

Program Calendar | August 2024



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES & WORKSHOPS

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

Bone Health: Getting Stronger and Staying Taller Wednesday, August 14th | 1:30-2:30pm Facilitator: Sherry Greenspan

Bone health isn't just about what you eat - it's also about how you move. We'll discuss the significance of weight-bearing exercises and resistance training in stimulating bone growth and density, helping you to fortify your skeletal structure and reduce the risk of osteoporosis and fractures. Additionally, we'll also address common misconceptions surrounding bone health and debunk myths that may hinder your efforts to maintain optimal bone density. Armed with evidence-based strategies and practical tips, you'll leave this lecture equipped with the knowledge and motivation to prioritize bone health in your daily life.

Skin Cancer Prevention and Detection Tuesday, August 27 | 12 -1pm Facilitator: Dr. Ariel Ostad, MD

Dr. Ostad's presentation will cover the following:

- Warning signs of skin cancer.
- How to stay on the lookout for anything new, changing, or unusual on your skin.
- What to do if you find something suspicious.
- The importance of sun protection.
- What to look for in sunscreen.
- At the end of his talk, he will address any specific concerns during a Q&A section.

For over 26 years, Ariel Ostad, MD, has been a trusted and leading world-class surgeon in his field. He is Triple Board-Certified in Facial Cosmetic Surgery, Mohs Micrographic Skin Cancer Reconstructive Surgery, and Cosmetic Dermatology. Dr. Ostad received extensive medical training from NYU, Harvard, and UCLA and is a fellow of the American Academy of Cosmetic Surgery, American Society of Dermatologic Surgery, American Society for Laser Medicine and Surgery, and is on the medical council of the Skin Cancer Foundation. Dr. Ostad is an associate clinical professor at NYU School of Medicine.

Attachment Styles in Relationships Wednesday, August 28th | 1:30 -2:30pm Facilitator: Rochelle White

In this lecture, participants learn about boundary structures, and consider their own personal needs. They will learn how to set new boundaries from a standpoint of self-kindness equipped with tools to confidently articulate these boundaries as an act of self-advocacy.

VIRTUAL HOURS

Monday-Thursday: 9am - 6:30pm
Friday: 9am - 5pm

For general information/questions, please call 212-647-9700.
For assistance with Zoom and/or activity registration, please contact:
Yafreisi De Jesus at 917-557-0095 (Mon-Fri 9am-5pm)
Jessilyn Torres at 917-232-8324 (Mon-Thur 5-6:30pm)

REMINDER

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

New! Resilience Yoga (In-Person) Tuesday, August 6, 13, 20, 27 | 3:30 -4:15pm Facilitator: Shirin Devgan

Resilience Yoga offers a tailored 30-minute yoga session, with a focus on gentle movements, breathwork, and mindfulness.

Following the practice, our 'Satsang' session unfolds - a sacred space where, for 10 minutes, we hold an intentional silence or invite participants to share their thoughts, experiences, or whatever rests on their hearts. Classes are led by Shirin, a certified yoga instructor committed to creating a safe and inclusive space for all.

Program Calendar | August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1 10-11AM–Pilates Mat 3:30-5PM–Embracing Your Creative Path 5-5:45PM–Laughter Yoga 6-7:30PM–Living with Advanced Metastatic Cancer Group 6-8PM–Caregivers Monthly Group</p>	<p>2</p>
<p>5 2:30-3:45PM– Meditation for Radical Change 6:30-8PM–John Lennon Real Love Project</p>	<p>6 11AM–12:30PM–Gentle Yoga 3:30-4:15PM –NEW! RESILIENCE YOGA (IN-PERSON) 6-7:15PM– Cartooning as Self Expression</p>	<p>7 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM– Jin Shin Jyutsu Self Care® 5-6PM–Moving For Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-8PM– Post-Treatment Group</p>	<p>8 10-11AM–Pilates Mat 2-4PM– Meditative Pattern Drawing with Zentangle 3:30-5PM–Embracing Your Creative Path 4-5PM– Movement Meditation 6-7:30PM–Young Adults Living with Loss</p>	<p>9</p>
<p>12 2:30-3:45PM– Meditation for Radical Change 6-8PM– Living With Prostate Cancer Monthly Group 6:30-8PM–John Lennon Real Love Project</p>	<p>13 12-1:30PM–Living with Cancer Wellness Group 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 3:30-4:15PM –NEW! RESILIENCE YOGA (IN-PERSON) 6-7:15PM– Cartooning as Self Expression</p>	<p>14 11AM-1PM-Knitting & Crochet Circle 1-2:30PM–Living with Loss Group 1:30-2:30PM–Lecture: Bone Health: Getting Stronger and Staying Taller 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group</p>	<p>15 10-11AM–Pilates Mat 1-2:30PM–Living with Advanced or Metastatic Cancer 3:30-5PM–Embracing Your Creative Path 5-5:45PM–Laughter Yoga 6-7:30PM–Young Adults Living with Cancer 6-8PM–1-Minute Relief from Stress</p>	<p>16</p>
<p>19 2:30-3:45PM– Meditation for Radical Change 3:15-4:30PM– LIVE REIKI (IN-PERSON) 6:30-8PM–John Lennon Real Love Project</p>	<p>20 11AM-12:30PM–Gentle Yoga 1-2PM–Red Door Reads: The Women 2-3:30PM–Activate Your Inner Healer 3:30-4:15PM –NEW! RESILIENCE YOGA (IN-PERSON) 6-8PM– Let’s Write</p>	<p>21 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM–Meditation Made Easy 1-2:30PM–Post-Treatment 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Loss Group</p>	<p>22 10-11AM–Pilates Mat 1-1:45PM–Improv Comedy 3:30-5PM–Embracing Your Creative Path 4-5PM– Movement Meditation 6-8PM–Living with Blood Cancer Group</p>	<p>23</p>
<p>26 2:30-3:45PM– Meditation for Radical Change 6:30-8PM–John Lennon Real Love Project</p>	<p>27 12-1PM–Lecture: Skin Cancer Prevention and Detection 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 3:30-4:15PM –NEW! RESILIENCE YOGA (IN-PERSON) 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</p>	<p>28 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM–Lecture: Attachment Styles in Relationships 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Cancer Alone</p>	<p>29 10-11AM–Pilates Mat 12:30-1PM–Seated Zumba 3:30-5PM–Embracing Your Creative Path</p>	<p>30 CLUBHOUSE CLOSSES AT 1PM</p>

WORKSHOPS

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



Formerly known as
Gilda's Club
New York City

LEGEND:

BLUE= ZOOM

RED= IN-PERSON

BODY MOVEMENT WORKSHOPS

Gentle Yoga

11am- 12:30pm; Tuesday, August 6, 20
Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics

5-6pm; Wednesday, August 7
Facilitator: Ana Leon Bella

Pilates Mat

10-11am; Thursdays in August
Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, August 13, 27
Facilitator: HOM

Seated Zumba

12:30-1pm; Thursday, August 29
Facilitator: Evie Aronson

Yoga: Refresh & Revitalize

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

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress

6-8pm; Thursday, August 15
Facilitator: Scott Weiner

Activate Your Inner Healer

2-3:30pm; Tuesday, August 13, 20, 27
Facilitator: Pamela Bloom

Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, August 27
Facilitator: Eileen Moran

Jin Shin Jyutsu Self Care Workshop®

1:30-2:30pm; Wednesday, August 7
Facilitator: Teri Meissner

Laughter Yoga

5-5:45pm; Thursday, August 1, 15
Facilitator: Francine Shore

LIVE REIKI (IN-PERSON)

3:15-4:30pm; Monday, August 19
Facilitator: Pamela Bloom

Meditation for Radical Change

2:30-3:45pm; Mondays in August
Facilitator: Susan Bissonnette

Meditation Made Easy

1:30-2:30pm; Wednesday, August 21
Facilitator: Teri Meissner

Movement Meditation

4-5pm; Thursday, August 8, 22
Facilitator: HOM

CREATIVE EXPRESSION WORKSHOPS

Cartooning as Self-Expression

6-7:15pm; Tuesday, August 6, 13
Facilitator: Matt Lassen-Theatre Within

Embracing Your Creative Path: A Circle of Friends

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

Improv Comedy

1-1:45pm; Thursday, August 22
Facilitator: Linda Pallotta

Knitting and Crochet Circle

11am-1pm; Wednesdays in August
Facilitator: Jennifer Tichenor

Let's Write

6-8pm; Tuesday, August 20
Facilitator: Jessica Kaplan

Meditative Art Pattern Drawing with Zentangle®

2-4pm; Thursday, August 8
Facilitator: Terry Hall

Red Door Reads: The Women, by Kristin Hannah

1-2pm; Tuesday, August 20
Facilitator: Erin Baumann

The John Lennon Real Love Project

6:30-8pm; Mondays in August
Facilitator: Miranda Hardy

SUPPORT GROUPS

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



Formerly known as
Gilda's Club
New York City

MONTHLY GROUPS

Caregivers Support Group

6-8pm; Thursday, August 1
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

6-7:30pm; Thursday, August 1
Facilitator: Eileen Polito, LCSW

1-2:30pm; Thursday, August 15
Facilitator: Eileen Polito, LCSW

Living with Blood Cancer Monthly Group

6-8pm; Thursday, August 22
Presenter: Sophia Tsesmelis Piccolino, LCSW,
OSW-C

Living with Cancer Alone

6-8pm; Wednesday, August 28
Facilitator: Eileen Polito, LCSW

Living with Cancer Wellness Group

12-1:30pm; Tuesday, August 13
Facilitator: Erin Baumann, LMSW

Living with Gynecological Cancer

6-7:30pm; Wednesday, August 14
Facilitator: Awilda Torres, PHD, LMHC

MONTHLY GROUPS (CONT)

Living with Loss

1-2:30pm; Wednesday, August 14
Facilitator: Eileen Polito, LCSW

6-8pm; Wednesday, August 21
Facilitator: Diana Reh Gradus, LCSW

Living with Prostate Cancer

6-8pm; Monday, August 12
Facilitator: Andrew Hearn, LMSW

Post-Treatment

6-8pm; Wednesday, August 7
1-2:30pm; Wednesday, August 21
Facilitator: Haydee Bulos, LMSW

Young Adults Living with Cancer

6-7:30pm; Thursday, August 15
Facilitator: Darren Arthur MSW, LCSW,
OSW-C

Young Adults Living with Loss

6-7:30pm; Thursday, August 8
Facilitator: Darren Arthur MSW, LCSW,
OSW-C

WEEKLY GROUPS

Monday

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
(Mount Sinai Hospital)
12pm - 1:30pm Wellness Group: 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.