

Program Calendar | October 2022



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES & WORKSHOPS

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

Documentos de planificación de vida: qué hacen y por qué son importantes
Thursday, October 6 | 2-3pm
Facilitator: Vivienne Duncan, Esq.

Los problemas de planificación de la vida afectan a todos, pero es particularmente crucial para los pacientes y sobrevivientes de cáncer saber cómo proteger sus derechos y opciones de toma de decisiones al planificar con anticipación. Es importante habilitar a alguien que pueda expresar sus preferencias médicas a los médicos en su nombre, cuidar de sus problemas financieros, de vivienda y otros si usted no puede hacerlo, declarar su elección de tutor para niños menores y llevar a cabo sus deseos con respecto a la herencia de su propiedad. Sin nadie designado para defender sus elecciones, alguien que usted nunca hubiera elegido podría tomarlas por usted. Esta presentación legal discutirá la importancia de preparar documentos clave para la planificación de la vida: poder para la atención médica, testamento en vida, poder notarial, disposición de restos y una última voluntad y testamento simples.

Lung Cancer: Screening, Diagnosis & Modern Radiation Therapy Treatment Approaches
Thursday, October 13 | 2-3:30pm
Facilitator: Dr. Jonathan Lischalk, MD

Please join us for an insightful educational talk on lung cancer with Dr. Jonathan Lischalk, Medical Director for the NYU Langone Health NYCyberknife at the Perlmutter Cancer Center-Manhattan. Dr. Lischalk will discuss the screening, diagnosis, and contemporary treatment approaches for one of the most common cancers diagnosed in America after which he will answer any questions that you may have.

Exercise After Mastectomy
Wednesday, October 26 | 1:30-2:30pm
Facilitator: Julie Sandler-Friedman, PT MS.

This lecture and demonstration will review the evidence-based timeline for exercise from directly after mastectomy to 6 months and beyond. Participants will have the opportunity to try various movement exercises. Please wear loose, comfortable clothing, and be prepared to move!

New! Mining Your Memory: Writing Memoir & Personal Essays
Tuesday, October 13, 20, 27 | 6-7:15pm
Tuesday, November 3, 10 | 6-7:15pm
Facilitator: Stacy Pershall

See website for more details.

New! Let's Write
Tuesday, October 18 | 6-8pm
Facilitator: Jessica Kaplan

See website for more details.

New! Spontaneous Storytelling
Tuesday, October 25 | 6-7:15pm
Tuesday, November 1, 8, 15, 22 | 6-7:15pm
Facilitator: Shauna Kanter-Theatre Within

See website for more details

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 | October 2022

<p style="text-align: center;">Monday</p> <p>3 2:30-3:45PM– Meditation for Radical Change with Susan Bissonnette 6-7PM– Meditation for Radical Change with Susan Bissonnette 6:30-7:30PM–Vinyasa Yoga 6:30-8PM– John Lennon Real Love Project</p>	<p style="text-align: center;">Tuesday</p> <p>4 11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM –Pilates Mat 6:30-7:15PM –Reiki and Soundwaves Meditation</p>	<p style="text-align: center;">Wednesday</p> <p>5 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM–Mindful Based Stress Reduction 6-7PM–Yoga: Refresh and Revitalize 6-8PM Post-Treatment Group</p>	<p style="text-align: center;">Thursday</p> <p>6 10-11:30AM– Breath & Release 2-3PM– Charla: Documentos de planificación de vida: qué hacen y por qué son importantes - (Life Planning) 3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 4-4:45PM–Laughter Yoga 6-8PM –Caregivers Monthly Group 6-8PM –Living with Advanced or Metastatic Cancer 6:30-7:15PM–Guided Meditation and Reiki 6:30-7:30PM–The Story You -Tell</p>	<p style="text-align: center;">Friday</p> <p>7 12-1PM-Chair Yoga</p>
<p>10 CLUBHOUSE CLOSED: COLUMBUS DAY</p>	<p>11 2-3:15PM–Activate Your Inner Healer 2-3:30PM–Living with Cancer Wellness Group 3-4PM–Seated Yoga 3-5PM–1-Minute Relief from Stress workshop 6-7PM–Mind-Body Meditation</p>	<p>12 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM– Jin Shin Jyutsu Self Care Workshop® 1-2:30PM– Living with Loss Monthly Group 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group 6-8PM–Post-Treatment Group 6-7:30PM– John Lennon Real Love Project</p>	<p>13 2-3:30PM–Lecture: Lung Cancer 3:30-5PM–Embracing Your Creative Path 4-4:45PM–Laughter Yoga 5-6PM– Yoga for Anxiety 6-7:15PM –New! Mining Your Memory: Writing Memoir & Personal Essays 6-7:30PM–Young Adults Bereavement Group 6-8PM - Meditative Pattern with Zentangle®</p>	<p>14 12-1PM-Vinyasa Yoga</p> <p style="text-align: right;">12-</p>
<p>17 2:30-3:45PM– Meditation for Radical Change with Susan Bissonnette 4-5PM– LIVE REIKI: ACTIVATE YOUR INNER HEALER (IN-PERSON) 6-7PM– Meditation for Radical Change with Susan Bissonnette</p>	<p>18 11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM–Pilates Mat 6-8PM–New! Let's Write</p>	<p>19 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM– Meditation Made Easy 1-2:30PM– Post-Treatment Group 5-6PM–Moving For Life: Gentle Aerobics workshop 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM– John Lennon Real Love Project 6-8PM Living with Loss Monthly Group</p>	<p>20 12:30-1:30PM–Improv Comedy 3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 4-4:45PM–Laughter Yoga 6-7PM–Chronic Pain Relief Through Hypnosis 6-7:15PM –New! Mining Your Memory: Writing Memoir & Personal Essays 6-7:30PM–Young Adults Living with Cancer 6:30-7:30PM–The Story You-Tell</p>	<p>21</p> <p>22 (SATURDAY)</p> <p>11AM-12PM–Coping with Change Through Art Therapy workshop</p>
<p>24 2:30-3:45PM– Meditation for Radical Change with Susan Bissonnette 6-7PM– Meditation for Radical Change with Susan Bissonnette</p>	<p>25 11AM-12:30PM–Gentle Yoga 2-3:15PM–Activate Your Inner Healer 3-4PM–Seated Yoga 6-7:15PM–New! Spontaneous Storytelling</p>	<p>26 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM–Lecture: Exercise after Mastectomy 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM– John Lennon Real Love Project 7-8PM–Poetry with Lynne</p>	<p>27 12:30-1PM –Seated Zumba 3:30-5PM–Embracing Your Creative Path 5-6:30PM –Yoga Journaling 4-4:45PM–Laughter Yoga 6-7PM–Special Event: Red Door Hocus Pocus 6-7:15PM–New! Mining Your Memory: Writing Memoir & Personal Essays 6-8PM- Living w/ Blood Cancer Monthly GP 8:30-9:30PM–All Tangled Up in Bakersfield: Tangle Friendship Club</p>	<p>28</p>
<p>31 2:30-3:45PM– Meditation for Radical Change with Susan Bissonnette 6-7PM– Meditation for Radical Change with Susan Bissonnette</p>			<p>LEGEND: BLUE= ZOOM RED= IN-PERSON</p>	<p>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</p>

WORKSHOPS

To participate in a workshop, membership is required.
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LEGEND:

BLUE= ZOOM

RED= IN-PERSON

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress

3-5pm; Tuesday, October 11
Facilitator: Scott Weiner

Activate Your Inner Healer

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

Breathe & Release: An Introduction to Conscious Connected Breathwork

10-11:30am; Thursday, October 6
Facilitator: Catherine Man

Chair Yoga

12-1pm; Friday, October 7
Facilitator: Beth Bierko

Chronic Pain Relief Through Hypnosis

6-7pm; Thursday, October 20
Facilitator: Alexander Ivlev

Laughter Yoga

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

Guided Meditation and Reiki

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

Jin Shin Jyutsu Self Care Workshop®

1:30-2:30pm; Wednesday, October 12
Facilitator: Teri Meissner

LIVE REIKI (IN-PERSON WORKSHOP)

4-5pm; Monday, October 17
Facilitator: Pamela Bloom

Meditation Made Easy

1:30-2:30pm; Wednesday, October 19
Facilitator: Teri Meissner

Meditation for Radical Change

2:30-3:45pm; Monday, October 3, 17, 24, 31
6-7pm; Monday, October 3, 17, 24, 31
Facilitator: Susan Bissonnette

Mind-Body Meditation

6-7pm; Tuesday, October 11
Facilitator: Kimberly Brown

Movement Meditation

4-5pm; Thursday, October 6, 20
Facilitator: HOM

Mindful Based Stress Reduction

1:30-2:30pm; Wednesday, October 5
Facilitator: Rochelle White, ExhilaFit

Reiki and Soundwaves Meditation

6:30pm-7:15pm; Tuesday, October 4
Facilitator: Mei Leung

CREATIVE EXPRESSION WORKSHOPS

All Tangled Up In Bakersfield: Tangle Friendship Club via Zoom

8:30-9:30pm; Thursday, October 27
Facilitator: Terry Hall

External Zoom link will be sent the day of scheduled event.

Come meet and get to know other artists and see what they are creating. Feel free to bring some of your own art to share with the group. It doesn't have to be a Zentangle(R) piece. All mediums are welcome as we enjoy seeing ALL creative creations. Please be on time.

Coping with Change Through Art Therapy

11am-12pm; Saturday, October 22
Facilitator: School of Visual Arts

Embracing Your Creative Path: A Circle of Friends

3:30-5pm; Thursday, October 13, 20, 27
Facilitator: Joe Raiola-Theatre Within

Improv Comedy

12:30-1:30pm; Thursday, October 20
Facilitator: Evie Aronson

Knitting and Crochet Circle

11am-1pm; Wednesday in October
Facilitator: Jennie Tichenor

New! Let's Write

6-8pm; Tuesday, October 18
Facilitator: Jessica Kaplan

CREATIVE EXPRESSION WORKSHOPS

Meditative Pattern with Zentangle®

6-8pm; Thursday, October 13
Facilitator: Terry Hall

New! Mining Your Memory:

Writing Memoir & Personal Essays

6-7:15pm; Thursday, October 13, 20, 27
6-7:15pm; Thursday, November 3, 10
Facilitator: Stacy Pershall

Poetry with Lynne

7-8pm; Wednesday, October 26
Facilitator: Lynne Rosenthal

New! Spontaneous Storytelling

6-7:15pm; Tuesday, October 25
6-7:15pm; Tuesday, November 1, 8, 15, 22
Facilitator: Shauna Kanter-Theatre Within

The Story You Tell-Writing Workshop

6:30-7:30pm; Thursday, October 6, 20
Facilitators: Diane Heald & Xinle Hou

The John Lennon Real Love Project

6:30-8pm; Monday, October 3
Facilitator: Tony Coniff

6-7:30pm; Wednesday, October 12, 19, 26

6-7:30pm; Wednesday, November 2
Facilitator: Sloan Wainwright

YOUTH SPECIAL EVENT

Special Event: Red Door Hocus Pocus

6-7pm; Thursday, October 27

Join us for our annual virtual Halloween magic show "Hocus Pocus"! Be thrilled and amazed by our dazzling magician. Don't miss this enchanting, bewitching & beguiling performance...magic awaits!

BODY MOVEMENT WORKSHOPS

Gentle Yoga

11am-12:30pm; Tuesday, October 4
Facilitator: Sabina Maschi
11am-12:30pm; Tuesday, October 18
Facilitator: Liz Dalton
11am-12:30pm; Tuesday, October 25
Facilitator: Tracy Anderson

Moving For Life: Gentle Aerobics

5-6pm; Wednesday, October 19
Facilitator: Moving For Life

Pilates Mat

3-4pm; Tuesday, October 4, 18
Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, October 11, 25
Facilitator: hOM

Seated Zumba

12:30-1pm; Thursday, October 27
Facilitator: Evie Aronson

Vinyasa Yoga

6:30-7:30pm; Monday, October 3
Facilitator: Rachel Darivoff

12-1pm; Friday, October 14

Facilitator: Mary Butler-Fink

Yoga for Anxiety

5-6pm; Tuesday, October 13
Facilitator: Laura Adelson

Yoga Journaling

5-6:30pm; Thursday, October 27
Facilitator: Sharyn Hahn

Yoga: Refresh & Revitalize

6-7pm; Wednesdays in October
Facilitator: Diane Cimino

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 6
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

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

Living with Blood Cancer

6-8pm; Thursday, October 27
Facilitator: Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Gynecological Cancer

6-7:30pm; Wednesday, October 12
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, October 12
Facilitator: Vanessa Zinke, LCSW

6-8pm; Wednesday, October 19
Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer

6-8pm; Monday, October 17
Facilitator: Andrew Hearn, LMSW

MONTHLY GROUPS (CONT)

Post-Treatment

6-8pm; Wednesday, October 5
Facilitator: Haydee Bulos, LMSW

Post-Treatment

1-2:30pm; Wednesday, October 19
Facilitator: Haydee Bulos, LMSW

Living with Cancer Wellness Group

2-3:30pm; Tuesday, October 11
Facilitator: Erin Baumann, LMSW

Young Adults Bereavement

6-7:30pm; Thursday, October 13
Facilitator: Darren Arthur MSW, LCSW, OSW-C

Young Adults Living with Cancer

6-7:30pm; Thursday, October 20
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 Family & Friends Group
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.