

# Program Calendar | February 2023



Formerly known as  
**Gilda's Club**  
New York City

## EDUCATIONAL LECTURES & SPECIAL EVENT

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

### "Nutrición y Depresión"

miércoles, 15 de febrero | 2 pm - 3 pm

Presentadora: Ana Blanco, MS, RDN, CDN (she/her)  
Nutricionista Dietista Registrada, God's Love We Deliver

Exploraremos la conexión entre la salud mental y la nutrición, aprenderemos cómo optimizar la salud mental a través de los alimentos y hablaremos sobre los hábitos alimenticios que ayudan a combatir la depresión. ¡Venga con preguntas!

### Music Therapy & The MELODY Study

Thursday, February 23 | 12-1pm

Facilitator: Sean McNally, MS, MT-BC

This lecture will include a short overview of the practice of music therapy, how the practice can address cancer related mental health issues including anxiety and depression, and a couple of music-based experientials. In addition, an overview of the MELODY study - music therapy vs. cognitive behavioral therapy for cancer survivors with anxiety via telehealth, will be presented. Q&A will conclude the presentation.

### SPECIAL EVENT:

**Remembrance Gathering (In-Person)**

Thursday, February 16 | 5:30-7pm

Please join us for our annual Remembrance Gathering, where we commemorate our members and their loved ones who passed away in 2022.

This gathering is an opportunity to reflect on the legacy of our loved ones who passed away. Pictures and mementos may be brought and displayed on the memory table. There will also be an opportunity to share your special memories if you wish to do so.

If you have questions, please email Nadine @ [nbartholomew@reddoorcommunity.org](mailto:nbartholomew@reddoorcommunity.org)

Please RSVP by 2/10/23

### 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](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.

# Program Calendar | February 2023



<p style="text-align: center;"><b>Monday</b></p> <p><b>RESERVATION POLICY</b> 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>	<p style="text-align: center;"><b>Tuesday</b></p>	<p style="text-align: center;"><b>Wednesday</b></p>	<p style="text-align: center;"><b>Thursday</b></p>	<p style="text-align: center;"><b>Friday</b></p>
<p><b>6</b> 2:30-3:45PM– Meditation for Radical Change 6-7PM– Meditation for Radical Change 6:30-7:30PM–Vinyasa Yoga</p>	<p><b>7</b> 11AM-12:30PM–Gentle Yoga 2-3:30PM–Activate Your Inner Healer 3-4PM–Pilates Mat 6:30-7:15–Reiki and Sound waves Meditation</p>	<p><b>8</b> 11AM-1PM-Knitting &amp; Crochet Circle 1-2:30PM–Living with Loss Monthly Group 1:30-2:30PM– Jin Shin Jyutsu Self Care® 6-7PM–Yoga Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group</p>	<p><b>9</b> 12:30-1PM–Seated Zumba 1-2:30pm–New! Veterans Art Therapy Workshop 3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 4-4:45PM–Laughter Yoga 6-7:30PM–Young Adults Bereavement Group 6-8PM - Meditative Pattern with Zentangle®</p>	<p><b>10</b> <b>LEGEND:</b> <b>BLUE= ZOOM</b> <b>RED= IN-PERSON</b></p>
<p><b>13</b> 2:30-3:45PM– Meditation for Radical Change 6-7PM– Meditation for Radical Change 6-8PM– Living with Prostate Cancer Monthly Group</p>	<p><b>14</b> 11AM-12:30PM–Gentle Yoga 12-1:30PM–Living with Cancer Wellness Group 2-3:30PM–Activate Your Inner Healer 3-4PM–Pilates Mat 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</p>	<p><b>15</b> 11AM-1PM-Knitting &amp; Crochet Circle 2-3PM–Charla: Spanish: Nutrition and Depression 1-2:30PM–Post-Treatment Monthly Group 5-6PM–Moving For Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Loss Monthly Group</p>	<p><b>16</b> 1-2:30pm–New! Veterans Art Therapy Workshop 12:30-1PM– Seated Zumba 2-2:45PM Just Breathe 3:30-5PM–Embracing Your Creative Path 4-4:45PM–Laughter Yoga 5:30-6:30PM–Yoga &amp; Anxiety <b>5:30-7PM–Special Event: Remembrance Gathering</b> 6-7:30PM–Young Adults Living with Cancer 6:30-7:15–Guided Meditation and Reiki 6:45-7:45PM–The Story You -Tell</p>	<p><b>17</b></p>
<p><b>20</b></p> <div style="background-color: red; color: white; text-align: center; padding: 20px; font-weight: bold; font-size: 1.2em;">             CLUBHOUSE CLOSED         </div>	<p><b>21</b> 2-3:30PM–Activate Your Inner Healer 3-4PM–Pilates Mat 6-7:15PM–Finding Your Inner Superhero</p>	<p><b>22</b> 11AM-1PM-Knitting &amp; Crochet Circle 1:30-2:30PM–Meditation Made Easy Reduction 6-7PM–Yoga: Refresh and Revitalize 6-8PM–1-Minute Relief from Stress Relief Workshop 7-8PM–Poetry with Lynne 8:30-9:30PM–All Tangled Up in Bakersfield: Tangle Friendship Club</p>	<p><b>23</b> 12-1pm–Lecture: Music Therapy &amp; The MELODY Study 1-2:30pm–New! Veterans Art Therapy Workshop 3:30-5PM–Embracing Your Creative Path 4-4:45PM–Laughter Yoga 4-5PM- Movement Meditation 6-8PM–Living with Blood Cancer Monthly Group</p>	<p><b>24</b> 12-1PM–Vinyasa Yoga  <b>SATURDAY: 2/25</b> 11AM-12PM–Coping with Change Through Art Therapy workshop</p>
<p><b>27</b> 2:30-3:45PM– Meditation for Radical Change <b>4-5PM–LIVE REIKI (IN-PERSON )</b> 6-7PM– Meditation for Radical Change</p>	<p><b>28</b> 11AM-12:30PM–Gentle Yoga 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 6-7:15PM–Mining Your Memory: Memoir Writing &amp; Personal Essays</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

### Gentle Yoga

11am- 12:30pm; Tuesday, February 7, 28  
Facilitator: Liz Dalton  
11am-12:30pm; Tuesday, February 14  
Facilitator: Sabina Maschi

### Moving For Life: Gentle Aerobics

5-6pm; Wednesday, February 15  
Facilitator: Moving For Life

### Pilates Mat

3-4pm; Tuesday, February 7, 21  
Facilitator: Miranda Stevens

### Seated Yoga

3-4pm; Tuesday, February 14, 28,  
Facilitator: hOM

### Seated Zumba

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

### Vinyasa Yoga

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

12-1pm; Friday, February 24  
Facilitator: Mary Butler-Fink

### Yoga for Anxiety

5:30-6:30pm; Thursday, February 9  
Facilitator: Laura Adelson

### Yoga: Refresh & Revitalize

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

## STRESS REDUCTION WORKSHOPS

### 1-Minute Relief from Stress

6-8pm; Wednesday, February 22  
Facilitator: Scott Weiner

### Activate Your Inner Healer

2-3:30pm; Tuesdays in February  
Facilitator: Pamela Bloom

### Breathe & Release: An Introduction to Conscious Connected Breathwork

10-11:30am; Thursday, February 2  
Facilitator: Catherine Man

### Chair Yoga and Meditation

11am-12pm; Wednesday, February 1  
Facilitator: Beth Bierko

### Guided Meditation and Reiki

6:30-7:15pm; Thursday, February 16  
Facilitators: Lauren Mooney & Allison Rutberg

### Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, February 14  
Facilitator: Eileen Moran

### Jin Shin Jyutsu Self Care Workshop®

1:30-2:30pm; Wednesday, February 8  
Facilitator: Teri Meissner

### Laughter Yoga

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

### LIVE REIKI (IN-PERSON WORKSHOP)

4-5pm; Monday, February 27  
Facilitator: Pamela Bloom

### Meditation for Radical Change

2:30-3:45pm; Monday, February 6, 13, 27  
6-7pm; Monday, February 6, 13, 27  
Facilitator: Susan Bissonnette

### Movement Meditation

4-5pm; Thursday, February 9, 23  
Facilitator: HOM

## CREATIVE EXPRESSION WORKSHOPS

### All Tangled Up in Bakersfield: Tangle Friendship Club

8:30-9:30pm; Wednesday, February 22  
Facilitator: Terry Hall

### Coping with Change Through Art Therapy

11am-12pm; Saturday, February 25  
Facilitator: School of Visual Arts

### Embracing Your Creative Path: A Circle of Friends

3:30-5pm; Thursday, February 2, 9, 16, 23  
Facilitator: Joe Raiola-Theatre Within

### Finding Your Inner Superhero and Healing Through Humor

6-7:15pm; Tuesday, February 21  
Facilitator: Valerie David

### Improv Comedy

12:30-1:30pm; Thursday, February 2  
Facilitator: Linda Pallotta

### Just Breathe

2-2:45pm; Thursday, February 16  
Facilitator: Catherine Gregory

### Knitting and Crochet Circle

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

### Let's Write

6-8pm; Thursday, February 9  
Facilitator: Jessica Kaplan

### Meditative Pattern with Zentangle®

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

### Mining Your Memory: Writing Memoir & Personal Essays

6-8pm; Tuesday, February 14, 28  
6-8pm; Tuesday, March 14, 28  
6-8pm; Tuesday, April 11  
Facilitator: Terry Hall

### Poetry with Lynne

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

### The Story You Tell-Writing Workshop

6:45-7:45pm; Thursday, February 2, 16  
Facilitators: Diane Heald & Sophie Lalani

# 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, February 2  
Facilitator: Ronnie Hochberg, LMHC

### Living with Advanced or Metastatic Cancer

6-8pm; Thursday, February 2  
Facilitator: Haley Feldman, LCSW, OSW-C

### Living with Blood Cancer

6-8pm; Thursday, February 23  
Facilitator: Sophia Tsesmelis Piccolino, LCSW, OSW-C

### Living with Cancer Wellness Group

12-1:30pm; Tuesday, February 14  
Facilitator: Erin Baumann, LMSW

### Living with Gynecological Cancer

6-7:30pm; Wednesday, February 11  
Facilitator: Awilda Torres, PHD, LMHC

### Living with Loss

1-2:30pm; Wednesday, February 8  
Facilitator: Gina Fiorella, LCSW

6-8pm; Wednesday, February 15

Facilitator: Diana Gradus, LCSW

### Living with Prostate Cancer

6-8pm; Monday, February 13  
Facilitator: Andrew Hearn, LMSW

## MONTHLY GROUPS (CONT)

### Post-Treatment

6-8pm; Wednesday, February 1  
Facilitator: Haydee Bulos, LMSW

### Post-Treatment

1-2:30pm; Wednesday, February 15  
Facilitator: Haydee Bulos, LMSW

### Young Adults Bereavement

6-7:30pm; Thursday, February 9  
Facilitator: Darren Arthur MSW, LCSW, OSW-C

### Young Adults Living with Cancer

6-7:30pm; Thursday, February 16  
Facilitator: Haydee Bulos, LMSW

## WEEKLY GROUPS

### Monday

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

### Tuesday

12:30 - 2:30pm Wellness Group  
6 - 8pm Family & Friends Group  
6 - 8pm Wellness Group  
6 - 8pm Bereavement Group

### Wednesday

10 - 11:30am Spanish Wellness Group  
(Uptown: Mount Sinai Hospital)  
12pm - 1:30pm Wellness Group (East Flatbush & Brooklyn: Kings County Hospital)  
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.