

Program Calendar | February 2022



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES & SPECIAL EVENTS

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

Estate Planning: 101

Tuesday, February 8 | 6:30-8pm

Facilitator: Aaron B. Safier, AWMA, LUTCF, Founder and CEO, Sapphire Wealth Advisory Group

This presentation will provide comprehensive answers to common questions about estate planning in New York. We will discuss the "building blocks" of estate planning: the Living Will, the Health Care Proxy, Power of Attorney and Last Will and Testament. We will also explore how property is distributed when there is a will, when there is no will and when property is jointly titled or has named beneficiaries.

How to Improve Your Sleep

Thursday, February 23 | 1:30-3pm

Facilitator: Teri Meissner, Integrative Practitioner

Join Teri Meissner, Integrative Wellness and Certified Jin Shin Jyutsu® practitioner to learn about the importance of good quality sleep and some relaxation techniques to improve your sleep. Good sleep habits can boost your mental, emotional, and physical well-being.

Remembrance Gathering

Friday, February 18 | 5:30-6:30pm

We recognize that many of our members have experienced not only the loss of a loved one due to cancer, but also other losses related to the ongoing pandemic. Many were forced to grieve alone during this time, without the comfort of rituals and ceremonies to honor their loved ones.

We invite you to join us and help create a space where we can reflect on the losses of loved ones through our Virtual Remembrance Gathering.

All who are grieving are welcome, and there will be an opportunity to share photos for those who wish. When you register, please provide us with the name of your loved one if you wish to see their name listed on our remembrance scroll which will be displayed during the ceremony.

Register at www.reddoorcommunity.org

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)

REMINDERS

Please register and cancel online for all activities up to 24 hours prior to your activity at reddoorcommunity.org/member portal.

If you need to cancel the day of a scheduled activity, call us at 212-647-9700.

Visit our website for the Program Calendar and Member Portal: www.reddoorcommunity.org

Program Calendar | February 2022

Monday	1 Tuesday 11AM-12:30PM–Gentle Yoga 2-3:30PM–Calm Through Crisis 3-4PM– Seated Yoga	2 Wednesday 11AM-1PM–Knitting & Crochet 1:30-2:30PM –Mindfulness & Stress Reduction 6-7PM–Yoga: Refresh and Revitalize 6-8PM– Post-Treatment Group 7-8PM– Poetry with Lynne	3 Thursday 10-11:30AM – An Introduction to Conscious, Connected Breathwork 3:30-5PM–Deepening Your Creative Process 4-4:45PM–Laughter Yoga 6-8PM –Caregivers Support Group 6-8PM–Living with Advanced or Metastatic Cancer Gp 6:30-7:15PM– Guided Meditation and Reiki	4 Friday
7 2-3:30pm–New! Regaining Control through Art 2:30-3:45pm–Meditation as the Still Point 6:30-7:30PM –Vinyasa Yoga	8 11AM-12:30PM–Gentle Yoga 2-3:30PM–Calm Through Crisis 2-3:30PM–Wellness Monthly Gp 3-4PM–Pilates Mat 6-7PM–Mind-Body Meditation 6:30-7:15PM–Reiki and Soundwaves Meditation 6:30-8PM– Lecture: Estate Planning 101	9 11AM-1PM–Knitting & Crochet Circle 1-2:30PM– Living with Loss Group 1:30-2:30PM– Meditation Made Easy 4-6PM–1-Minute Relief from Stress 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ Gynecological Cancer Gp	10 12:30-1:30– Improv Comedy 2-2:45PM–Just Breathe 3:30-5PM–Deepening Your Creative Process 4-4:45PM–Laughter Yoga 4-5PM– Movement Meditation 6-7:15PM–Finding Your Inner Superhero and Healing through Humor 6-7:30PM–The Story You Tell Writing Workshop 6-7:30PM–Young Adult Bereavement Gp	11 12-1PM –Vinyasa Yoga
14 2-3:30PM– *NEW* Regaining Control through Art 2:30-3:45PM– Meditation as the Still Point 6-8PM–Living with Prostate Cancer Monthly	15 11AM-12:30PM–Gentle Yoga 2-3:30PM–Calm Through Crisis 3-4PM –Seated Yoga 5:30-6:30PM–Flow and Restore	16 10-11AM–La importancia del ejercicio en la recuperación del cáncer 11AM-1PM–Knitting & Crochet Circle 1- 2:30PM– Post-Treatment Group 1:30-2:30PM– Loving, Kindness, Forgiveness Meditation 5-6PM–Moving for Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-8PM– Living with Loss Group 7-8PM– Poetry with Lynne	17 3:30-5PM–Deepening Your Creative Process 4-4:45PM–Laughter Yoga 4:30-6PM–Yoga Journaling 6-7:30PM–Young Adults Living with Cancer Gp 6-8PM –Meditative Pattern Making with Zentangle®	18 5:30-6:30pm – Remembrance Gathering
21 CLUBHOUSE CLOSED PRESIDENTS DAY	22 11AM-12:30PM–Gentle Yoga 2-3:30PM–Calm Through Crisis 3-4PM–Pilates Mat 6-7PM– New! Color Your Coaster 6-8PM–Screen Writing 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement	23 11AM-1PM–Knitting & Crochet Circle 1:30-3PM– Lecture: How to Improve Your Sleep 6-7PM–Yoga: Refresh and Revitalize	24 12:30-1:30PM –Seated Zumba 3-4PM–La importancia del ejercicio en la recuperación del cáncer 3:30-5PM–Deepening Your Creative Process 4-4:45PM–Laughter Yoga 4-5PM– <i>Movement Meditation</i> 6-7:30PM– The Story You Tell Writing Workshop 6-8PM–Living with Blood Cancer Gp	25 11AM-12PM –Coping with Change Through Art Therapy
28 2:30-3:45PM– Meditation as the Still Point 6:30-8pm– John Lennon Real Love Project: Songwriting series 6:30-8pm– New! LGBTQ Living with Cancer Monthly Group 6:30-8pm– Young Adult Caregiver Gp			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.
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BODY MOVEMENT WORKSHOPS

Flow & Restore

5:30-6:30pm ; Tuesday, February 15
Facilitator: Laura Adelson

Gentle Yoga

11am-12:30pm ; Tuesday, February 1
Facilitator: Sabina Maschi
11am-12:30pm; Tuesday, February 8
Facilitator: Becca Pulliam
11am-12:30pm ; Tuesday, February 15
Facilitator: Tracy Anderson
11am-12:30pm ; Tuesday, February 22
Facilitator: Liz Dalton

La importancia del ejercicio en la recuperación del cáncer

10-11am; miércoles, el 16 de febrero
Facilitadora : Ana Leon Bella, Moving for Life
3-4pm; jueves el 24 de febrero
Facilitadora : Ana Leon Bella, Moving for Life

Moving For Life: Gentle Aerobics

5-6pm; Wednesday, February 16
Facilitator: Moving For Life

Pilates Mat

3-4pm; Tuesday, February 8, 22
Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, February 1, 15
Facilitator: hOM

Seated Zumba

12:30-1pm; Thursday, February 24
Facilitator: Evie Aronson

Vinyasa Yoga

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

Vinyasa Yoga

12-1pm; Friday, February 11
Facilitator: Mary Butler-Fink

Yoga Journaling

4:30-6pm; Thursday, February 17
Facilitator: Sharyn Hahn

Yoga: Refresh & Revitalize

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

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress

4-6pm; Wednesday, February 9
Facilitator: Scott Weiner

Breathe & Release: An Introduction to Conscious, Connected Breathwork

10-11:30; Thursday, February 3
Facilitator: Catherine Man

Calm Through Crisis

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

Guided Meditation and Reiki

6:30-7:15pm; Thursday, February 3
Facilitators: Lauren Mooney and Allison Rutberg

Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, February 22
Facilitator: Eileen Moran

Laughter Yoga

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

Loving, Kindness, & Forgiveness Meditation

1:30-2:30pm; Wednesday, February 16
Facilitator: Rochelle White

Meditation as the Still Point

2:30-3:45pm; Monday, February 7, 14, 28
Facilitator: Susan Bissonnette

Meditation Made Easy

1:30-2:30pm; Wednesday, February 9
Facilitator: Teri Meissner

Mind-Body Meditation

6-7pm; Tuesday, February 8
Facilitator: Kimberly Brown

Mindfulness and Stress Reduction

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

Movement Meditation

4-5pm; Thursday, February 10, 24
Facilitator: Chloe Estes

Reiki and Soundwaves Meditation

6:30-7:15pm; Tuesday, February 8
Facilitator: Mei Leung

CREATIVE EXPRESSION WORKSHOPS

Coping with Change Through Art Therapy

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

New! Color Your Coaster

6-7pm; Tuesday, February 22
Facilitator: New York Junior League

See website for more details

Deepening Your Creative Process

3:30-5pm; Thursdays in February
Facilitator: Joe Raiola-Theatre Within

Finding Your Inner Superhero and Healing Through Humor

6-7:15pm; Thursday, February 10
Facilitator: Valerie David

Improv Comedy

12:30-1:30pm; Thursday, February 10
Facilitator: Evie Aronson

The John Lennon Real Love Project

6:30-8pm; Monday, February 28
6:30-8pm; Monday, March 7, 21, 28
6:30-8pm; Monday, April 4
Facilitator: Tony Conniff, Theatre Within

Just Breathe

2-2:45pm; Thursday, February 10
Facilitator: Catherine Gregory

Knitting and Crochet Circle

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

Meditative Pattern Making with Zentangle®

6-8pm; Thursday, February 17
Facilitator: Terry Hall

Poetry with Lynne

7-8pm; Wednesday, February 2, 16
Facilitator: Lynne Rosenthal

New! Regaining Control Through

2-3:30pm; Monday, February 7, 14
Facilitator: Ariella Rand

Screen Writing

6-8pm; Tuesday, February 22
Facilitator: Jessica Kaplan

The Story You Tell Writing Workshop

6-7:30pm; Thursday, February 10, 24
Facilitators: Abby Melick & Anamarie Katayoon Pasdar

SUPPORT GROUPS

In order 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 3
Facilitator: Ronnie Hochberg, LMHC

New! LGBTQ Living with Cancer Monthly Group

6:30-8pm; Monday, February 28
Facilitator: Daniella Acker, LMSW

Living with Advanced or Metastatic Cancer

6-8pm; Thursday, February 3
Facilitator: Haley Feldman, LCSW, OSW-C

Living with Blood Cancer

6-8pm; Thursday, February 24
Facilitator: Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Gynecological Cancer

6-7:30pm; Wednesday, February 9
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, February 9
Facilitator: Christine Nolin, LCSW

6-8pm; Wednesday, February 16
Facilitator: Diana Gradus, LCSW

MONTHLY GROUPS (CONT)

Living with Prostate Cancer

6-8pm; Monday, February 14
Facilitator: Andrew Hearn, LMSW

Post-Treatment

6-8pm; Wednesday, February 2
Facilitator: Haydee Bulos, LMSW

Post-Treatment

1-2:30pm; Wednesday, February 16
Facilitator: Haydee Bulos, LMSW

Wellness Group

2-3:30pm; Tuesday, February 8
Facilitator: Haley Feldman, LCSW, OSW-C

Young Adult Bereavement

6-7:30pm; Thursday, February 10
Facilitator: Darren Arthur MSW, LCSW, OSW-C

Young Adult Caregivers Group

6:30-8pm; Monday, February 28
Facilitator: Greg Weintraub, LMSW candidate

Young Adults Living with Cancer

6-7:30pm; Thursday, February 17
Facilitator: Darren Arthur MSW, LCSW, OSW-C

WEEKLY GROUPS

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)
11:30am - 1pm Wellness Group (East Flatbush & Brooklyn: Kings County Hospital)
1 - 3pm Wellness Group
5- 5:45pm 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.