<table>
<thead>
<tr>
<th>Event</th>
<th>Date &amp; Time</th>
<th>Facilitator</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evitar estafas: COVID-19 y más allá</td>
<td>Jueves, 2 de junio</td>
<td>Yenissell Sánchez</td>
<td>Ser el objetivo de un estafador siempre es una posibilidad, los estafadores se están aprovechando de la crisis de salud de COVID-19 para atraer a las víctimas con afirmaciones falsas. Los estafadores han adoptado viejas estafas y creado otras nuevas para aprovechar la sensación general de ansiedad que ha creado la actual pandemia de coronavirus. La presentación brindará una descripción general de las estafas comunes que han estado circulando durante años, así como nuevas versiones relacionadas con la crisis del coronavirus. Ser consciente de los trucos que utilizan los estafadores para obtener dinero o información hace que sea menos probable que se convierta usted en un objetivo.</td>
</tr>
<tr>
<td>Advanced Directives Discussion with The Family Center</td>
<td>Wednesday, June 29</td>
<td>The Family Center</td>
<td>Join the Legal Wellness Institute at The Family Center to learn about legal tools that can help you plan for the future.</td>
</tr>
<tr>
<td>New! Meditation and Unconditional Happiness</td>
<td>Thursday, June 9</td>
<td>Ryushin Marchaj</td>
<td>Ryushin Marchaj is a priest in the tradition of Zen Buddhism and a Dharma heir of the late John Daido Loori. From 2009 to 2015 he served as abbot of the Zen Mountain Monastery. See page 3 for more details.</td>
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<td>New! Felt Floral Bouquet Workshop</td>
<td>Thursday, June 9</td>
<td>New York Junior League</td>
<td>Create a forever bouquet of felt florals as a display or gift. You will create individual, precut flowers to attach to a base made of felt.</td>
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**VIRTUAL HOURS**
- Monday-Thursday: 9am - 8pm
- Friday: 9am - 5pm

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

**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.
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<td>6:30-7:30PM–Vinyasa Yoga</td>
<td>11AM-1PM–Knitting &amp; Crochet Circle</td>
<td>2:30-4PM–Charla: Evitar estafas: COVID-19 y más allá</td>
<td>12-1PM–Chair Yoga</td>
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<td>1-2:30PM–Calm Through Crisis</td>
<td>6-7PM–Yoga: Refresh and Revitalize</td>
<td>4-5PM–Movement Meditation</td>
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**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
WORKSHOPS
To participate in a workshop, membership is required. Please call (212)-647-9700 for more information.

**BODY MOVEMENT WORKSHOPS**

- **Flow & Restore**
  5:30-6:30pm; Thursday, June 7
  Facilitator: Laura Adelson

- **Gentle Yoga**
  11am-12:30pm; Tuesday, June 7
  Facilitator: Sabina Maschi
  11am-12:30pm; Tuesday, June 14
  Facilitator: Becca Pulliam
  11am-12:30pm; Tuesday, June 28
  Facilitator: Liz Dalton

- **Moving For Life: Gentle Aerobics**
  5-6pm; Wednesday, June 15
  Facilitator: Moving For Life

- **Pilates Mat**
  3-4pm; Tuesday, June 14, 28
  Facilitator: Miranda Stevens

- **Seated Yoga**
  3-4pm; Tuesday, June 7, 21
  Facilitator: hOM

- **Seated Zumba**
  12:30-1pm; Thursday, June 23
  Facilitator: Evie Aronson

- **Vinyasa Yoga**
  6:30-7:30pm; Monday, June 6
  Facilitator: Rachel Darivoff
  12-1pm; Friday, June 17
  Facilitator: Mary Butler-Fink

- **Yoga Journaling**
  4:30-6pm; Thursday, June 16
  Facilitator: Sharyn Hahn

- **Yoga: Refresh & Revitalize**
  6-7pm; Wednesdays in June
  Facilitator: Diane Cimino

**STRESS REDUCTION WORKSHOPS**

- **Calm Through Crisis**
  2-3:15pm; Tuesdays in June-(New Time)
  Facilitator: Pamela Bloom

- **Chair Yoga**
  12:1pm; Friday, June 3
  Facilitator: Beth Bierko

- **Guided Meditation and Reiki**
  6:30-7:15pm; Thursday, June 30
  Facilitators: Lauren Mooney & Allison Rutberg

- **Lake Meditation**
  1:30-2:30pm; Wednesday, June 15
  Facilitator: Rochelle White

- **Meditation as the Still Point**
  2:30-3:45pm; Mondays in June
  Facilitator: Susan Bissonnette

- **New! Meditation and Unconditional Happiness**
  1:30-2:45pm; Thursday, June 9
  Facilitator: Ryushin Marchaj

  We are delighted to welcome back master Zen teacher Ryushin Marchaj for this new program focusing on the heart of spiritual practice. Ryushin describes meditation as an exhaustive and wholehearted act of inquiry, intimacy and loving-kindness that is relevant to everyone and every stage of life.

  This program will include a talk, followed by a period of meditation and Q+A with participants. “There is delight and ease in resting in the natural, ungraspable wakefulness of mind, the unconditioned, intrinsic quality of the very fabric of reality you are the experience of.” – Ryushin Marchaj

- **Movement Meditation**
  4:5pm; Thursday, June 2, 16, 30
  Facilitator: hOM

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

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

- **Yoga Nidra for Stress Reduction**
  1:30-2:30pm; Wednesday, June 8, 22
  Facilitator: Teri Meissner

**CREATIVE EXPRESSION WORKSHOPS**

- **Cartooning as a Self-Expression**
  6-7:15pm; Thursday, June 2, 16, 23
  Facilitator: Matt Larsen

- **Embracing Your Creative Path: A Circle of Friends**
  3:30-5pm; Thursday, June 9, 16, 23
  Facilitator: Joe Raiola-Theatre Within

- **Improv Comedy**
  12:30-1:30pm; Thursday, June 23
  Facilitator: Evie Aronson

- **Just Breathe**
  2-2:45pm; Thursday, June 23
  Facilitator: Catherine Gregory

- **Knitting and Crochet Circle**
  11am-1pm; Wednesdays in June
  Facilitator: Jennie Tichenor

- **New! What Does Music Taste Like**
  3-4:30pm; Monday, June 6, 13, 20, 27
  Facilitator: Susan Boe

  For many of those with cancer, “here” is the last place they want to be, so we will take you somewhere else to exotic lands through transportive almost hypnotic music and tastes.

**Workshop Themes**

- **Monday, June 6: Comfort Food**
- **Monday, June 13: Open your Palate**
- **Monday, June 20: You Eat with Your Eyes**
- **Monday, June 27: Be There Now**

- **New! Felt Floral Bouquet Workshop**
  6-7pm; Thursday, June 9
  Facilitator: New York Junior League

  Create a forever bouquet of felt florals as a display or gift. You will create individual, precut flowers to attach to a base made of felt.

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**NEW! MEDITATION AND UNCONDITIONAL HAPPINESS**

- **1:30-2:45pm; Thursday, June 9**
  Facilitator: Ryushin Marchaj

  We are delighted to welcome back master Zen teacher Ryushin Marchaj for this new program focusing on the heart of spiritual practice. Ryushin describes meditation as an exhaustive and wholehearted act of inquiry, intimacy and loving-kindness that is relevant to everyone and every stage of life.

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**NEW! FELT FLORAL BOUQUET WORKSHOP**

- **6-7pm; Thursday, June 9**
  Facilitator: New York Junior League

  Create a forever bouquet of felt florals as a display or gift. You will create individual, precut flowers to attach to a base made of felt.

**IMPROV COMEDY**

- **12:30-1:30pm; Thursday, June 16**
  Facilitator: Evie Aronson

**JUST BREATHE**

- **2-2:45pm; Thursday, June 23**
  Facilitator: Catherine Gregory

**KNITTING AND CROCHET CIRCLE**

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

**MEDITATIVE PATTERN WITH ZENTANGLE®**

- **6-8pm; Thursday, June 9**
  Facilitator: Terry Hall

**POETRY WITH LINNE**

- **7-8pm; Wednesday, June 8, 22**
  Facilitator: Lynne Rosenthal

**SCREEN WRITING**

- **6-8pm; Tuesday, June 14**
  Facilitator: Jessica Kaplan

**THE JOHN LENNON REAL LOVE PROJECT**

- **6:30-8pm; Monday, June 20, 27**
  Facilitator: Joe Raiola, Theatre Within

Sing your truth! Using John Lennon’s music and message as the inspiration, you’ll learn basic guitar playing and songwriting techniques from Tony Conniff. No previous songwriting experience is required. In this 3-week series (6/6, 6/20, 6/27, 5/17), each session builds upon the previous class, therefore, it is important that members are able to commit to all three sessions. Please call the clubhouse at 212-647-9700 to register.
SUPPORT GROUPS
To participate in a support group, membership is required. Please call (212)-647-9700 for more information.

MONTHLY GROUPS

**Caregivers Support Group**
6-8pm; Thursday, June 2
Facilitator: Ronnie Hochberg, LMHC

**Living with Advanced or Metastatic Cancer**
6-8pm; Thursday, June 2
Facilitator: Haley Feldman, LCSW, OSW-C

**Living with Blood Cancer**
6-8pm; Thursday, June 23
Facilitator: Sophia Tsesmelis Piccolino, LCSW, OSW-C

**Living with Gynecological Cancer**
6-7:30pm; Wednesday, June 8
Facilitator: Awilda Torres, PHD, LMHC

**Living with Loss**
1-2:30pm; Wednesday, June 8
Facilitator: Christina Nolin, LCSW

6-8pm; Wednesday, June 15
Facilitator: Diana Gradus, LCSW

**Living with Prostate Cancer**
6-8pm; Monday, June 13
Facilitator: Andrew Hearn, LMSW

MONTHLY GROUPS (CONT)

**Post-Treatment**
6-8pm; Wednesday, June 1
Facilitator: Haydee Bulos, LMSW

**Post-Treatment**
1-2:30pm; Wednesday, June 15
Facilitator: Haydee Bulos, LMSW

**Wellness Group**
2-3:30pm; Tuesday, June 14
Facilitator: Erin Baumann, LMSW

**Young Adult Bereavement**
6-7:30pm; Thursday, June 9
Facilitator: Darren Arthur MSW, LCSW, OSW-C

**Young Adults Living with Cancer**
6-7:30pm; Thursday, June 16
Facilitator: Darren Arthur MSW, LCSW, OSW-C

WEEKLY GROUPS

**Monday**
4:30 - 6pm Teens Connect
6 - 8pm Bereavement 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 - 6pm 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 & Teens Connect:** are support groups for children and teens touched by cancer.