

Program Calendar | October 2023



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES & WORKSHOPS

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

Medicare Open Enrollment 2024

Tuesday, October 3rd | 12-1pm

Facilitator: Gil Kunken, Health Insurance Counseling & Assistance at NYC Department for the Aging

Please join us on October 3rd, for an important discussion and Q&A regarding the upcoming 2024 Medicare Open Enrollment.

- ❖ Medicare Part A and Part B, Medigap/Medicare Supplement insurance
- ❖ Medicare Advantage and Medicare Part D prescription drug coverage.
- ❖ Programs that help with Medicare costs, including Extra Help/LIS, EPIC, and the Medicare Savings Programs.

Discussion Q & A: Foreign Puzzle, a film about love, dance, and breast cancer

Tuesday, October 17th | 12-1pm

Facilitator: Chithra Jeyaram

Foreign Puzzle is an intimate documentary that captures the journey of an inspiring Mexican American dancer as she communicates the impermanence of life through dance while juggling the roles of a recently divorced parent of a 6-year-old, a choreographer, and a primary school teacher amidst intensive treatments for breast cancer. The film has closed captions, Spanish subtitles, and audio descriptions available.

This event is open to the public. All registrants will be provided a link to view the documentary prior to the Q&A held on 10/17 from noon to 1 pm. Chithra Jeyaram the director and Sharon Marroquin, an awarding winning modern dancer and the protagonist of the film will participate in the discussion.

To view the film ahead of time, please register as soon as possible, as the link to view the film is only available from October 10th-16th.

New! A Joyful Noise: Freeing Our Voices with Beth Bierko

Wednesday, October 1 | 6-7pm

Facilitator: Beth Bierko

Participants will learn techniques designed to ease tension, improve posture and support the breath for better singing.

New! A Joyful Noise: Freeing Our Voices with Beth Bierko

Wednesday, October 25 | 6-7pm

Facilitator: Beth Bierko

We will warm up our voices with some fun and simple vocal exercises, then share simple songs that will be easy to learn and sing along to.

See website for more details.

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

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 | October 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <div>2</div> <div>2:30-3:45PM– Meditation for Radical Change</div> <div>6:30-7:30PM– Vinyasa Yoga</div> <div>6:30-8PM– John Lennon Real Love Project</div> | <div>3</div> <div>11AM-12:30PM–Gentle Yoga</div> <div>12-1PM–Lecture: Medicare Open Enrollment</div> <div>2-3:30PM–Activate Your Inner Healer</div> <div>5-6PM–Yoga for Anxiety</div> <div>6:30-7:15PM– Reiki and Soundwaves Meditation</div> | <div>4</div> <div>11-11:45AM - Chair Yoga & Meditation</div> <div>11AM-1PM-Knitting & Crochet Circle</div> <div>1:30-2:30PM– Jin Shin Jyutsu Self Care Workshop®</div> <div>5-6PM– Moving For Life: Gentle Aerobics</div> <div>6-7PM–Yoga: Refresh and Revitalize</div> <div>6-7:30PM–MAD Art</div> <div>6-8PM–Post-Treatment Group</div> | <div>5</div> <div>10-11AM –Pilates Mat</div> <div>3:30-5PM–Embracing Your Creative Path</div> <div>4-5PM- Movement Meditation</div> <div>6-8PM –Caregivers Monthly Group</div> <div>6-8PM –Living with Advanced or Metastatic Cancer Group</div> | <div>6</div> <div>CLUBHOUSE CLOSES @ 1PM</div> |
| <div>9</div> <div>CLUBHOUSE CLOSED: INDIGENOUS PEOPLE DAY</div> | <div>10</div> <div>11AM-12:30PM–Gentle Yoga</div> <div>12-1:30PM–Living with Cancer Wellness Group</div> <div>2-3:30PM–Activate Your Inner Healer</div> <div>3-4PM–Seated Yoga</div> <div>6-7:15PM– Writing & Mindfulness</div> | <div>11</div> <div>11-11:45AM–Chair Yoga & Meditation</div> <div>11-1PM–Knitting & Crochet Circle</div> <div>1-2:30PM–Living with Loss Monthly Group</div> <div>1:30-2:30PM–Ocean Meditation</div> <div>6-7PM–Yoga: Refresh and Revitalize</div> <div>6-7:30PM–Living w/ GYN Cancer Group</div> <div>6-8PM–Living with Prostate Cancer</div> <div>6-8PM–New! Living with Cancer Alone</div> <div>7-8PM–Poetry with Lynne</div> | <div>12</div> <div>12:30-1PM–Seated Zumba</div> <div>2-3PM–Meditative Pattern Drawing with Zentangle®</div> <div>3:30-5PM–Embracing Your Creative Path</div> <div>5-6PM–The Story You Tell Writing Workshop</div> <div>6-7PM–New! Craft Crush Mini Sand Planter</div> <div>6-7:30PM–Young Adults Living with Loss</div> | <div>13</div> <div>11AM-12PM–Coping with Change Through Art Therapyy</div> |
| <div>16</div> <div>2:30-3:45PM– Meditation for Radical Change</div> <div>4-5PM– LIVE REIKI: ACTIVATE YOUR INNER HEALER (IN-PERSON)</div> <div>6:30-8PM– John Lennon Real Love Project</div> | <div>17</div> <div>12-1PM –Lecture-Foreign Puzzle, a film about love, dance, and breast cancer</div> <div>2-3:30PM–Activate Your Inner Healer</div> <div>6-7:15PM– Writing & Mindfulness</div> <div>6:30-7:30PM– Healing Sound Meditation and Sonic Attunement</div> | <div>18</div> <div>11-11:45AM - Chair Yoga & Meditation</div> <div>11AM-1PM-Knitting & Crochet Circle</div> <div>1-2:30PM -Post-Treatment Group</div> <div>1:30-2:30PM–Yoga Nidra for Stress</div> <div>6-7PM–Yoga: Refresh and Revitalize</div> <div>6-7:30PM–MAD Art</div> <div>6-8PM–Living with Loss GP</div> | <div>19</div> <div>10-11AM –Pilates Mat</div> <div>1-1:45PM–Improv Comedy</div> <div>3:30-5PM–Embracing Your Creative Path</div> <div>4-5PM- Movement Meditation</div> <div>5-6:30PM– Gentle Flow Into Yoga Nidra</div> <div>6-7:30PM–Young Adults Living w/ Cancer GP</div> <div>6-8PM –Living with Advanced or Metastatic Cancer Group</div> | <div>20</div> |
| <div>23</div> <div>2:30-3:45PM– Meditation for Radical Change</div> <div>6:30-8PM - John Lennon Real Love Project</div> | <div>24</div> <div>11AM-12:30PM–Gentle Yoga</div> <div>2-3:30PM–Activate Your Inner Healer</div> <div>3-4PM–Seated Yoga</div> <div>6-7:15PM– Writing & Mindfulness</div> <div>6-8PM–Let’s Write</div> | <div>25</div> <div>11-11:45AM - Chair Yoga & Meditation</div> <div>11AM-1PM-Knitting & Crochet Circle</div> <div>1:30-2:30PM-Chair Yoga</div> <div>6-7PM–Yoga: Refresh and Revitalize</div> <div>7-8PM–Poetry with Lynne</div> | <div>26</div> <div>10-11AM - Pilates Mat</div> <div>3:30-5PM- Embracing Your Creative Path</div> <div>6-7PM–The Story You Tell Writing Workshop</div> <div>6-8PM–Living with Blood Cancer</div> <div>6-8PM –1-Minute Relief from Stress</div> <div>8:30-9:30PM–All Tangled Up in Bakersfield: Tangle Friendship Club</div> | <div>27</div> |
| <div>30</div> <div>2:30-3:45PM– Meditation for Radical Change</div> <div>6-7:30PM -Comedy Writing</div> <div>6:30-8PM - John Lennon Real Love Project</div> | <div>31</div> <div>2-3:30PM–Activate Your Inner Healer</div> <div>6-7:15PM– Writing & Mindfulness</div> | | <div>LEGEND:</div> <div>BLUE= ZOOM</div> <div>RED= IN-PERSON</div> | <div>RESERVATION POLICY</div> <div>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</div> |

WORKSHOPS

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



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LEGEND:
BLUE= ZOOM
RED= IN-PERSON

BODY MOVEMENT WORKSHOPS

- Gentle Flow into Yoga Nidra**
5-6:30pm; Thursday, October 19
Facilitator: Sharyn Hahn
- Gentle Yoga**
11am- 12:30pm; Tuesday, October 3
Facilitator: Sabina Maschi
- 11am-12:30pm; Tuesday, October 10, 24
Facilitator: Liz Dalton
- Moving For Life: Gentle Aerobics**
5-6pm; Wednesday, October 4
Facilitator: Ana Leon Bella
- Pilates Mat**
10-11AM; Thursday, October 5, 19, 26
Facilitator: Miranda Stevens
- Seated Yoga**
3-4pm; Tuesday, October 10, 24
Facilitator: HOM
- Seated Zumba**
12:30-1pm; Thursday, October 12
Facilitator: Evie Aronson
- Vinyasa Yoga**
6:30-7:30pm; Monday, October 2
Facilitator: Rachel Darivoff
- Yoga for Anxiety**
5-6pm; Tuesday, October 3
Facilitator: Laura Adelson
- Yoga: Refresh & Revitalize**
6-7pm; Wednesdays in October
Facilitator: Diane Cimine

STRESS REDUCTION WORKSHOPS

- 1-Minute Relief from Stress**
6-8pm; Thursday, October 26
Facilitator: Scott Weiner
- Activate Your Inner Healer**
2-3:30pm; Tuesdays in October
Facilitator: Pamela Bloom
- Chair Yoga and Meditation**
11-11:45am; Wednesdays in October
Facilitator: Beth Bierko
- Chair Yoga**
1:30-12:30pm; Wednesday, October 25
Facilitator: Laura Adelson
- Healing Sound Meditation and Sonic Attunement**
6:30-7:30pm; Tuesday, October 17
Facilitator: Eileen Moran
- Jin Shin Jyutsu Self Care Workshop®**
1:30-2:30pm; Wednesday, October 4
Facilitator: Teri Meissner
- LIVE REIKI (IN-PERSON WORKSHOP)**
4-5pm; Monday, October 16
Facilitator: Pamela Bloom
- Meditation for Radical Change**
2:30-3:45pm; Monday, October 2, 16, 23, 30
Facilitator: Susan Bissonnette
- Movement Meditation**
4-5pm; Thursday, October 5, 19
Facilitator: HOM
- Ocean Meditation to Reduce Stress and Anxiety**
1:30-2:30pm; Wednesday, October 11
Facilitator: Rochelle White
- Reiki and Soundwaves Meditation**
6:30pm-7:15pm; Tuesday, October 3
Facilitator: Mei Leung
- Yoga Nidra for Stress Reduction**
1:30pm-2:30pm; Wednesday, October 18
Facilitator: Teri Meissner

CREATIVE EXPRESSION WORKSHOPS

- New! Craft Crush Mini Sand Planter**
6-7pm; Thursday, October 12
Facilitator: New York Junior League

Get creative with Craft Crush Mini Sand Art! This kit comes with all the tools you need to make adorable sand art planters, complete with fake plants to put in your multicolored sand! Use the provided sand and glitter to fill each container, then add the plant leaves to finish off each look. Makes 5 planters.
- All Tangled Up in Bakersfield: Tangle Friendship Club**
8:30-9:30pm; Thursday, October 26
Facilitator: Terry Hall
- Coping with Change Through Art**
11am-12pm; Friday, October 13
Facilitator: Val Sereno
- Comedy Writing**
6-7:30pm; Monday, October 30
Facilitator: David LaBarca
- Embracing Your Creative Path: A Circle of Friends**
3:30-5pm; Thursdays in October
Facilitator: Joe Raiola-Theatre Within
- Improv Comedy**
1-1:45pm; Thursday, October 19
Facilitator: Linda Pallotta
- Knitting and Crochet Circle**
11am-1pm; Wednesdays in October
Facilitator: Jennifer Tichenor
- Let's Write**
6-8pm; Tuesday, October 24
Facilitator: Jessica Kaplan
- MAD Art**
6-7:30pm; Wednesday, October 4, 18
Facilitator: Sam Viviano

- Meditative Pattern Drawing with Zentangle®**
2-3pm; Thursday, October 12
Facilitator: Terry Hall
- Poetry with Lynne**
7-8pm; Wednesday, October 11, 25
Facilitator: Professor Lynne Rosenthal
- The John Lennon Real Love Project**
6:30 - 8pm; Monday, October 2, 30
Facilitator: Tony Conniff
- 6:30 - 8pm; Monday, October 16, 23
Facilitator: Scott Bierko
- The Story You Tell Writing Workshop**
6 - 7pm; Thursday, October 12, 26
Facilitator: Jennifer Ann Elrich
- Writing & Mindfulness**
6 - 7:15pm; Thursday, October 10, 17, 24, 31
Facilitator: Roohi Choudhry
- New! A Joyful Noise: Freeing Our Voices with Beth Bierko**
6-7pm; Wednesday, October 11
Facilitator: Beth Bierko

Participants will learn techniques designed to ease tension, improve posture and support the breath for better singing.

New! A Joyful Noise: Together in Song with Beth Bierko
6-7pm; Wednesday, October 25
Facilitator: Beth Bierko

We will warm up our voices with some fun and simple vocal exercises, then share simple songs that will be easy to learn and sing along to.

See website for more details.

SUPPORT GROUPS

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



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MONTHLY GROUPS

Caregivers Support Group

6-8pm; Thursday, October 5
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

6-8pm; Thursday, October 5 & 19
Facilitator: Eileen Polito, LCSW

Living with Blood Cancer

6-8pm; Thursday, October 26
Facilitator: Dr. Sophia Tsesmelis Piccolino, LCSW, OSW-C

New! Living with Cancer Alone

6-8pm; Wednesday, October 11
Facilitator: Dr. Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Cancer Wellness Group

12-1:30pm; Tuesday, October 10
Facilitator: Erin Baumann, LMSW

Living with Gynecological Cancer

6-7:30pm; Wednesday, October 11
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, October 11
Facilitator: Eileen Polito, LCSW

6-8pm; Wednesday, October 18
Facilitator: Diana Gradus, LCSW

MONTHLY GROUPS (CONT)

Living with Prostate Cancer

6-8pm; Wednesday, October 11
Facilitator: Andrew Hearn, LMSW

Post-Treatment

6-8pm; Wednesday, October 4
1-2:30pm; Wednesday, October 18
Facilitator: Haydee Bulos, LMSW

Young Adults Living with Loss

6-7:30pm; Thursday, October 12
Facilitator: Darren Arthur MSW, LCSW, OSW-C

Young Adults Living with Cancer

6-7:30pm; Thursday, October 19
Facilitator: Darren Arthur MSW, LCSW, OSW-C

WEEKLY GROUPS

Monday

4:30 - 6pm Teens Connect
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
(Uptown: Mount Sinai Hospital)
12pm - 1:30pm Wellness Group (East Flatbush & Brooklyn: 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.