

Program Calendar | September 2023



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES

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

**Meditation as Ease Amidst Disease:
A talk by Zen teacher Ryushin Marchaj
Friday, September 22 | 1-2pm
Facilitator: Zen teacher Ryushin Marchaj**

Get clear and basic instructions for establishing and maintaining a practice of spiritual self-care. Meditation, as described by Ryushin Marchaj, is "an exhaustive and wholehearted act of inquiry, intimacy, and loving-kindness relevant to everyone at every stage of life." Ryushin's talk will be followed by a period of guided sitting and Q+A.

Ryushin Marchaj is a Zen teacher and a Dharma heir of the late John Daido Looi, founder of the Zen Mountain Monastery, where Ryushin served as Abbot for over five years through January 2015.



**Let Anxiety Be the Guide: While You Do The Driving
Tuesday, September 19 | 12-1pm
Facilitator: Amy Vigoletti**

Psychologist, Dr. Amy Vigliotti founder of SelfWorks, a NYC therapy group (www.selfworksgroup.com) is a notable speaker on mental health and personal growth, drawing from her extensive training in trauma and her own experiences as a breast cancer thriver of 15 years.

In this hour-long interactive session, Dr. Vigliotti will help you learn how to:

- Listen to what your anxiety is telling you and keep you calm and focused.
- Reflect on the ways in which anxiety is normal and an important signal for uncertainty and/or lack of safety.
- Recognize the areas in your life that cause your anxiety to spike.
- Practice strategies to reduce stress and tension held in the body.
- Use mindfulness tools to ride the waves of anxiety.
- Change negative self-talk to be encouraging and motivating.
- Develop a meaningful mantra to help ground you in times of intense stress.

Please feel free to email Amy in advance with any questions and topics you would like to see covered. She can be reached at amyvigliotti@selfworksgroup.com

**Annual Celebration of Our Members (In-Person)
Friday, September 22 | 5:30-7:30pm**



Red Door Community recognizes that every member who is living with a cancer diagnosis - post-treatment, caregiving or grieving - is essential to building and creating our unique community. Join with other members and celebrate the significance of your cancer experience and membership.

Light Refreshments will be served.

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.

Program Calendar | September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<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>LEGEND: BLUE= ZOOM RED= IN-PERSON</p>			<p>¹ CLUBHOUSE CLOSSES @ 1PM</p>
<p>⁴ CLUBHOUSE CLOSED: LABOR DAY</p>	<p>⁵ 11AM-12:30PM–Gentle Yoga 2-3:30PM–Activate Your Inner Healer 6:30-7:15PM– Reiki and Soundwaves Meditation</p>	<p>⁶ 11-11:45AM - Chair Yoga & Meditation 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM– Jin Shin Jyutsu Self Care Workshop® 5-6PM–Moving For Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Post-Treatment Group</p>	<p>⁷ 10-11AM –Pilates Mat 3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 6-8PM –Caregivers Monthly Group 6-8PM –Living with Advanced or Metastatic Cancer Group</p>	<p>⁸</p>
<p>¹¹ 2:30-3:45PM– Meditation for Radical Change 4-5PM– LIVE REIKI: ACTIVATE YOUR INNER HEALER (IN-PERSON) 6-8PM–Living with Prostate Cancer Monthly Group</p>	<p>¹² 11AM-12:30PM–Gentle Yoga 12-1:30PM–Living with Cancer Wellness Group 3-4PM–Seated Yoga 5-6PM–Yoga for Anxiety 6-7:15PM –Finding Your Inner Superhero</p>	<p>¹³ 11-11:45AM - Chair Yoga & Meditation 11AM-1PM-Knitting & Crochet Circle 1-2:30PM– Living with Loss Monthly Group 1:30-2:30PM - Loving Kindness Meditation 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group 6-8PM–New! Living with Cancer Alone 7-8PM–Poetry with Lynne</p>	<p>¹⁴ 10-11AM –Pilates Mat 12:30-1PM–Seated Zumba 1-2PM–Improv Comedy 2-3PM - Meditative Pattern Drawing with Zentangle® 3:30-5PM–Embracing Your Creative Path 6-7:30PM–Young Adults Living with Loss</p>	<p>¹⁵ 11AM-12PM–Coping with Change Through Art Therapy</p>
<p>¹⁸ 2:30-3:45PM– Meditation for Radical Change 6:30-7:30PM–Vinyasa Yoga 6:30-8PM - John Lennon Real Love Project</p>	<p>¹⁹ 11AM-12:30PM–Gentle Yoga 12-1PM–Lecture: Anxiety Management 2-3:30PM–Activate Your Inner Healer 6:30-7:30PM - Healing Sound Meditation and Sonic Attunement</p>	<p>²⁰ 11-11:45AM - Chair Yoga & Meditation 11AM-1PM-Knitting & Crochet Circle 1-2:30PM -Post-Treatment Group 1:30-2:30PM-Meditation Made Easy 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Loss Group</p>	<p>²¹ 10-11AM - Pilates Mat 3:30-5PM- Embracing Your Creative Path 4-4:45PM- Laughter Yoga 4-5PM- Movement Meditation 5-6:30PM–Gentle Flow into Yoga Nidra 6-7:30PM–Young Adults Living with Cancer Group 6-8PM –Living with Advanced or Metastatic Cancer Group</p>	<p>²² 1-2PM–Lecture: Meditation as Ease Amidst Disease 5:30-7:30PM–SPECIAL EVENT : ANNUAL CELEBRATION OF OUR MEMBERS (IN-PERSON)</p>
<p>²⁵ 2:30-3:45PM– Meditation for Radical Change 6:30-8PM - John Lennon Real Love Project</p>	<p>²⁶ 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 6-8PM– Let’s Write</p>	<p>²⁷ 11-11:45AM - Chair Yoga & Meditation 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM - New! Dance Exercise for Cancer Recovery 6-7PM–Yoga: Refresh and Revitalize 7-8PM–Poetry with Lynne</p>	<p>²⁸ 10-11AM - Pilates Mat 3:30-5PM–Embracing Your Creative Path 6-8PM–1-Minute Relief from Stress workshop 6-8PM– Living with Blood Cancer Group 8:30-9:30PM–All Tangled Up in Bakersfield: Tangle Friendship Club</p>	<p>²⁹</p>

WORKSHOPS

To participate in a workshop, membership is required.
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LEGEND:

BLUE= ZOOM

RED= IN-PERSON

BODY MOVEMENT WORKSHOPS

New! Dance Exercise for Cancer Recovery

1:30-2:30pm; Wednesday, September 27
Facilitator: Ana Leon Bella, Moving for Life

Dance Exercise for Cancer Recovery classes identify and address all of the primary side effects of cancer treatments: fatigue, joint pain, lymphedema, neuropathy, chemo brain, compromised range of motion, dizziness/nausea, neuropathy/balance issues, osteopenia, loss of strength and depression. This program uses a unique somatic approach to movement to carefully stimulate or relax the physiological systems impacted.

Gentle Flow into Yoga Nidra

5-6:30pm; Thursday, September 21
Facilitator: Sharyn Hahn

Gentle Yoga

11am- 12:30pm; Tuesday, September 5
Facilitator: Sabina Maschi

11am-12:30pm; Tuesday, September 12, 19
Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics

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

Pilates Mat

10-11AM; Thursdays in September
Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, September 12, 26
Facilitator: hOM

Seated Zumba

12:30-1pm; Thursday, September 14
Facilitator: Evie Aronson

Vinyasa Yoga

6:30-7:30pm; Monday, September 18
Facilitator: Rachel Darivoff

Yoga for Anxiety

5-6pm; Tuesday, September 12
Facilitator: Laura Adelson

Yoga: Refresh & Revitalize

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

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress

6-8pm; Thursday, September 28
Facilitator: Scott Weiner

Activate Your Inner Healer

2-3:30pm; Tuesday, September 5, 19, 26
Facilitator: Pamela Bloom

Chair Yoga and Meditation

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

Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, September 19
Facilitator: Eileen Moran

Jin Shin Jyutsu Self Care Workshop®

1:30-2:30pm; Wednesday, September 6
Facilitator: Teri Meissner

LIVE REIKI (IN-PERSON WORKSHOP)

4-5pm; Monday, September 11
Facilitator: Pamela Bloom

Laughter Yoga

4-4:45pm; Thursday, September 21
Facilitator: Francine Shore

Loving Kindness, & Forgiveness Meditation

1:30-2:30pm; Wednesday, September 13
Facilitator: Rochelle White

Meditation for Radical Change

2:30-3:45pm; Monday, September 11, 18, 25
Facilitator: Susan Bissonette

Meditation Made Easy

1:30-2:30pm; Wednesday, September 20
Facilitator: Teri Meissner

Movement Meditation

4-5pm; Thursday, September 7, 21
Facilitator: HOM

Reiki and Soundwaves Meditation

6:30pm-7:15pm; Tuesday, September 5
Facilitator: Mei Leung

CREATIVE EXPRESSION WORKSHOPS

All Tangled Up in Bakersfield: Tangle Friendship Club

8:30-9:30pm; Thursday, September 28
Facilitator: Terry Hall

Coping with Change Through Art

11am-12pm; Friday, September 15
Facilitator: Val Sereno

Embracing Your Creative Path: A Circle of Friends

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

Finding Your Inner Superhero and Healing Through Humor

6-7:15pm; Tuesday, September 12
Facilitator: Valerie David

Improv Comedy

1-2pm; Thursday, September 14
Facilitator: Linda Pallotta

Knitting and Crochet Circle

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

Let's Write

6-8pm; Tuesday, September 26
Facilitator: Jessica Kaplan

Poetry with Lynne

7-8pm; Wednesday, September 13, 27
Facilitator: Professor Lynne Rosenthal

Meditative Pattern Drawing with Zentangle®

2-3pm; Thursday, September 14
Facilitator: Terry Hall

John Lennon Real Love Project

6:30 - 8pm; Monday, September 18, 25
Facilitator: Tony Conniff

SUPPORT GROUPS

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, September 7
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

6-8pm; Thursday, September 7 & 21
Facilitator: Eileen Polito, LCSW

Living with Blood Cancer

6-8pm; Thursday, September 28
Facilitator: Dr. Sophia Tsesmelis Piccolino,
LCSW, OSW-C

New! Living with Cancer Alone

6-8pm; Wednesday, September 13
Facilitator: Eileen Polito, LCSW

Living with Cancer Wellness Group

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

Living with Gynecological Cancer

6-7:30pm; Wednesday, September 13
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, September 13
Facilitator: Eileen Polito, LCSW

6-8pm; Wednesday, September 20
Facilitator: Diana Gradus, LCSW

MONTHLY GROUPS (CONT)

Living with Prostate Cancer

6-8pm; Monday, September 11
Facilitator: Andrew Hearn, LMSW

Post-Treatment

6-8pm; Wednesday, September 6
1-2:30pm; Wednesday, September 20
Facilitator: Haydee Bulos, LMSW

Young Adults Living with Loss

6-7:30pm; Thursday, September 14
Facilitator: Darren Arthur MSW, LCSW,
OSW-C

Young Adults Living with Cancer

6-7:30pm; Thursday, September 21
Facilitator: Darren Arthur MSW, LCSW,
OSW-C

WEEKLY GROUPS

Monday

4:30 - 6pm Teens Connect
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
(Uptown: Mount Sinai Hospital)
12pm - 1:30pm Wellness Group (East
Flatbush & Brooklyn: 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.