EDUCATIONAL LECTURES

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

What Should I EAT?
Thursday, May 9th | 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 21st | 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 22nd | 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

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.
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<th>Day</th>
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<td><strong>RESERVATION POLICY</strong></td>
<td><strong>11-11:45AM–Chair Yoga &amp; Meditation</strong></td>
<td><strong>3:30-5PM–Embracing Your Creative Path</strong></td>
<td><strong>11AM-12PM–Meditation: Ease Amidst Disease: Calm Abiding Mind</strong></td>
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<td>Online registration and cancellation is possible only up to 24 hours</td>
<td><strong>11AM-1PM–Knitting &amp; Crochet Circle</strong></td>
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<td>2:30-3:45PM– Meditation for Radical Change</td>
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<td>6:30-8PM–John Lennon Real Love Project</td>
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<td>11AM-12:30PM–Gentle Yoga</td>
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<td>2-3:30PM–Activate Your Inner Healer</td>
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<td>3-4PM–Seated Yoga</td>
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<td>6:30-7:15PM– Reiki and Soundwaves Meditation</td>
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<td>8:PM–NEW! PLAY WITH PASTEL (IN-PERSON)</td>
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<td>6:30-8PM–Living With Prostate Cancer Monthly Group</td>
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<td>5:6PM–Moving For Life: Gentle Aerobics</td>
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<td>6-8PM–Let’s Write</td>
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<td>11AM-12PM–Meditation: Ease Amidst Disease: Loving Kindness</td>
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WORKSHOPS
To participate in a workshop, membership is required. Please call (212)-647-9700 for more information.

**LEGEND:**
- **RED= IN-PERSON**
- **BLUE= ZOOM**

**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: Pamela Bloom

**Activate Your Inner Healer**
2pm; Wednesday, May 15
Facilitator: HOM

**Laughter Yoga**
5-5:45pm; Thursday, May 2, 23
Facilitator: Francine Shore

**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 throughout 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.

**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 own 6" birdhouse. Once decorated, hang it outside to attract your first bird family! Kit includes wood pieces, four paint pots, paintbrush, nails, glue and instructions. Fun to build and functional as a birdhouse. **This workshop is for adults.**

**Poetry with Lynne**
7-8pm; Wednesday, May 8, 20
Facilitator: Professor Lynne Rosenthal

**The John Lennon Real Love Project**
6-8pm; Monday, May 6
Facilitator: Tony Conniff

**Laughter Yoga**
5-5:45pm; Thursday, May 2, 23
Facilitator: Francine Shore

**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 throughout 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.

**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; Tuesdays 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: Teni Meissner

**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 own 6" birdhouse. Once decorated, hang it outside to attract your first bird family! Kit includes wood pieces, four paint pots, paintbrush, nails, glue and instructions. Fun to build and functional as a birdhouse. **This workshop is for adults.**

**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: Teni Meissner

**MEDITATIVE ART PATTERN DRAWING WITH ZENTANGLE®**
2-4pm; Monday, May 20
Facilitator: Terry Hall

**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: Teni Meissner

**Creativity Through Art: A Circle of Friends**
3:30-5pm; Thursdays in May
Facilitator: Joe Raitola-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; Monday, May 20
Facilitator: Terry Hall

**Private Workshops**

**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 throughout 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.

**May 3: Meditation: Ease Amidst Disease: Calming Mind**
11am-12pm; Friday, May 3, 10, 17, 31
11am-12pm; Friday, June 7, 14, 21
Facilitator: Zen Teacher Ryushin Marchaj

**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.**

**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**
6-8pm; Monday, May 6
Facilitator: Tony Conniff
SUPPORT GROUPS
To participate in a support group, membership is required. Please call (212)-647-9700 for more information.

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

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.

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