### LECTURES
- **Medical Debt for Cancer Patients and Survivors**  
  Tuesday, October 12; 6-7:30pm  
  Facilitator: Vivienne Duncan, Esq., Director, Cancer Advocacy Project

- **Prostate Cancer: Diagnosis and Modern Treatment Options**  
  Tuesday, October 19; 6:30-8pm  
  Facilitator: Dr. Jonathan Lischalk, Medical Director, NYU Langone Health  
  NYCyberknife, Perlmutter Cancer Center

- **Depresión y Ansiedad con Cáncer**  
  miércoles, el 20 de octubre; 10-11:30am  
  Facilitadora: Awilda Torres, PhD, LMHC, CASAC, CRC

### LECTURES (CONT)
- **Individuals of Color and Cancer**  
  Wednesday, October 27; 1:30-3pm  
  Facilitator: Karen Peterson, Founder of Karen’s Club

- **Alimentos Orgánicos**  
  jueves, el 28 de octubre; 3-4pm  
  Facilitadora: Ana Blanco, MS, RDN, CDN

### WORKSHOPS
- **New! Body Scan Meditation**  
  Wednesday, October 20; 1:30-2:30pm  
  Facilitator: Rochelle White, ExhilaFit

- **New! Yoga for Bone Strength**  
  Friday, October 22; 3-4pm  
  Facilitator: Beth Bierko-Theatre Within

### WORKSHOPS (CONT)
- **New! Halloween Lantern Making with New York Junior League**  
  Wednesday, October 27; 6-7pm

- **SPECIAL EVENT**  
  **Red Door Hocus Pocus!**  
  Friday, October 22; 6-6:45pm

  Join us for our first Red Door Community’s virtual halloween magic show “Hocus Pocus”! Be thrilled and amazed by our dazzling magician. Don’t miss this enchanting, bewitching & beguiling performance…magic awaits! Please register to attend.

- **MONTHLY GROUP**  
  **New! LGBTQ Living with Cancer Group**  
  Monday, October 25; 6:30-8pm  
  Facilitator: Daniella Acker, LMSW

  This group provides an opportunity for individuals who identify as LGBTQ and are living with a cancer diagnosis to network with one another.

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**VIRTUAL HOURS**  
Monday-Thursday: 9:00 A.M. – 8:00 P.M.  
Friday: 9:00 A.M-5:00P.M.  
(212) 647–9700 • www.reddoorcommunity.org

For assistance with Zoom and/or activity registration, please contact:  
Jessilyn Torres at 917-232-8324 (Mon-Thurs 9am-12pm)  
Emily Keenan at 917-557-0095 (Mon-Thurs 12-8pm; Fri 9am-5pm)

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**REMINDER:**  
Please register and cancel online for all activities up to 24hrs prior to your activity @ www.reddoorcommunity.org/memberportal.  
If you need to register or cancel the day of a scheduled activity, you must call us at 212-647-9700.
## Virtual Program Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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### 2:30-3:45PM — Meditation as the Still Point
- 6:30-8PM — The John Lennon Real Love Project
- 6-8PM — Living with Prostate Cancer Group

### 11AM-12:30PM — Gentle Yoga
- 2-3:30PM — Calm Through Crisis
- 3-4PM — Seated Yoga
- 6:30-7:15PM — Reiki and Soundwaves Meditation

### 11AM-1PM — Knitting & Crochet Circle
- 1-2:30PM — Meditation Made Easy
- 6-7PM — Yoga: Refresh and Revitalize

### 3:30-5PM — Deepening Your Creative Process

### 4-4:45PM — Laughter Yoga
- 4:5PM — Movement Meditation

### 6-8PM — Young Adult Bereavement Group
- 6:30-7:15PM — Guided Meditation and Reiki
- 6:30-8PM — Comic Making as Self-Expression

### RESERVATION POLICY
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.
### Monthly Groups

**Caregivers Support Group**  
**Thursday, October 7**  
6 – 8pm  
Facilitator: Jamie Shapiro, LCSW

**NEW! LGBTQ Living with Cancer Group**  
**Monday, October 25**  
6:30 – 8pm  
Facilitator: Daniella Acker, LMSW

**Living with Advanced or Metastatic Cancer**  
**Thursday, October 7**  
6 – 8pm  
Facilitator: Haley Feldman, LCSW

**Living with Blood Cancer**  
**Thursday, October 28**  
6 – 8pm  
Facilitator: Jillian Levinson, LCSW

**Living with Gynecological Cancer**  
**Wednesday, October 13**  
6 – 7:30pm  
Facilitator: Avilda Torres, PhD, LMHC

**Living with Loss**  
**Wednesday, October 20**  
6 – 8pm  
Facilitator: Diana Gradus, LCSW

**Living with Prostate Cancer**  
**Monday, October 4**  
6 – 8pm  
Facilitator: Andrew Hearn, LMSW

**Post-Treatment Group**  
**Wednesday, October 6**  
6 – 8pm  
Facilitator: Dena Kaliades, LMSW

**Wellness Group**  
**Tuesday, October 19**  
2 – 3:30pm  
Facilitator: Haley Feldman, LCSW

**Young Adult Bereavement**  
**Thursday, October 14**  
6 – 7:30pm  
Facilitator: Darren Arthur, MSW, LCSW, OSW-C

**Young Adult Caregivers Group**  
**Monday, October 18**  
6:30 – 8pm  
Facilitator: Jamie Shapiro, LCSW

**Young Adults Living with Cancer**  
**Thursday, October 21**  
6 – 7:30pm  
Facilitator: Darren Arthur, MSW, LCSW, OSW-C

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### Weekly 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.

**Noogie Night & Teens Connect**: are support groups for children and teens touched by cancer.

**Monday**

- 4:30 – 6pm Teens Connect
- 6 – 8pm Bereavement Group
- 6– 8pm Bereavement Group

**Tuesday**

- 6 – 8pm Family & Friends Group
- 6 – 8pm Wellness Group
- 6 – 8pm Wellness Group
- 6 – 8pm Bereavement Group

**Wednesday**

- 10 – 11:30am Spanish Wellness Group:
  - Uptown: Mount Sinai Hospital
  - East Flatbush, Brooklyn: Kings County Hospital
- 1 – 3pm Wellness Group
- 5 – 5:45pm Noogie Night
- 6 – 8pm Family & Friends Group
- 6 – 8pm Wellness Group
- 6 – 8pm Wellness Group
- 6 – 8pm Bereavement Group

**Thursday**

- 5 – 5:45pm Noogie Night (Bereavement)
- 6 – 8pm Bereavement Group

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### Lectures

**Medical Debt for Cancer Patients and Survivors**  
**Tuesday, October 12, 2021; 6-7:30pm**  
Facilitator: Vivienne Duncan, Esq., Director, Cancer Advocacy Project

With the high cost of medical treatment, many cancer patients are at risk of incurring huge debt. This presentation will focus on steps that can be taken prior to treatment to avoid, or reduce the amount of, out-of-pocket medical costs. It will address the rights of patients faced with substantial hospital bills, and provide information that will assist in negotiations with hospitals and medical providers. For patients whose debts have been sent to collections, there will be advice about their rights under the debt protection law. In either case, knowledge of legal rights can increase the ability to negotiate from a position of strength.

**Alimentos Orgánicos**  
**jueves, el 28 de octubre, 2021; 3-4pm**  
Facilitadora: Ana Blanco, MS, RDN, CDN

- ¿Qué se entiende por alimento orgánico?
- Ventajas y desventajas de alimentos orgánicos versus convencionales
- Etiquetas de alimentos
- Alimentos genéticamente modificados
- Beneficios de comprar alimentos locales
- Implicaciones en presencia de cáncer

**Prostate Cancer: Diagnosis and Modern Treatment Options**  
**Tuesday, October 19, 2021; 6:30-8pm**  
Facilitator: Dr. Jonathan Lischalk, Medical Director, NYU Langone Health NYCyberknife, Perlmutter Cancer Center

About 1 in 8 men in the United States will develop prostate cancer at some point in their life. This lecture will discuss prostate cancer starting from the importance of screening, navigating a diagnosis and contemporary treatment approaches.

**Depresión y Ansiedad con Cáncer**  
**miércoles, el 20 de octubre, 2021; 10am-11:30am**  
Facilitadora: Awilda Torres, PhD, LMHC, CASAC, CRC

Este mes los invitamos a participar en una charla educativa donde hablaremos de como reconocer y manejar los síntomas de depresión y ansiedad relacionada con cáncer. Tratar la depresión y la ansiedad es importante para su salud física y emocional.

**Individuals of Color and Cancer**  
**Wednesday, October 27 2021; 1:30-3pm**  
Facilitator: Karen Peterson, Founder of Karen’s Club

Karen Peterson, an African American stage IV cancer survivor and Founder of Karen’s Club, will share her incredible journey. Karen will discuss some of the unique barriers individuals of color may face while undergoing cancer treatment including communicating with their medical team.
## October 2021

### Body Movement Workshops

**Easy-Does-It-Chair Yoga**  
Friday, October 1, 15, 29  
3 – 4pm  
Facilitator: Beth Bierko-Theatre Within

**Flow & Restore**  
Thursday, October 28  
6:30 – 7:30pm  
Facilitator: Laura Adelson

**Gentle Yoga**  
Tuesday, October 5  
11am– 12:30pm  
Facilitator: Sabina Maschi  
Tuesday, October 12  
11am– 12:30pm  
Facilitator: Becca Pulliam  
Tuesday, October 19  
11am– 12:30pm  
Facilitator: Liz Dalton  
Tuesday, October 26  
11am– 12:30pm  
Facilitator: Tracy Anderson

**New Day-Moving for Life: Gentle Aerobics**  
Wednesday, October 6, 20  
5–6pm  
Facilitator: For Moving for Life

**Pilates Mat**  
Tuesday, October 5, 19  
3 – 4pm  
Facilitator: Miranda Stevens

**Seated Yoga**  
Tuesday, October 12, 26  
3 – 4pm  
Facilitator: hOM

**Seated Zumba**  
Thursday, October 21  
12:30 – 1pm  
Facilitator: Evie Aronson

**Tech Neck**  
Friday, October 8  
3 – 4pm  
Facilitator: Beth Bierko

**Vinyasa Yoga**  
Friday, October 8  
12 – 1pm  
Facilitator: Mary Butler-Fink  
Monday, October 18  
6:30 – 7:30pm  
Facilitator: Rachel Darivoff

**Yoga: Refresh & Revitalize**  
Wednesdays in September  
6 – 7pm  
Facilitator: Diane Cimine, RYT

### Stress Reduction Workshops

**New! Yoga for Bone Strength**  
Wednesday, October 22  
3 – 4pm  
Facilitator: Beth Bierko-Theatre Within

For some with low bone density, fear of fractures can create a fear of movement. In this interactive workshop, learn the facts and fiction of low bone density and how to move safely. This workshop will also include various yoga poses that help maintain the body’s proper alignment and

**1-Minute Relief from Stress**  
Wednesday, October 20  
3– 5pm  
Facilitator: Scott Weiner

**Breathe and Release: An Introduction to Conscious, Connected Breathwork**  
Thursday, October 7  
10– 11:30am  
Facilitator: Catherine Man

**New! Body Scan Meditation**  
Wednesday, October 20  
1:30 – 2:30pm  
Facilitator: Rochelle White, ExhilaFit

Body Scan Meditation is an introductory class to meditation, no experience required. The purpose is to reconnect and be in tune with your body, physically. This form of meditation can help you return to a relaxed stage when you are physically feeling tense.

**Calm Through Crisis**  
Tuesdays in October  
2 – 3:30pm  
Facilitator: Pamela Bloom

**Chronic Pain Relief Through Hypnosis**  
Monday, October 25  
6:30 – 7pm  
Facilitator: Alexander Ivlev

**Guided Meditation and Reiki**  
Thursday, October 14  
6:30- 7:15pm  
Facilitators: Lauren Mooney & Allison Rutberg

**Healing Sound Meditation and Sonic Attunement**  
Monday, October 18  
6:30-7:30pm  
Facilitator: Eileen Moran

**New! Coping with Change Through Art Therapy**  
Friday, October 15  
11am – 12pm  
Facilitator: School of Visual Arts

As life presents us with continual change, this workshop will explore coping strategies using art therapy techniques to navigate these challenges. This workshop will incorporate basic items around the house including paper, pencil and/ or colored pencils!

**Deepening Your Creative Process**  
Thursday, October 7, 14, 28  
3:30 – 5pm  
Facilitator: Joe Raiola-Theatre Within

**Laughter Yoga**  
Thursdays in October  
4– 4:45pm  
Facilitator: Francine Shore

**Meditation as The Still Point**  
Monday, October 4, 18, 25  
2:30 – 3:45pm  
Facilitator: Susan Bissonnette

**Meditation Made Easy**  
Wednesday, October 13  
1:30 – 2:30pm  
Facilitator: Teri Meissner

**Mind-Body Meditation**  
Tuesday, October 12  
6 – 7pm  
Facilitator: Kimberly Brown

**Mountain Meditation**  
Wednesday, October 6  
1:30 – 2:30pm  
Facilitator: Rochelle White, ExhilaFit

**Movement Meditation**  
Thursday, October 7, 21  
4 – 5pm  
Facilitator: hOM

**Reiki and Soundwaves Meditation**  
Tuesday, October 5  
6:30 – 7:15pm  
Facilitator: Mei Leung

### Creative Expressions Workshops

**Comedy Writing**  
Monday, October 25  
6 – 8pm  
Facilitator: David LaBarca

**Comic Making as Self-Expression**  
Thursday, October 14, 21, 28,  
Thursday, November 4, 11  
6:30 – 8pm  
Facilitator: Matt Lassen-Theatre Within

**Improv Comedy**  
Thursday, October 14  
12:30 – 1:30pm  
Facilitator: Evie Aronson

**Knitting & Crochet Circle**  
Wednesday, October 6, 20, 27  
11am – 1pm  
Facilitator: Jennie Tichenor

**MAD Art Drawing Workshop**  
Wednesday, October 13  
6:30 – 8pm  
Facilitator: Sam Viviano-Theatre Within

**Meditative Pattern Making with Zentangle®**  
Thursday, October 21  
6 – 8pm  
Facilitator: Terry Hall

**Poetry with Lynne**  
Wednesday, October 6, 20  
7 – 8pm  
Facilitator: Lynne Rosenthal

**Screen Writing**  
Tuesday, October 26  
6 – 8pm  
Facilitator: Jessica Kaplan

**The John Lennon Real Love Project**  
Monday, October 4  
6:30 – 8pm  
Facilitator: Tony Conniff-Theatre Within

**New! Halloween Lantern Making with New York Junior League**  
Wednesday, October 27  
6 – 7pm  
Facilitator: New York Junior League

Join the New York Junior League for a fun and festive Halloween activity! Each registrant will receive their own Halloween lantern kit complete with festive decorations for a Boo-nique twist! Please note that by registering for this workshop you consent to sharing your address with NYJL for the purpose of material delivery only. All materials will be mailed to participants in advance from Amazon. Registration is limited and will close on Friday, October 15th.

**Discovering Documentaries**  
Monday, October 18  
5:30 – 6:30pm  
Facilitator: Nick Budabin

**Just Breathe**  
Thursday, October 14  
2 – 2:45pm  
Facilitator: Catherine Gregory

**New! Christmas Lantern Making with New York Junior League**  
Tuesday, December 7  
6 – 7:30pm  
Facilitator: New York Junior League

**New! Coping with Change Through Art Therapy**  
Friday, October 15  
11am – 12pm  
Facilitator: School of Visual Arts

As life presents us with continual change, this workshop will explore coping strategies using art therapy techniques to navigate these challenges. This workshop will incorporate basic items around the house including paper, pencil and/ or colored pencils!

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