

# Program Calendar | May 2024



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

## EDUCATIONAL LECTURES

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

### What Should I EAT?

Thursday, May 9<sup>th</sup> | 12-1pm

Facilitator: Jennifer Fitzgibbon, MS, RDN, CSO, CDN

A practical and positive discussion regarding evidence-based, risk-reducing, and survivorship eating.

This lecture will provide general information regarding the following:

- Plant-based eating, popular diets, and evidence-based health benefits.
- What are phytonutrients?
- Achieving daily dietary goals
- Serving sizes goals

### Nutrition to Support Immune Resilience

Tuesday, May 21<sup>st</sup> | 12 -1pm

Facilitator: Stella Chan Marinaro, MS, B.Ed., BS  
Nutrition & Exercise Physiologist

Immune resilience is the key to a long and healthy life. Eating the right foods boosts energy and strength to fight off illnesses, infection, and cancer. Join Nutritionist and Exercise Physiologist, Stella Chan Marinaro for a lunchtime discussion on immune-supportive foods, and how to eat the macronutrients, vitamins, and minerals most important to your health. A good offense on food is the best defense against illness!

### Compassion and Self Care - Loving Kindness Meditation

Wednesday, May 22<sup>nd</sup> | 1:30 - 2:30pm

Facilitator: Rochelle White

We will discuss building a home within, inner-validation, self-care, and meeting our own needs. Also, how self-compassion is an act of self-care through journaling to show it can be used to reframe negative self-talk. To support RDC members' ongoing self-care and compassion practices, a daily compassion calendar and self-care planning worksheet will be provided.

### 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](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.

If you need to cancel the day off a scheduled activity, you must call the clubhouse at 212-647-9700.

# Program Calendar | May 2024

<p style="text-align: center;"><b>Monday</b></p> <p><b>LEGEND:</b>  <b>BLUE= ZOOM</b>  <b>RED= IN-PERSON</b></p>	<p style="text-align: center;"><b>Tuesday</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>1</b> <b>Wednesday</b></p>	<p style="text-align: center;"><b>2</b> <b>Thursday</b></p>	<p style="text-align: center;"><b>3</b> <b>Friday</b></p>
<p><b>6</b>                      2:30-3:45PM– Meditation for Radical Change                      6:30-8PM–John Lennon Real Love Project</p>	<p><b>7</b>                      11AM-12:30PM–Gentle Yoga                      2-3:30PM–Activate Your Inner Healer                      3-4PM–Seated Yoga                      6:30-7:15PM– Reiki and Soundwaves Meditation</p>	<p><b>8</b>                      11-11:45AM–Chair Yoga &amp; Meditation                      11AM-1PM–Knitting &amp; Crochet Circle                      1-2:30PM–Living with Loss Group                      1:30-2:30PM–Yoga Nidra for Stress Reduction Workshop                      6-7PM–Yoga: Refresh and Revitalize                      6-7:30PM–Living w/ GYN Cancer Group                      7-8PM–Poetry with Lynne</p>	<p><b>9</b>                      12-1PM –Lecture: What Should I Eat?                      2-4PM–Meditative Pattern Drawing with Zentangle®                      3:30-5PM–Embracing Your Creative Path                      5-5:45PM–Laughter Yoga                      6-7:30PM- Young Adults Living with Loss</p>	<p><b>10</b>                      11AM-12PM–Meditation: Ease Amidst Disease: Lovingkindness</p>
<p><b>13</b>                      2:30-3:45PM– Meditation for Radical Change                      6-7:30PM–Comedy Writing                      6-8PM– Living With Prostate Cancer Monthly Group  <b>6-8PM–NEW! PLAY WITH PASTEL (IN-PERSON)</b></p>	<p><b>14</b>                      12-1:30PM–Living with Cancer Wellness Group                      2-3:30PM–Activate Your Inner Healer                      6-7:30PM–MAD Art</p>	<p><b>15</b>                      11-11:45AM–Chair Yoga &amp; Meditation                      11AM-1PM–Knitting &amp; Crochet Circle                      1-2:30PM–Post Treatment Group                      1:30-2:30PM–Moving for Life Dance Exercise for Cancer Recovery                      6-7PM– A Joyful Noise: Together in Song with Beth Bierko                      6-7PM–Yoga: Refresh and Revitalize                      6-8PM–Living with Loss Group</p>	<p><b>16</b>                      12:30-1PM–Seated Zumba                      1-2:30PM–Living with Advanced or Metastatic Cancer Group                      3:30-5PM–Embracing Your Creative Path                      4-5PM- Movement Meditation                      6-7:30PM–Young Adults Living w/ Cancer GP                      6-8PM–1-Minute Relief from Stress</p>	<p><b>17</b>                      11AM-12PM–Meditation: Ease Amidst Disease: Lovingkindness</p>
<p><b>20</b>                      2:30-3:45PM– Meditation for Radical Change  <b>3:15-4:30PM– LIVE REIKI: ACTIVATE YOUR INNER HEALER (IN-PERSON)</b>                      6:30-8PM–John Lennon Real Love Project</p>	<p><b>21</b>                      12-1PM–Lecture: Nutrition to Support Immune Resilience                      2-3:30PM–Activate Your Inner Healer                      3-4PM–Seated Yoga                      6-7:15PM–Healing Through Humor                      6-7:30PM–MAD Art</p>	<p><b>22</b>                      11-11:45AM–Chair Yoga &amp; Meditation                      11AM-1PM–Knitting &amp; Crochet Circle                      1:30-2:30PM–Lecture: Compassion and Self Care - Loving Kindness Meditation                      6-7PM–Yoga: Refresh and Revitalize                      6-8PM–Living with Cancer Alone Group                      7-8PM–Poetry with Lynne</p>	<p><b>23</b>                      1-1:45PM –Improv Comedy                      3:30-5PM–Embracing Your Creative Path                      6-8PM–Living with Blood Cancer Group</p>	<p><b>24</b>                      11AM-12PM– Coping with Change Through Art Therapy</p>
<p><b>27</b>  <b>CLUBHOUSE CLOSED: MEMORIAL DAY</b></p>	<p><b>28</b>                      2-3:30PM–Activate Your Inner Healer                      6-7:30PM–MAD Art                      6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</p>	<p><b>29</b>                      11-11:45AM–Chair Yoga &amp; Meditation                      11AM-1PM–Knitting &amp; Crochet Circle                      1:30-2:30PM–Compassionate Voice and Self Love Meditation                      5-6PM–Moving For Life: Gentle Aerobics                      6-7PM–Yoga: Refresh and Revitalize</p>	<p><b>30</b>                      3:30-5PM–Embracing Your Creative Path                      4-5PM- Movement Meditation                      6-8PM–Let’s Write</p>	<p><b>31</b>                      11AM-12PM- Meditation: Ease Amidst Disease: Loving Kindness</p>

# WORKSHOPS

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



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## LEGEND:

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## BODY MOVEMENT WORKSHOPS

### Gentle Yoga

11am- 12:30pm; Tuesday, May 7  
Facilitator: Sabina Maschi

### MFL Dance Exercise for Cancer Recovery

1:30-2:30pm; Wednesday, May 15  
Facilitator: Ana Leon Bella

### Moving For Life: Gentle Aerobics

5-6pm; Wednesday, May 29  
Facilitator: Ana Leon Bella

### Seated Yoga

3-4pm; Tuesday, May 7, 21  
Facilitator: HOM

### Seated Zumba

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

### Yoga: Refresh & Revitalize

6-7pm; Wednesday, May 1, 8, 15, 22, 29  
Facilitator: Diane Cimine

## STRESS REDUCTION WORKSHOPS

### 1-Minute Relief from Stress

6-8pm; Thursday, May 16  
Facilitator: Scott Weiner

### Activate Your Inner Healer

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

### Chair Yoga and Meditation

11-11:45am; Wednesdays in May  
Facilitator: Beth Bierko

### Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, May 28  
Facilitator: Eileen Moran

### Jin Shin Jyutsu Self Care Workshop®

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

### New! Compassionate Voice & Self-Love Meditation

1:30-2:30pm; Wednesday, May 29  
Facilitator: Rochelle White

Compassionate voice & self-love meditation incorporates imagery with a body scan meditation that embraces a compassionate, understanding, and empathic voice through out the practice. Special concentration will be given to our voice, to forgive for words spoken, and amplifying courage to speak up as our most authentic self.

### Laughter Yoga

5-5:45pm; Thursday, May 2, 9  
Facilitator: Francine Shore

### LIVE REIKI (IN-PERSON)

3:15-4:30pm; Monday, May 20  
Facilitator: Pamela Bloom

### Meditation: Ease Amidst Disease; Calm Abiding Heart

11am-12pm; Friday, May 3, 10, 17, 31  
11am-12pm; Friday, June 7, 14, 21

Facilitator: Zen Teacher Ryushin Marchaj

**May 3:** Meditation: Ease Amidst Disease; Calm Abiding Mind

**May 10, 17, 31:** Meditation: Ease Amidst Disease; Lovingkindness

**June 7, 14:** Meditation: Ease Amidst Disease; Open Awareness

**June 21:** Meditation: Ease Amidst Disease; Conclusion and Reflections

**See website for more details.**

### Meditation for Radical Change

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

### Movement Meditation

4-5pm; Thursday, May 16, 30  
Facilitator: HOM

### Reiki and Soundwaves Meditation

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

### Yoga Nidra for Stress Reduction

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

## CREATIVE EXPRESSION WORKSHOPS

### A Joyful Noise: Together in Song with Beth Bierko

6-7pm; Wednesday, May 15  
Facilitator: Beth Bierko

### New! Build Your Own Bird Bungalow

6-7pm; Thursday, May 2  
Facilitator: New York Junior League

Building a bird bungalow will give you tons of fun building and decorating your very own 6" birdhouse. Once decorated, hang it outside to attract your first bird family! Kit includes wood pieces, four paint pots, paint brush, nails, glue and instructions. Fun to build and functional as a birdhouse. **This workshop is for adults.**

### Comedy Writing

6-7:30pm; Monday, May 13  
Facilitator: David LaBarca

### Coping with Change Through Art

11am-12pm; Friday, May 24  
Facilitator: Val Sereno

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

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

### Healing Through Humor

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

### Improv Comedy

1-1:45pm; Thursday, May 23  
Facilitator: Linda Pallotta

### Knitting and Crochet Circle

11am-1pm; Wednesday, May 8, 15, 22, 29  
Facilitator: Jennifer Tichenor

### Let's Write

6-8pm; Thursday, May 30  
Facilitator: Jessica Kaplan

### MAD Art

6-7:30pm; Tuesday, May 14, 21, 28  
Facilitator: Sam Viviano

### Meditative Art Pattern Drawing with Zentangle®

2-4pm; Thursday, May 9  
Facilitator: Terry Hall

### PLAY WITH PASTEL (IN-PERSON)

6-8pm; Monday, May 13  
Facilitator: Andrew Orenstein

**See website for more details.**

### Poetry with Lynne

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

### The John Lennon Real Love Project

6:30-8pm; Monday, May 6, 20  
Facilitator: Tony Conniff

# SUPPORT GROUPS

To participate in a support group, membership is required.  
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## MONTHLY GROUPS

### Caregivers Support Group

6-8pm; Thursday, May 2  
Facilitator: Ronnie Hochberg, LMHC

### Living with Advanced or Metastatic Cancer

6-7:30pm; Thursday, May 2  
1-2:30pm; Thursday, May 16  
Facilitator: Eileen Polito, LCSW

### Living with Blood Cancer Monthly Group

6-8pm; Thursday, May 23  
Presenter: Sophia Tsesmelis Piccolino, LCSW,  
OSW-C

### Living with Cancer Alone

6-8pm; Wednesday, May 22  
Facilitator: Eileen Polito, LCSW

### Living with Cancer Wellness Group

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

### Living with Gynecological Cancer

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

### Living with Loss

1-2:30pm; Wednesday, May 8  
Facilitator: Eileen Polito, LCSW

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

## MONTHLY GROUPS (CONT)

### Living with Prostate Cancer

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

### Post-Treatment

6-8pm; Wednesday, May 1  
1-2:30pm; Wednesday, May 15  
Facilitator: Haydee Bulos, LMSW

### Young Adults Living with Cancer

6-7:30pm; Thursday, May 16  
Facilitator: Darren Arthur MSW, LCSW,  
OSW-C

### Young Adults Living with Loss

6-7:30pm; Thursday, May 9  
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.