

Program Calendar | August 2022



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES

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

Estate Planning 101
Tuesday, August 2 | 1-2pm
Facilitator: The Family Center

Estate planning is important for all of us, no matter how much or how little property we might have. The Family Center's Legal Wellness Institute will present an overview of concepts and tools for end-of-life planning, including wills, life insurance, special needs planning, planning for minor children, payable on death accounts, Social Security Survivor's Benefits, and more.

Navigating a Cancer Diagnosis
Thursday, August 11 | 2-3pm
Facilitator: Flatiron Health

Please join Seymour, Erlene, MD and Sawas, Ahmed, MD from Flatiron Health for a lecture that focuses on understanding and managing a cancer diagnosis. This interactive discussion will introduce the initial diagnosis process that includes the workup, management, prognosis, a general overview of the clinic, testing, and cancer treatment options.

Prostate Cancer: Diagnosis and Modern Treatment Options
Thursday, August 25 | 2-3:30pm
Facilitator: Dr. Jonathan Lischalk

Please join us for an insightful educational talk on prostate cancer diagnosis and modern treatment options with Dr. Jonathan Lischalk, Medical Director for the NYU Langone Health NYCyberknife at the Perlmutter Cancer Center- Manhattan. Dr. Lischalk will discuss prostate cancer, the importance of screening, the contemporary treatment approaches and answers any questions that you may have.

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 | August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 2:30-3:45PM– Loving Kindness Meditation and Dialogue Group 6:30-7:30PM–Vinyasa Yoga</p>	<p>2 11AM-12:30PM–Gentle Yoga-Cancelled 1-2PM–Lecture: Estate Planning:101 2-3:15PM–Activate Your Inner Healer 3-4PM –Seated Yoga 5:30-6:30PM– Flow & Restore 6:30-7:30PM–Embracing Your Creative Path: A Circle of Friends 6:30-7:15PM–Reiki and Soundwaves Meditation</p>	<p>3 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM Self-Care with Jin Shin Jyutsu® 6-7PM–Yoga: Refresh and Revitalize 6- 8PM– Post-Treatment Group</p>	<p>4 10-11:30AM–Breathe & Release 12:30-1:30PM Improv Comedy 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>5 12-1PM-Chair Yoga</p>
<p>8 2:30-3:45PM–Loving Kindness Meditation and Dialogue Group 6-8PM–Living with Prostate Cancer Monthly</p>	<p>9 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 6-7PM Mind-Body Meditation</p>	<p>10 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM– Body Scan Meditation 1-2:30PM– Living with Loss Monthly Group 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group</p>	<p>11 2-3PM Lecture: Navigating a Cancer Diagnosis 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 - Meditative Pattern with Zentangle®</p>	<p>12</p>
<p>15 2:30-3:45PM– Loving Kindness Meditation and Dialogue Group</p>	<p>16 11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM–Seated Yoga 6:30-7:30PM–Embracing Your Creative Path: A Circle of Friends 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</p>	<p>17 1-2:30PM Post-Treatment Group 1:30-2:30PM Meditation Made Easy 6-8PM Living with Loss Monthly Group 6-7PM–Yoga: Refresh and Revitalize</p>	<p>18 3:30-5PM–Embracing Your Creative Path: A Circle of Friends 4-4:45PM–Laughter Yoga 4:30-6PM– Yoga Journaling 6-7:30PM–Young Adults Living with Cancer 6-7PM Chronic Pain Relief Through Hypnosis</p>	<p>19</p>
<p>22 2:30-3:45PM– Loving Kindness Meditation and Dialogue Group</p>	<p>23 11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM –Pilates Mat 6-8PM Screen Writing</p>	<p>24 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM–Ocean Meditation 5-6PM–Moving For Life: Gentle Aerobics 5:30-7:30PM–1-Minute Relief from Stress workshop 6-7PM–Yoga: Refresh and Revitalize</p>	<p>25 12:30-1PM Seated Zumba 2-3:30PM Lecture: Prostate Cancer: Diagnosis and Modern Treatment Options 4-4:45PM–Laughter Yoga 4-5PM - Movement Meditation 6-8PM - Living with Blood Cancer Monthly Group</p>	<p>26</p>
<p>29 2:30-3:45PM– Loving Kindness Meditation and Dialogue Group</p>	<p>30 11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM–Seated Yoga</p>	<p>31 11AM-1PM–Knitting & Crochet Circle 6-7PM–Yoga: Refresh and Revitalize</p>		<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>

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; Tuesday, August 2
Facilitator: Laura Adelson

Gentle Yoga

11am- 12:30pm; Tuesday, August 2

Facilitator: Sabina Maschi-Cancelled
11am-12:30pm; Tuesday, August 9

Facilitator: Sabina Maschi

11am-12:30pm; Tuesday, August 16

Facilitator: Tracy Anderson

11am-12:30pm; Tuesday, August 23

Facilitator: Liz Dalton

11am - 12:30pm; Tuesday, August 30

Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics

5-6pm; Wednesday, August 24

Facilitator: Moving For Life

Pilates Mat

3-4pm; Tuesday, August 9, 23

Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, August 2, 16, 30

Facilitator: hOM

Seated Zumba

12:30-1pm; Thursday, August 25

Facilitator: Evie Aronson

Vinyasa Yoga

6:30-7:30pm; Monday, August 1

Facilitator: Rachel Darivoff

Yoga Journaling

4:30-6pm; Thursday, August 18

Facilitator: Sharyn Hahn

Yoga: Refresh & Revitalize

6-7pm; Wednesdays in August

Facilitator: Diane Cimine

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress

5:30-7:30pm; Wednesday, August 24

Facilitator: Scott Weiner

Activate Your Inner Healer

2-3:15pm; Tuesdays in August

Facilitator: Pamela Bloom

Body Scan Meditation

1:30-2:30pm; Wednesday, August 10

Facilitator: Rochelle White Exhilafit - KCH

Breathe & Release: An Introduction to Conscious Connected Breathwork

10-11:30am; Thursday, August 4

Facilitator: Catherine Man

Ocean Meditation

1:30-2:30pm; Wednesday, August 24

Facilitator: Rochelle White - Exhilafit

Starting in September Meditation for Radical Change

Facilitator: Susan Bissonnette

What does it mean to create radical change?

...change in one's body mind and spirit?

Where to begin? What does it look like?

How will this effect my life ...with family and

friends?

Finding the stillness and awareness in meditation, opens the mind and heart to compassion for one self and others. Having a dialogue with others helps bring to light the peace that meditation brings to our lives.

As we become more greatly aware of the shifts and opening of our hearts, we get to share with others our journey. Sometimes the journey can be as calm as mountain brook or as turbulent as the ocean ways.

Either way, meditation practice will calm the mind and allow us to surf the waves and face our life's journey with compassionate awareness.

STRESS REDUCTION WORKSHOPS

Chair Yoga

12-1pm; Friday, August 5

Facilitator: Beth Bierko

Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, August 16

Facilitator: Eileen Moran

Laughter Yoga

4-4:45pm; Thursdays in August

Facilitator: Francine Shore

Loving Kindness Meditation and Dialogue Group

2:30-3:45pm; Mondays in August

Facilitator: Susan Bissonnette

Meditation Made Easy

1:30-2:30PM; Wednesday, August 17

Facilitator: Teri Meissner

Mind-Body Meditation

6-7pm; Tuesday August 9

Facilitator: Kimberly Brown

Movement Meditation

4-5pm; Thursday, August 11, 25

Facilitator: hOM

Reiki and Soundwaves Meditation

6:30pm-7:15pm; Tuesday, August 2

Facilitator: Mei Leung

Self-Care with Jin Shin Jyutsu®

1:30-2:30pm; Wednesday, August 3

Facilitator: Teri Meissner

CREATIVE EXPRESSION WORKSHOPS

Embracing Your Creative Path: A Circle of Friends

3:30-5pm; Thursday, August 4, 11, 18

New Time

6:30-7:30pm; Tuesday, August 2, 16

Facilitator: Joe Raiola-Theatre Within

Improv Comedy

12:30-1:30pm; Thursday, August 4

Facilitator: Linda Pallotta

Knitting and Crochet Circle

11am-1pm; Wednesday, August 3, 10, 24, 31

Facilitator: Jennie Tichenor

Meditative Pattern with Zentangle®

6-8pm; Thursday, August 11

Facilitator: Terry Hall

Screen Writing

6-8pm; Tuesday, August 23

Facilitator: Jessica Kaplan

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, August 4
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

6-8pm; Thursday, August 4
Facilitator: Haley Feldman, LCSW, OSW-C

Living with Blood Cancer

6-8pm; Thursday, August 25
Facilitator: Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Gynecological Cancer

6-7:30pm; Wednesday, August 10
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, August 10
Facilitator: Christine Nolin, LCSW

6-8pm; Wednesday, August 17
Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer

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

MONTHLY GROUPS (CONT)

Post-Treatment

6-8pm; Wednesday, August 3
Facilitator: Haydee Bulos, LMSW

Post-Treatment

1-2:30pm; Wednesday, August 17
Facilitator: Haydee Bulos, LMSW

Living with Cancer Wellness Group

2-3:30pm; Tuesday, August 9
Facilitator: Erin Baumann, LMSW

Young Adult Bereavement

6-7:30pm; Thursday, August 11
Facilitator: Darren Arthur MSW, LCSW, OSW-C

Young Adults Living with Cancer

6-7:30pm; Thursday, August 18
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.