activities require membership.

### Discussion of Cyberknife Treatment Tuesday, June 4<sup>th</sup> | 12-1pm Facilitator: Dr. Jonathan Lischalk

Radiation therapy has evolved over the last several decades in concert with dramatic technological improvements in radiation machines, high complexity treatment planning algorithms, and improvements in medical imaging. The CyberKnife treatment platform was originally developed by neurosurgeons to treat brain and spine tumors with a high level of precision on the order of 1 mm. This machine allows high doses of radiation to be delivered over a short period of time given the ability to precisely target tumors with minimal surrounding radiation exposure to normal organs.

Prospective trials have now shown this type of radiation to be very efficacious for a variety of disease sites including:

- prostate cancer
- lung cancer
- brain/spine cancer.

Dr. Lischalk will discuss the scientific and medical background and utilizing CyberKnife radiation to treat and cure her cancer as well as future applications.

### Strategies for Eating and Living Well During Breast Cancer Treatment and Beyond Tuesday, June 18<sup>th</sup> | 12 -1pm Facilitator: Laurie Rosa

You've probably had plenty of advice on "eat this not that" for improved health. Have you tried to make those diet changes only to find they didn't stick? It can be challenging to make changes. This program will help you find ways to put the information you know into action. Because without action there will be no change.

- Gain insights into what it takes to change your behavior and make different choices.
- Build awareness of barriers that may stop you from making changes.
- Learn actionable strategies and helpful tips to overcome the barriers.

### Post Treatment Management: Now that you are in remission, what happens next? Thursday, June 27<sup>th</sup> | 12 - 1pm Facilitator: Khalid Rehman, MD

#### **Part I: Survivorship: Surveillance, Short Term Cancer Therapy Side Effects** **Date: Thursday, June 27, 2024** **Time: 12-1pm**

Now that cancer survivors are living longer and their numbers are also increasing rapidly, the subject of "Survivorship" has become a critical area of research and of clinical significance. The objective of these two lectures will be to help us better understand this new paradigm.

This 2-part lecture series will explore:

- The diagnosis and management of the short-term and long-term side effects related to cancer treatment.
- Discussion of medical care during survivorship including who will monitor patients when they reach survivorship. Will it be a primary care doctor, oncologist, or both? How to assess cancer recurrence?

#### **VIRTUAL HOURS**

Monday-Thursday: 9am - 6:30pm  
Friday: 9am - 5pm

For general information/questions, please call 212-647-9700.  
For assistance with Zoom and/or activity registration, please contact:

**Yafreisi De Jesus** at 917-557-0095 (Mon-Fri 9am-5pm)  
**Jessilyn Torres** at 917-232-8324 (Mon-Thur 5-6:30pm)

#### **REMINDER**

Visit our website for the Program Calendar and Member Portal: [www.reddoorcommunity.org](http://www.reddoorcommunity.org)

#### **REGISTRATION & CANCELLATION POLICY**

Register and cancel for all activities through the online member portal.  
Cancellation must be done 24 hours in advance through the member portal or by contacting reception  
If we do not have a minimum of 3 registrants 24 hours prior to an activity, it will be cancelled.  
If you need to cancel the day off a scheduled activity, you must call the clubhouse at 212-647-9700.

# Program Calendar | June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LEGEND:</b>  <b>BLUE= ZOOM</b>  <b>RED= IN-PERSON</b></p>	<p><b>RESERVATION POLICY</b>            Online registration and cancellation is possible only up to 24 hours prior to your activity. If we do not have the minimum number of registrants 24 hours prior to an activity, it will be cancelled. If you need to register or cancel the day of a scheduled activity, you must call us at 212-647-9700</p>			
<p>3            2:30-3:45PM– Meditation for Radical Change            6:30-8PM–John Lennon Real Love Project</p>	<p>4            11AM-12:30PM–Gentle Yoga            12-1PM–Lecture-Discussion of Cyberknife Treatment            2-3:30PM–Activate Your Inner Healer            3-4PM–Seated Yoga            6:30-7:15PM– Reiki and Soundwaves Meditation</p>	<p>5            11-11:45AM–Chair Yoga &amp; Meditation            11AM-1PM–Knitting &amp; Crochet Circle            1:30-2:30PM– Jin Shin Jyutsu Self Care®            1-2:30PM–Living with Loss Group            6-7PM–Yoga: Refresh and Revitalize            6-8PM–Post-Treatment Monthly Group            7-8PM–Poetry with Lynne</p>	<p>6            10-11AM–Pilates Mat            3:30-5PM–Embracing Your Creative Path            5-5:45PM–Laughter Yoga            6-7PM–New! Make Your Own Rangoli Coaster Kit            6-7:30PM–Living with Advanced or Metastatic            6-8PM–Caregivers Monthly Group</p>	<p>7            11AM-12PM–Meditation: Ease Amidst Disease: Open Awareness</p>
<p>10            2:30-3:45PM– Meditation for Radical Change            6-8PM– Living With Prostate Cancer Monthly Group            6:30-8PM–John Lennon Real Love Project</p>	<p>11            11AM-12:30PM–Gentle Yoga            12-1:30PM–Living with Cancer Wellness Group            2-3:30PM–Activate Your Inner Healer            6-8PM–Let’s Write</p>	<p>12            11-11:45AM–Chair Yoga &amp; Meditation            11AM-1PM–Knitting &amp; Crochet Circle            1:30-2:30PM–Meditation Made Easy            5-6PM–Moving For Life: Gentle Aerobics            6-7PM– A Joyful Noise: Together in Song with Beth Bierko            6-7PM–Yoga: Refresh and Revitalize            6-7:30PM–Living w/ GYN Cancer Group</p>	<p>13            10-11AM–Pilates Mat            2-4PM–Meditative Pattern Drawing with Zentangle®            3:30-5PM–Embracing Your Creative Path            4-5PM- Movement Meditation            6-7:30PM- Young Adults Living with Loss            6-8PM–1-Minute Relief from Stress</p>	<p>14            11AM-12PM–Meditation: Ease Amidst Disease: Open Awareness</p>
<p>17            2:30-3:45PM– Meditation for Radical Change  <b>3:15-4:30PM– LIVE REIKI: ACTIVATE YOUR INNER HEALER (IN-PERSON)</b>  <b>6-8PM–NEW! PLAY WITH PASTEL (IN-PERSON)</b></p>	<p>18            11AM-12:30PM–Gentle Yoga            12-1PM–Lecture: Strategies for Eating and Living Well During Breast Cancer Treatment and Beyond            2-3:30PM–Activate Your Inner Healer            3-4PM–Seated Yoga</p>	<p>19  <b>CLUBHOUSE CLOSED:            JUNETEENTH</b></p>	<p>20            12:30-1PM–Seated Zumba            1-1:45PM–Improv Comedy            1-2:30PM–Living with Advanced or Metastatic Cancer Group            3:30-5PM–Embracing Your Creative Path            5-5:45PM–Laughter Yoga            6-7:15PM–Healing Through Humor            6-7:30PM–Young Adults Living w/ Cancer GP</p>	<p>21            11AM-12PM– Meditation: Ease Amidst Disease: Conclusion and Reflections</p>
<p>24            2:30-3:45PM– Meditation for Radical Change            6:30-8PM–John Lennon Real Love Project</p>	<p>25            11AM-12:30PM–Gentle Yoga            2-3:30PM–Activate Your Inner Healer            6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</p>	<p>26            11AM-1PM–Knitting &amp; Crochet Circle            1:30-2:30PM–Ocean Meditation            6-7PM–Yoga: Refresh and Revitalize            6-8PM–Living with Cancer Alone Group            7-8PM–Poetry with Lynne</p>	<p>27            10-11AM–Pilates Mat            12-1PM–Lecture-Post Treatment Management: Now that you are in remission, what happens next?            3:30-5PM–Embracing Your Creative Path            4-5PM- Movement Meditation            6-8PM–Living with Blood Cancer Group</p>	<p>28</p>

# WORKSHOPS

To participate in a workshop, membership is required.  
Please call **(212)-647-9700** for more information.



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## BODY MOVEMENT WORKSHOPS

**Gentle Yoga**  
11am- 12:30pm; Tuesday, June 4  
Facilitator: Sabina Maschi  
  
11am- 12:30pm; Tuesday, June 11, 18, 25  
Facilitator: Liz Dalton

**Moving For Life: Gentle Aerobics**  
5-6pm; Wednesday, June 12  
Facilitator: Ana Leon Bella

**Pilates Mat**  
10-11am; Thursday, June 6, 13, 27  
Facilitator: Miranda Stevens

**Seated Yoga**  
3-4pm; Tuesday, June 4, 18  
Facilitator: HOM

**Seated Zumba**  
12:30-1pm; Thursday, June 20  
Facilitator: Evie Aronson

**Yoga: Refresh & Revitalize**  
6-7pm; Wednesday, June 5, 12, 26  
Facilitator: Diane Cimino

## STRESS REDUCTION WORKSHOPS

**1-Minute Relief from Stress**  
6-8pm; Thursday, June 13  
Facilitator: Scott Weiner

**Activate Your Inner Healer**  
2-3:30pm; Tuesdays in June  
Facilitator: Pamela Bloom

**Chair Yoga and Meditation**  
11-11:45am; Wednesday, June 5, 12  
Facilitator: Beth Bierko

**Healing Sound Meditation and Sonic Attunement**  
6:30-7:30pm; Tuesday, June 25  
Facilitator: Eileen Moran/Elana Seplow-Jolley

**Jin Shin Jyutsu Self Care Workshop®**  
1:30-2:30pm; Wednesday, June 5  
Facilitator: Teri Meissner

**Laughter Yoga**  
5-5:45pm; Thursday, June 6, 20  
Facilitator: Francine Shore

**LIVE REIKI (IN-PERSON)**  
3:15-4:30pm; Monday, June 17  
Facilitator: Pamela Bloom

**Meditation: Ease Amidst Disease;  
Calm Abiding Mind**  
11am-12pm; Friday, June 7, 14, 21  
Facilitator: Zen Teacher Ryushin Marchaj

**June 7, 14: Meditation: Ease Amidst  
Disease: Open Awareness**

**June 21: Meditation: Ease Amidst  
Disease: Conclusion and Reflections**

These are the remaining three workshops of a 10-part series that will revolve around the relationship between meditation and intimacy, focusing on what intimacy is and how to access it when we are ill, in pain and afraid, when we are challenged to find ease within our bodies and minds, while we are hurting and assaulted by impermanence.

We will explore meditative approaches emerging out of the ancient spiritual tradition—calm abiding, lovingkindness, and open awareness. Each workshop will include instructions, a period of practice and Q+A.

Each workshop in the series is self-contained and it is not necessary to have attended previous sessions.

**Meditation for Radical Change**  
2:30-3:45pm; Mondays in June  
Facilitator: Susan Bissonnette

**Meditation Made Easy**  
1:30-2:30pm; Wednesday, June 12  
Facilitator: Teri Meissner

**Movement Meditation**  
4-5pm; Thursday, June 13, 27  
Facilitator: HOM

**Ocean Meditation**  
1:30-2:30pm; Wednesday, June 26  
Facilitator: Rochelle White

**Reiki and Soundwaves Meditation**  
6:30pm-7:15pm; Tuesday, June 4  
Facilitator: Mei Leung

## CREATIVE EXPRESSION WORKSHOPS

**A Joyful Noise: Together in Song with Beth Bierko**  
6-7pm; Wednesday, June 12  
Facilitator: Beth Bierko

**New! Make Your Own Rangoli Coaster Kit**  
6-7pm; Thursday, June 6  
Facilitator: New York Junior League

Experience the benefits of stress relief and creativity while painting your very own coasters. The DIY kit includes 4 Rangoli design engraved coasters, 6 colored paints, and 2 paint brushes. **This workshop is for adults.**

**Embracing Your Creative Path:  
A Circle of Friends**  
3:30-5pm; Thursdays in June  
Facilitator: Joe Raiola-Theatre Within

**Healing Through Humor**  
6-7:15pm; Thursday, June 20  
Facilitator: Valerie David

**Improv Comedy**  
1-1:45pm; Thursday, June 20  
Facilitator: Linda Pallotta

**Knitting and Crochet Circle**  
11am-1pm; Wednesday, June 5, 12, 26  
Facilitator: Jennifer Tichenor

**Let's Write**  
6-8pm; Tuesday, June 11  
Facilitator: Jessica Kaplan

**Meditative Art Pattern Drawing  
with Zentangle®**  
2-4pm; Thursday, June 13  
Facilitator: Terry Hall

**PLAY WITH PASTEL (IN-PERSON)**  
6-8pm; Monday, June 17  
Facilitator: Andrew Orenstein

**See website for more details.**

**Poetry with Lynne**  
7-8pm; Wednesday, June 5, 26  
Facilitator: Professor Lynne Rosenthal

**The John Lennon Real Love Project**  
6:30-8pm; Monday, June 3, 10, 24  
Facilitator: Tony Conniff

# SUPPORT GROUPS

To participate in a support group, membership is required.  
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## MONTHLY GROUPS

### Caregivers Support Group

6-8pm; Thursday, June 6  
Facilitator: Ronnie Hochberg, LMHC

### Living with Advanced or Metastatic Cancer

6-7:30pm; Thursday, June 6  
1-2:30pm; Thursday, June 20  
Facilitator: Eileen Polito, LCSW

### Living with Blood Cancer Monthly Group

6-8pm; Thursday, June 27  
Presenter: Sophia Tsesmelis Piccolino, LCSW,  
OSW-C

### Living with Cancer Alone

6-8pm; Wednesday, June 26  
Facilitator: Eileen Polito, LCSW

### Living with Cancer Wellness Group

12-1:30pm; Tuesday, June 11  
Facilitator: Erin Baumann, LMSW

### Living with Gynecological Cancer

6-7:30pm; Wednesday, June 12  
Facilitator: Awilda Torres, PHD, LMHC

### Living with Loss

1-2:30pm; Wednesday, June 5  
Facilitator: Eileen Polito, LCSW

## MONTHLY GROUPS (CONT)

### Living with Prostate Cancer

6-8pm; Monday, June 10  
Facilitator: Andrew Hearn, LMSW

### Post-Treatment

6-8pm; Wednesday, June 5  
Facilitator: Haydee Bulos, LMSW

### Young Adults Living with Cancer

6-7:30pm; Thursday, June 20  
Facilitator: Darren Arthur MSW, LCSW,  
OSW-C

### Young Adults Living with Loss

6-7:30pm; Thursday, June 13  
Facilitator: Darren Arthur MSW, LCSW,  
OSW-C

## WEEKLY GROUPS

### Monday

6 - 8pm Bereavement Group  
6 - 8pm Bereavement Group  
6 - 8pm Wellness Group

### Tuesday

12:30 - 2:30pm Wellness Group  
6 - 8pm Family & Friends Group  
6 - 8pm Wellness Group  
6 - 8pm Bereavement Group

### Wednesday

10 - 11:30am Spanish Wellness Group  
(Mount Sinai Hospital)  
12pm - 1:30pm Wellness Group: Kings  
County Hospital  
6- 6:45pm Kids Connect (Family & Friends)  
6 - 8pm Family & Friends Group  
6 - 8pm Wellness Group  
6 - 8pm Wellness Group

### Thursday

6 - 6:45pm Kids Connect (Bereavement)  
6 - 8pm Bereavement Group

## SUPPORT GROUPS

**Wellness Groups:** are weekly support groups for individuals diagnosed with cancer.

**Family Groups:** are weekly support groups for family members and friends who have been impacted by cancer.

**Bereavement Groups:** are weekly support groups for individuals who are grieving the death of a loved one to cancer.

**Kids Connect, Tweens & Teens Connect:** are support groups for children and teens touched by cancer.