

Program Calendar | December 2021



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

EDUCATIONAL LECTURES

Health, Happiness and the Holidays

Tuesday, December 14 | 6-7:30pm

Facilitator: Melissa K. Rosen, Director of Education and Training, Sharsheret

Coping with a cancer diagnosis can be overwhelming and life altering. We must do all we can to preserve the activities, the special days, and the celebrations that bring us happiness. Join Melissa K. Rosen, Director of Training and Education at Sharsheret, to learn how to appreciate everyday moments and special occasions, and celebrate the holidays joyfully, despite anxiety and exhaustion.

Depresión y ansiedad durante los días festivos

miércoles el 15 de diciembre | 10-11:30am

Facilitator: Awilda Torres, PhD, LMHC

Este mes los invitamos a participar en una charla educativa donde hablaremos de como reconocer y manejar los sintomas de depresion y ansiedad durante los dias festivos. Tratar la depresion y la ansiedad es bueno para su salud fisica y emocional.

Exercise After Mastectomy

Wednesday, December 8 | 1:30-3pm

Facilitator: Julie Sandler-Friedman, PT, DPT

This lecture and demonstration will review the evidence-based timeline for exercise from directly after mastectomy to 6 months and beyond. Julie will discuss physical improvements that can be achieved, even long after mastectomy, as well as pre-op exercising. Participants will have the opportunity to try various movement exercises. Please wear loose, comfortable clothing, and be prepared to move!

VIRTUAL HOURS

Monday-Thursday: 9am - 8pm

Friday: 9am - 5pm

For assistance with Zoom/registration, contact:

Emily Keenan at 917-557-0095

(Monday-Friday 9am-5pm)

Jessilyn Torres at 917-232-8324

(Monday-Thursday 5-7pm)

LEGEND:

BLUE= ZOOM

RED=IN-PERSON



SPECIAL EVENT



Virtual Winter Wonderland Celebration!

Friday, December 10 | 6-7pm

Please join us for our virtual holiday celebration. Our program will include entertainment and fun activities!



Please register online at <https://rdc.gnosishosting.net/Portal>



Program Calendar | December 2021

<p>Monday</p> <p>LEGEND: BLUE= ZOOM RED= IN-PERSON</p>	<p>Tuesday</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>	<p>1 Wednesday</p>	<p>2 Thursday</p>	<p>3 Friday</p>
<p>6</p> <p>2:30-3:45pm–Meditation as the Still Point 6:30-8PM–MAD Art Workshop-In-Person</p>	<p>7</p> <p>11AM-12:30PM–Gentle Yoga 2-3:30PM–Calm Through Crisis 3-4PM– Seated Yoga 6:30-7:15PM–Reiki and Soundwaves Meditation</p>	<p>8</p> <p>9-9:45AM– New! The Breath is the Key to Vitality Workshop Series 11AM-1PM–Knitting & Crochet Circle 1-2:30PM– Living with Loss Group 1:30-3PM– Lecture: Exercise After Mastectomy 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ Gynecological Cancer GP 6-7:30PM– Writing Your Own Personal Essay 7-8PM– Poetry with Lynne</p>	<p>9</p> <p>12:30-1:30– Improv Comedy 4-4:45PM–Laughter Yoga 5:30-6:30PM–Flow and Restore 6-7:30PM–Young Adult Bereavement Gp 6-8PM– The Story You Tell Writing Workshop</p>	<p>10</p> <p>11AM-12PM –Coping with Change Through Art Therapy 3-4PM –Easy-Does-It Chair Yoga 6-7PM –Special Event: Virtual Winter Wonderland Celebration!</p>
<p>13</p> <p>2:30-3:45PM– Meditation as the Still Point 4-6PM–New! A Journey Towards Your Authentic Self: Visualization, Movement and Creativity-In-Person 6:30-7:30PM– Vinyasa Yoga-In-Person 6-8pm - Living with Prostate Cancer Gp 6:30-8PM– LGBTQ+Living with Cancer Monthly Group</p>	<p>14</p> <p>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 6-7:30PM– Lecture: Health, Happiness and the Holidays 6-8PM –1-Minute Relief from Stress</p>	<p>15</p> <p>9-9:45AM– New! The Breath is the Key to Vitality Workshop Series 10-11:30AM Charla: Depresión y ansiedad durante los días festivos 11AM-1PM–Knitting & Crochet Circle 12-1PM –Special Event: Kings County Hospital Virtual Winter Wonderland 1-2:30PM– Post-Treatment Group 1:30-2:30PM–Lake Meditation 5-6PM–Moving for Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-8PM– Living with Loss Group 7-8PM– New! Watercolor Holiday Cards-In Person</p>	<p>16</p> <p>12:30-1PM –Seated Zumba 2-2:45AM –Just Breathe 3:30-5PM–Deepening Your Creative Process 4-5PM– Movement Meditation 4-4:45PM–Laughter Yoga 6-7:30PM–Young Adults Living with Cancer Gp 6-8PM–Living with Blood Cancer Gp 6:30-7:15PM Guided Meditation and Reiki 6-8PM –Meditative Pattern Making with Zentangle®</p>	<p>17</p> <p>11AM-12PM –Coping with Change Through Art Therapy 12-1PM –Vinyasa Yoga 3-4PM –Self-Care and Massage</p>
<p>20</p> <p>2:30-3:45PM– Meditation as the Still Point 6-7PM – Chronic Pain Relief Through Hypnosis 6-8PM–The Story You Tell Writing Workshop 6:30-8PM– Young Adult Caregivers Support Gp</p>	<p>21</p> <p>11AM-12:30PM–Gentle Yoga 2-3:30PM–Calm Through Crisis 3-4PM –Seated Yoga 6-7PM– Winter Wreath Making</p>	<p>22</p> <p>9-9:45AM– New! The Breath is the Key to Vitality Workshop Series 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM– Self-Care with Jin Shin Jyutsu® 7-8PM– Poetry with Lynne</p>	<p>23</p> <p>CLUBHOUSE CLOSED FOR THE HOLIDAYS</p>	<p>24</p> <p>CLUBHOUSE CLOSED FOR THE HOLIDAYS</p>
<p>27</p> <p>CLUBHOUSE CLOSED FOR THE HOLIDAYS</p>	<p>28</p> <p>CLUBHOUSE CLOSED FOR HOLIDAYS</p>	<p>29</p> <p>CLUBHOUSE CLOSED FOR THE HOLIDAYS</p>	<p>30</p> <p>CLUBHOUSE CLOSED FOR THE HOLIDAYS</p>	<p>31</p> <p>CLUBHOUSE CLOSED FOR THE HOLIDAYS</p>

WORKSHOPS

To participate in a workshop membership is required. Please call **(212)-647-9700** for more information.



LEGEND:

BLUE: ZOOM

RED: IN-PERSON

BODY MOVEMENT WORKSHOPS

New! A Journey Towards Your Authentic Self: Visualization Movement & Creativity (In-person)
4-6pm; Monday, December 13
Facilitators: Sharyn Hahn & Carin Cohen

See website for more details

Easy-Does-It Chair Yoga

3-4pm; Friday, December 3, 10
Facilitator: Beth Bierko-Theatre Within

Flow & Restore

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

Gentle Yoga

11am-12:30pm; Tuesday, December 7
Facilitator: Sabina Maschi
11am-12:30pm; Tuesday, December 14
Facilitator: Becca Pulliam
11am-12:30pm; Tuesday, December 21
Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics

5-6pm; Wednesday, December 1, 15
Facilitator: Moving For Life

Pilates Mat

3-4pm; Tuesday, December 14
Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, December 7, 21
Facilitator: hOM

Seated Zumba

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

New! Self Care and Massage

3-4pm; Friday, December 17
Facilitator: Beth Bierko, Theatre Within

See website for more details

New! The Breath is the Key to Vitality Workshop Series

9-9:45am; Tuesday, December 8, 15, 22
9-9:45am; Tuesday, January 5, 12
Facilitator: Lorena Tapiero

See website for more details

Vinyasa Yoga (In-person)

6:30-7:30pm; Monday, December 13
Facilitator: Rachel Darivoff

Vinyasa Yoga

12-1pm; Friday, December 17
Facilitator: Mary Butler-Fink

Yoga: Refresh & Revitalize

6-7pm; Wednesday, December 1, 8, 15
Facilitator: Diane Cimine

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress

6-8pm; Tuesday, December 14
Facilitator: Scott Weiner

Breathe & Release: An Introduction to Conscious, Connected Breathwork

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

Calm Through Crisis

2-3:30pm; Tuesday, December 7, 14, 21
Facilitator: Pamela Bloom

Chronic Pain Relief Through Hypnosis

6-7pm; Monday, December 20
Facilitator: Alexander Ivlev

New! Group Reiki (In-person)

6-7pm; Wednesday, December 1
Facilitator: Eileen Quealy

See website for more details

Guided Meditation and Reiki

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

Lake Meditation

1:30-2:30pm; Wednesday, December 15
Facilitator: Rochelle White, ExhilaFit

Laughter Yoga

4-4:45pm; Thursday, December 2, 9, 16
Facilitator: Francine Shore

Meditation as the Still Point

2:30-3:45pm; Monday, December 6, 13, 20
Facilitator: Susan Bissonnette

Mind-Body Meditation

6-7pm; Tuesday, December 14
Facilitator: Kimberly Brown

Mindfulness and Stress Reduction

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

Movement Meditation

4-5pm; Thursday, December 2, 16
Facilitator: hOM

Reiki and Soundwaves Meditation

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

Self-Care with Jin Shin Jyutsu®

1:30-2:30pm; Wednesday, December 22
Facilitator: Teri Meissner

Virtual Dog Therapy

5-5:30pm; Thursday, December 2
Facilitator: Good Dog Foundation

CREATIVE EXPRESSION WORKSHOPS

New! Brooklyn Puppet Conspiracy: TV Puppet Workshop (In-person)

6-7:30pm; Thursday, December 2
Facilitator: David Fino, Theatre Within

See website for more details

Coping with Change Through Art Therapy

11am-12pm; Friday, December 10, 17
Facilitator: School of Visual Arts

Deepening Your Creative Process

3:30-5pm; Thursday, December 16
Facilitator: Joe Raiola-Theatre Within

Discovering Documentaries

5:30-6:30pm; Thursday, December 2
Facilitator: Nick Budabin

Improv Comedy

12:30-1:30pm; Thursday, December 9
Facilitator: Evie Aronson

Just Breathe

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

Knitting and Crochet Circle

11am-1pm; Wednesday, December 1, 8, 15, 22
Facilitator: Jennie Tichenor

MAD Art Workshop (In-person)

6:30-8pm; Monday, December 6
Facilitator: Sam Viviano-Theatre Within

Meditative Pattern Making with Zentangle®

6-8pm; Thursday, December 16
Facilitator: Terry Hall

Poetry with Lynne

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

The Story You Tell Writing Workshop

6-8pm; Thursday, December 9
6-8pm; Monday, December 20
Facilitators: Columbia University Artists/Teachers

New! Watercolor Holiday Cards (In-person)

7-8pm; Wednesday, December 15
Facilitator: Hayley Ferber, Two by Twelve

See website for more details

New! Winter Wreath Decorating

6-7pm; Tuesday, December 21
Facilitator: New York Junior League

See website for more details

Writing Your Own Personal Essay

6-7:30pm; Wednesday, December 1, 8
Facilitator: Stacy Pershall

SUPPORT GROUPS

In order to participate in a support group membership is required, please call **(212)-647-9700** for more information.



LEGEND:

BLUE: ZOOM

RED: IN-PERSON

MONTHLY GROUPS

Caregivers Support Group

6-8pm; Thursday, December 2
Facilitator: Jamie Shapiro, LCSW

New! LGBTQ Living with Cancer Monthly Group

6:30-8pm; Monday, December 13
Facilitator: Daniella Acker, LMSW

Living with Advanced or Metastatic Cancer

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

Living with Blood Cancer

6-8pm; Thursday, December 16
Facilitator: Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Gynecological Cancer

6-7:30pm; Wednesday, December 8
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, December 8
Facilitator: Christine Nolin, LCSW

6-8pm; Wednesday, December 15
Facilitator: Diana Gradus, LCSW

MONTHLY GROUPS (CONT)

Living with Prostate Cancer

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

Post-Treatment

6-8pm; Wednesday, December 1
Facilitator: Dena Kaliades, LMSW

Post-Treatment

1-2:30pm; Wednesday, December 15
Facilitator: Dena Kaliades, LMSW

Wellness Group

2-3:30pm; Tuesday, December 14
Facilitator: Haley Feldman, LCSW, OSW-C

Young Adult Bereavement

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

Young Adult Caregivers Group

6:30-8pm; Monday, December 20
Facilitator: Greg Weintraub, LMSW candidate

Young Adults Living with Cancer

6-7:30pm; Thursday, December 16
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.