

Program Calendar | July 2022



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES

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

How to Improve Your Sleep
Wednesday, July, 13 | 1:30-2:30pm
Facilitator: Teri Meissner

IMPROVE YOUR SLEEP: Join Teri Meissner, Integrative Wellness Practitioner to learn about the importance of good quality sleep and some relaxation techniques to improve sleep. Good sleep habits can boost your mental, emotional, and physical well-being. www.jsjnyc.com

Body Image, Intimacy, & Sexual Dysfunction with Reclaiming Intimacy
Tuesday, July, 19 | 3-4:30pm
Facilitator: Jen Fecher

Body image changes, intimacy needs, and sexual dysfunction are all issues that may arise during your cancer journey, and into survivorship. During this webinar we will discuss these topics, dating disclosure, holistic options on reclaiming your sexuality and lost ability & function, as well as addressing any questions you may have on intimacy or sexual wellness. Join us to empower yourself with information to reclaim your needs, desires, and function!

Let's Talk About Lymph
Wednesday, July 20 | 1:30-3pm
Facilitator: Julie Sandler-Friedman

The lymphatic system can seem mysterious. This lecture-demonstration will serve as a de-mystifying introduction. The following topics will be reviewed: what the lymphatic system is; lymphedema after cancer treatment (for example, after surgery and/or radiation); various kinds of evidence-based management of, and prevention of lymphedema; and safe exercise for/with lymphedema. This presentation will include some voluntary exercise participation.

Medicare 2022 Discussion
Tuesday, July 26 | 1-2pm
Facilitator: Eric Hausman

Please join us for a discussion regarding:

- Costs in Medicare - Part B premiums, deductibles, coinsurance, assignment and limiting charge and Part A hospital cost-sharing, along with services not covered by Medicare.
- Choices in Medicare - Original Medicare, Medigap vs. Medicare Advantage and Part D drug coverage.
- Programs that help with Medicare costs - Extra help/LIS, EPIC and Medicare savings programs.

VIRTUAL HOURS
Monday-Thursday: 9am - 8pm
Friday: 9am - 5pm

For assistance with Zoom/registration, contact:
Yafreisi De Jesus at 917-557-0095 (Mon-Fri 9am-5pm)
Jessilyn Torres at 917-232-8324 (Mon-Thur 5-7pm)

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 | July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>RESERVATION POLICY Online registration and cancelation 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>1</p> <p>RED DOOR CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p>
<p>4</p> <p>RED DOOR CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p>	<p>5</p> <p>11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM –Seated Yoga</p>	<p>6</p> <p>11AM-12PM-Coping with Change Through Art Therapy 11AM-1PM-Knitting & Crochet Circle 6-7PM–Yoga: Refresh and Revitalize 6- 8PM– Post-Treatment Group</p>	<p>7</p> <p>10-11:30AM–Breathe & Release: An Introduction to Conscious Connected Breathwork 3:30-5PM–Embracing Your Creative Path: A Circle of Friends 4-4:45PM–Laughter Yoga 6-8PM –Caregivers Monthly Group 6-8PM –Living with Advanced or Metastatic Cancer</p>	<p>8</p> <p>12-1PM – Vinyasa Yoga</p>
<p>11</p> <p>2:30-3:45PM– Meditation as the Still Point 6:30-7:30PM–Vinyasa Yoga 6-8PM–Living with Prostate Cancer Monthly</p>	<p>12</p> <p>11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 2-3:30PM–Living with Cancer Wellness Monthly Group 3-4PM–Pilates Mat 5:30-6:30PM– Flow & Restore 6-7PM– Mind-Body Meditation</p>	<p>13</p> <p>11AM-1PM–Knitting & Crochet Circle 1- 2:30PM– Living with Loss Monthly Group 1-2:30PM–Lecture: How to Improve Your Sleep 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group</p>	<p>14</p> <p>12:30-1:30– Improv Comedy 3:30-5PM–Embracing Your Creative Path: A Circle of Friends 4-4:45PM–Laughter Yoga 4-5PM– Movement Meditation 6-7:30PM–Young Adult Bereavement Group 6-8PM–Comedy Writing 6-8PM Meditative Pattern with Zentangle®</p>	<p>15</p> <p>12-1PM-Chair Yoga?</p>
<p>18</p> <p>2:30-3:45PM– Meditation as the Still Point 6-7:30PM–Young Adult Caregiver Group</p>	<p>19</p> <p>11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM –Seated Yoga 3-4:30–Lecture: Body Image, Intimacy & Sexual Dysfunction with Reclaiming Intimacy 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</p>	<p>20</p> <p>11AM-1PM–Knitting & Crochet Circle 1-2:30PM Post-Treatment Group 1:30-3PM–Lecture: Let's Talk About Lymph 5-6PM–Moving For Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-8PM –Living with Loss Monthly Group</p>	<p>21</p> <p>3:30-5PM–Embracing Your Creative Path: A Circle of Friends 4-4:45PM–Laughter Yoga 6-7:30PM–Young Adult Living with Cancer</p>	<p>22</p>
<p>25</p> <p>2:30-3:45PM– Meditation as the Still Point</p>	<p>26</p> <p>11AM-12:30PM–Gentle Yoga 1-2PM–Lecture: Medicare 2022 Discussion 2-3:15PM–Activate Your Inner Healer 3-4PM–Pilates Mat</p>	<p>27</p> <p>11AM-1PM–Knitting & Crochet Circle 5:30-7:30PM–1-Minute Relief from Stress workshop 6-7PM–Yoga: Refresh and Revitalize</p>	<p>28</p> <p>12:30-1PM–Seated Zumba 4:30-6PM–Yoga Journaling 4-4:45PM–Laughter Yoga 4-5PM– Movement Meditation 6-8PM–Living with Blood Cancer Monthly Group 6:30-7:15PM– Guided Meditation and Reiki</p>	<p>29</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

Flow & Restore

5:30-6:30pm ;Thursday, July 12
Facilitator: Laura Adelson

Gentle Yoga

11am-12:30pm ; Tuesday, July 12
Facilitator: Becca Pulliam
11am-12:30pm; Tuesday, July 19
Facilitator: Tracy Anderson
11am-12:30pm ; Tuesday, July 26
Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics

5-6pm; Wednesday, July 20
Facilitator: Moving For Life

Pilates Mat

3-4pm; Tuesday, July 12, 26
Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, July 5, 19
Facilitator: hOM

Seated Zumba

12:30-1pm; Thursday, July 28
Facilitator: Evie Aronson

Vinyasa Yoga

6:30-7:30pm; Monday, July 11
Facilitator: Rachel Darivoff

12-1pm; Friday, July 8

Facilitator: Mary Butler-Fink

Yoga Journaling

4:30-6pm; Thursday, July 28
Facilitator: Sharyn Hahn

Yoga: Refresh & Revitalize

6-7pm; Wednesdays in July
Facilitator: Diane Cimine

STRESS REDUCTION WORKSHOPS

Activate Your Inner Healer

2-3:15pm; Tuesdays in July
Facilitator: Pamela Bloom

Whether you're dealing with a cancer diagnosis or involved in caregiving, we all face physical and emotional stresses that call out for healing and renewal. In this workshop, we combine relaxation and stress-reducing techniques with Reiki, guided visualization, and music to cultivate inner balance and activate our natural ability to self-heal. Facilitated by Reiki Master Pamela Bloom, this ongoing weekly workshop is a continuation of her former class "Calm Through Crisis," with an added emphasis on self-empowerment and group support. Described by one participant as "the most refreshment I've felt in 50 years". This safe and restful haven requires no special meditation background and is essentially effortless. Participants can either remain seated or lie down during the session to best enjoy the healing vibes. Because we like the group to start together, please do your best to come on time.

1-Minute Relief from Stress

5:30-7:30pm; Wednesday, July 27
Facilitator: Scott Weiner

Breathe & Release: An Introduction to Conscious Connected Breathwork

10-11:30am; Thursday, July 7
Facilitator: Catherine Man

STRESS REDUCTION WORKSHOPS

Chair Yoga

12-1pm; Friday, July 1
Facilitator: Beth Bierko

Guided Meditation and Reiki

6:30-7:15pm; Thursday, July 28
Facilitators: Lauren Mooney & Allison Rutberg

Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, July 19
Facilitator: Eileen Moran

Laughter Yoga

4-4:45pm; Thursdays in July
Facilitator: Francine Shore

Meditation as the Still Point

2:30-3:45pm; Monday July 11, 18, 25
Facilitator: Susan Bissonnette

Mind-Body Meditation

6-7pm; Tuesday July 12
Facilitator: Kimberly Brown

Movement Meditation

4-5pm; Thursday, July 14, 28
Facilitator: hOM

CREATIVE EXPRESSION WORKSHOPS

Coping with Change Through Art

11am-12pm; Wednesday, July 6
Facilitator: School of Visual Arts

Comedy Writing

6-8pm; Thursday, July 14
Facilitator: Davis LaBarca

Embracing Your Creative Path: A Circle of Friends

3:30-5pm; Thursday, July 7, 14, 21
Facilitator: Joe Raiola-Theatre Within

Improv Comedy

12:30-1:30pm; Thursday, July 14
Facilitator: Linda Pallotta

Knitting and Crochet Circle

11am-1pm; Wednesdays in July
Facilitator: Jennie Tichenor

Meditative Pattern with Zentangle®

6-8pm; Thursday, July 14
Facilitator: Terry Hall

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, July 7
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

6-8pm; Thursday, July 7
Facilitator: Haley Feldman, LCSW, OSW-C

Living with Blood Cancer

6-8pm; Thursday, July 28
Facilitator: Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Gynecological Cancer

6-7:30pm; Wednesday, July 13
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, July 13
Facilitator: Christine Nolin, LCSW

6-8pm; Wednesday, July 20
Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer

6-8pm; Monday, July 11
Facilitator: Andrew Hearn, LMSW

MONTHLY GROUPS (CONT)

Post-Treatment

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

Post-Treatment

1-2:30pm; Wednesday, July 20
Facilitator: Haydee Bulos, LMSW

Living with Cancer Wellness Group

2-3:30pm; Tuesday, July 12
Facilitator: Erin Baumann, LMSW

Young Adult Bereavement

6-7:30pm; Thursday, July 14
Facilitator: Darren Arthur MSW, LCSW, OSW-C

Young Adult Caregiver

6-7:30pm; Monday, July 18
Facilitator: Migdalia Torres, LCSW-R

Young Adults Living with Cancer

6-7:30pm; Thursday, July 21
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

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

Wednesday

10 - 11:30am Spanish Wellness Group
(Uptown: Mount Sinai Hospital)
11:30am - 1pm Wellness Group (East Flatbush & Brooklyn: Kings County Hospital)
1 - 3pm Wellness Group
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.