

Program Calendar | June 2022



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES/CHARLA & WORKSHOPS

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

Evitar estafas: COVID-19 y más allá Jueves, 2 de junio | 2:30-4pm Facilitadora: Yenissell Sánchez

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.

Advanced Directives Discussion with The Family Center Wednesday, June 29 | 1:30-2:30pm Facilitator: The Family Center

Join the Legal Wellness Institute at The Family Center to learn about legal tools that can help you plan for the future.

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

Ryushin Marchaj is a priest in the tradition of Zen Buddhism and a Dharma heir of the late John Daido Looi. From 2009 to 2015 he served as abbot of the Zen Mountain Monastery.

See page 3 for more details.

New! Felt Floral Bouquet Workshop Thursday, June 9 | 6-7pm 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.

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 | June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM– Ocean Meditation 6-7PM–Yoga: Refresh and Revitalize 6-8PM-Post-Treatment Group</p>	<p>2 2:30-4PM–Charla: Evitar estafas: COVID-19 y más allá 4-4:45PM–Laughter Yoga 4-5PM– Movement Meditation 6-7:15PM –Cartooning As Self-Expression 6-8PM –Caregivers Monthly Group 6-8PM –Living with Advanced or Metastatic Cancer</p>	<p>3 12-1PM-Chair Yoga</p>
<p>6 2:30-3:45pm–Meditation as the Still Point 3-4:30PM–What Does Music Taste Like: Comfort Food 6:30-7:30PM-Vinyasa Yoga 6:30-8PM–John Lennon Real Love Project songwriting</p>	<p>7 11AM-12:30PM–Gentle Yoga 2-3:15PM–Calm Through Crisis 3-4PM –Seated Yoga 5:30-6:30PM – Flow & Restore 6:30-7:15PM – Reiki and Soundwaves Meditation</p>	<p>8 11AM-1PM-Knitting & Crochet Circle 1-2:30PM– Living with Loss Group 1:30-2:30–Yoga Nidra 5:30-7:30PM–1-Minute Relief from Stress 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group 7-8PM-Poetry with Lynne</p>	<p>9 1:30-2:45– New! Meditation and Unconditional Happiness 3:30-5PM–Embracing Your Creative Path: A Circle of Friends 4-4:45PM–Laughter Yoga 6-7PM –New! Felt Floral Bouquet 6-7:30PM–Young Adult Bereavement Group 6-8PM– Meditative Pattern with Zentangle®</p>	<p>10</p>
<p>13 2:30-3:45PM– Meditation as the Still Point 3-4:30PM–What Does Music Taste Like: Open Your Palate 6-8PM–Living with Prostate Cancer Monthly</p>	<p>14 11AM-12:30PM–Gentle Yoga 2-3:15PM–Calm Through Crisis 2-3:30PM–Wellness Monthly Gp 3-4PM–Pilates Mat 6-8PM– Screenwriting</p>	<p>15 11AM-1PM–Knitting & Crochet Circle 1- 2:30PM– Lake Meditation 1- 2:30PM– Post-Treatment Group 5-6PM–Moving for Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-8PM– Living with Loss Group</p>	<p>16 12:30-1:30– Improv Comedy 3:30-5PM–Embracing Your Creative Path: A Circle of Friends 4-4:45PM–Laughter Yoga 4-5PM– Movement Meditation 4:30-6PM–Yoga Journaling 6-7:30PM–Young Adults Living with Cancer Group</p>	<p>17 12-1PM – Vinyasa Yoga</p>
<p>20 2:30-3:45PM– Meditation as the Still Point 3-4:30PM–What Does Music Taste Like: Be There Now 6:30-8pm–John Lennon Real Love Project songwriting</p>	<p>21 2-3:15PM–Calm Through Crisis 3-4PM –Seated Yoga</p>	<p>22 11AM-1PM–Knitting & Crochet Circle 1:30-2:30–Yoga Nidra 6-7PM–Yoga: Refresh and Revitalize 7-8PM–Poetry with Lynne</p>	<p>23 12:30-1PM–Seated Zumba 3:30-5PM–Embracing Your Creative Path: A Circle of Friends 4-4:45PM–Laughter Yoga 6-7:15PM–Cartooning As Self-Expression 6-8PM–Living with Blood Cancer Monthly Group</p>	<p>24</p>
<p>27 2:30-3:45PM– Meditation as the Still Point 3-4:30PM–What Does Music Taste Like: Comfort Food 6:30-8PM–John Lennon Real Love Project songwriting</p>	<p>28 11AM-12:30PM–Gentle Yoga 2-3:15PM–Calm Through Crisis 3-4PM–Pilates Mat</p>	<p>29 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM–Lecture: Advanced Directives Discussion with The Family Center 6-7PM–Yoga: Refresh and Revitalize</p>	<p>30 4-4:45PM–Laughter Yoga 4-5PM– Movement Meditation 6:30-7:15PM– Guided Meditation and Reiki</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.
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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 Cimine

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

Laughter Yoga

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

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

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, pre-cut 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 Lynne

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 6, 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.

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

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, 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: Christine 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
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 & Teens

Connect: are support groups for children and teens touched by cancer.