

Program Calendar | June 2024



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES

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

Discussion of Cyberknife Treatment Tuesday, June 4th | 12-1pm Facilitator: Dr. Jonathan Lischalk

Radiation therapy has evolved over the last several decades in concert with dramatic technological improvements in radiation machines, high complexity treatment planning algorithms, and improvements in medical imaging. The CyberKnife treatment platform was originally developed by neurosurgeons to treat brain and spine tumors with a high level of precision on the order of 1 mm. This machine allows high doses of radiation to be delivered over a short period of time given the ability to precisely target tumors with minimal surrounding radiation exposure to normal organs.

Prospective trials have now shown this type of radiation to be very efficacious for a variety of disease sites including:

- prostate cancer
- lung cancer
- brain/spine cancer.

Dr. Lischalk will discuss the scientific and medical background and utilizing CyberKnife radiation to treat and cure her cancer as well as future applications.

Strategies for Eating and Living Well During Breast Cancer Treatment and Beyond Tuesday, June 18th | 12 -1pm Facilitator: Laurie Rosa

You've probably had plenty of advice on "eat this not that" for improved health. Have you tried to make those diet changes only to find they didn't stick? It can be challenging to make changes. This program will help you find ways to put the information you know into action. Because without action there will be no change.

- Gain insights into what it takes to change your behavior and make different choices.
- Build awareness of barriers that may stop you from making changes.
- Learn actionable strategies and helpful tips to overcome the barriers.

Post Treatment Management: Now that you are in remission, what happens next? Thursday, June 27th | 12 - 1pm Facilitator: Khalid Rehman, MD

Part I: Survivorship: Surveillance, Short Term Cancer Therapy Side Effects

Date: Thursday, June 27, 2024
Time: 12-1pm

Now that cancer survivors are living longer and their numbers are also increasing rapidly, the subject of "Survivorship" has become a critical area of research and of clinical significance. The objective of these two lectures will be to help us better understand this new paradigm.

This 2-part lecture series will explore:

- The diagnosis and management of the short-term and long-term side effects related to cancer treatment.
- Discussion of medical care during survivorship including who will monitor patients when they reach survivorship. Will it be a primary care doctor, oncologist, or both? How to assess cancer recurrence?

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 | June 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>3 2:30-3:45PM– Meditation for Radical Change 6:30-8PM–John Lennon Real Love Project</p>	<p>4 11AM-12:30PM–Gentle Yoga 12-1PM–Lecture-Discussion of Cyberknife Treatment 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 6:30-7:15PM– Reiki and Soundwaves Meditation</p>	<p>5 11-11:45AM–Chair Yoga & Meditation 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM– Jin Shin Jyutsu Self Care® 1-2:30PM–Living with Loss Group 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Post-Treatment Monthly Group 7-8PM–Poetry with Lynne</p>	<p>6 10-11AM–Pilates Mat 3:30-5PM–Embracing Your Creative Path 5-5:45PM–Laughter Yoga 6-7PM–New! Make Your Own Rangoli Coaster Kit 6-7:30PM–Living with Advanced or Metastatic 6-8PM–Caregivers Monthly Group</p>	<p>7 11AM-12PM–Meditation: Ease Amidst Disease: Open Awareness</p>
<p>10 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>11 11AM-12:30PM–Gentle Yoga 12-1:30PM–Living with Cancer Wellness Group 2-3:30PM–Activate Your Inner Healer 6-8PM–Let’s Write</p>	<p>12 11-11:45AM–Chair Yoga & Meditation 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM–Meditation Made Easy 5-6PM–Moving For Life: Gentle Aerobics 6-7PM– A Joyful Noise: Together in Song with Beth Bierko 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group</p>	<p>13 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 6-8PM–1-Minute Relief from Stress</p>	<p>14 11AM-12PM–Meditation: Ease Amidst Disease: Open Awareness</p>
<p>17 2:30-3:45PM– Meditation for Radical Change 3:15-4:30PM– LIVE REIKI: ACTIVATE YOUR INNER HEALER (IN-PERSON) 6-8PM–NEW! PLAY WITH PASTEL (IN-PERSON)</p>	<p>18 11AM-12:30PM–Gentle Yoga 12-1PM–Lecture: Strategies for Eating and Living Well During Breast Cancer Treatment and Beyond 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga</p>	<p>19 CLUBHOUSE CLOSED: JUNETEENTH</p>	<p>20 12:30-1PM–Seated Zumba 1-1:45PM–Improv Comedy 1-2:30PM–Living with Advanced or Metastatic Cancer Group 3:30-5PM–Embracing Your Creative Path 5-5:45PM–Laughter Yoga 6-7:15PM–Healing Through Humor 6-7:30PM–Young Adults Living w/ Cancer GP</p>	<p>21 11AM-12PM– Meditation: Ease Amidst Disease: Conclusion and Reflections</p>
<p>24 2:30-3:45PM– Meditation for Radical Change 6:30-8PM–John Lennon Real Love Project</p>	<p>25 11AM-12:30PM–Gentle Yoga 2-3:30PM–Activate Your Inner Healer 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</p>	<p>26 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM–Ocean Meditation 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Cancer Alone Group 7-8PM–Poetry with Lynne</p>	<p>27 10-11AM–Pilates Mat 12-1PM–Lecture-Post Treatment Management: Now that you are in remission, what happens next? 3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 6-8PM–Living with Blood Cancer Group</p>	<p>28</p>

WORKSHOPS

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



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BODY MOVEMENT WORKSHOPS

Gentle Yoga

11am- 12:30pm; Tuesday, June 4
Facilitator: Sabina Maschi

11am- 12:30pm; Tuesday, June 11, 18, 25
Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics

5-6pm; Wednesday, June 12
Facilitator: Ana Leon Bella

Pilates Mat

10-11am; Thursday, June 6, 13, 27
Facilitator: Miranda Stevens

Seated Yoga

3-4pm; Tuesday, June 4, 18
Facilitator: HOM

Seated Zumba

12:30-1pm; Thursday, June 20
Facilitator: Evie Aronson

Yoga: Refresh & Revitalize

6-7pm; Wednesday, June 5, 12, 26
Facilitator: Diane Cimino

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress

6-8pm; Thursday, June 13
Facilitator: Scott Weiner

Activate Your Inner Healer

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

Chair Yoga and Meditation

11-11:45am; Wednesday, June 5, 12
Facilitator: Beth Bierko

Healing Sound Meditation and Sonic Attunement

6:30-7:30pm; Tuesday, June 25
Facilitator: Eileen Moran/Elana Seplow-Jolley

Jin Shin Jyutsu Self Care Workshop®

1:30-2:30pm; Wednesday, June 5
Facilitator: Teri Meissner

Laughter Yoga

5-5:45pm; Thursday, June 6, 20
Facilitator: Francine Shore

LIVE REIKI (IN-PERSON)

3:15-4:30pm; Monday, June 17
Facilitator: Pamela Bloom

Meditation: Ease Amidst Disease; Calm Abiding Mind

11am-12pm; Friday, June 7, 14, 21

Facilitator: Zen Teacher Ryushin Marchaj

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

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

These are the remaining three workshops of a 10-part series that will revolve around the relationship between meditation and intimacy, focusing on what intimacy is and how to access it when we are ill, in pain and afraid, when we are challenged to find ease within our bodies and minds, while we are hurting and assaulted by impermanence.

We will explore meditative approaches emerging out of the ancient spiritual tradition—calm abiding, lovingkindness, and open awareness. Each workshop will include instructions, a period of practice and Q+A.

Each workshop in the series is self-contained and it is not necessary to have attended previous sessions.

Meditation for Radical Change

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

Meditation Made Easy

1:30-2:30pm; Wednesday, June 12
Facilitator: Teri Meissner

Movement Meditation

4-5pm; Thursday, June 13, 27
Facilitator: HOM

Ocean Meditation

1:30-2:30pm; Wednesday, June 26
Facilitator: Rochelle White

Reiki and Soundwaves Meditation

6:30pm-7:15pm; Tuesday, June 4
Facilitator: Mei Leung

CREATIVE EXPRESSION WORKSHOPS

A Joyful Noise: Together in Song with Beth Bierko

6-7pm; Wednesday, June 12
Facilitator: Beth Bierko

New! Make Your Own Rangoli Coaster Kit

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

Experience the benefits of stress relief and creativity while painting your very own coasters. The DIY kit includes 4 Rangoli design engraved coasters, 6 colored paints, and 2 paint brushes. **This workshop is for adults.**

Embracing Your Creative Path: A Circle of Friends

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

Healing Through Humor

6-7:15pm; Tuesday, June 20
Facilitator: Valerie David

Improv Comedy

1-1:45pm; Thursday, June 20
Facilitator: Linda Pallotta

Knitting and Crochet Circle

11am-1pm; Wednesday, June 5, 12, 26
Facilitator: Jennifer Tichenor

Let's Write

6-8pm; Tuesday, June 11
Facilitator: Jessica Kaplan

Meditative Art Pattern Drawing with Zentangle®

2-4pm; Thursday, June 13
Facilitator: Terry Hall

PLAY WITH PASTEL (IN-PERSON)

6-8pm; Monday, June 17
Facilitator: Andrew Orenstein

See website for more details.

Poetry with Lynne

7-8pm; Wednesday, June 5, 26
Facilitator: Professor Lynne Rosenthal

The John Lennon Real Love Project

6:30-8pm; Monday, June 3, 10, 24
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, June 6
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

6-7:30pm; Thursday, June 6
1-2:30pm; Thursday, June 20
Facilitator: Eileen Polito, LCSW

Living with Blood Cancer Monthly Group

6-8pm; Thursday, June 27
Presenter: Sophia Tsesmelis Piccolino, LCSW,
OSW-C

Living with Cancer Alone

6-8pm; Wednesday, June 26
Facilitator: Eileen Polito, LCSW

Living with Cancer Wellness Group

12-1:30pm; Tuesday, June 11
Facilitator: Erin Baumann, LMSW

Living with Gynecological Cancer

6-7:30pm; Wednesday, June 12
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss

1-2:30pm; Wednesday, June 5
Facilitator: Eileen Polito, LCSW

MONTHLY GROUPS (CONT)

Living with Prostate Cancer

6-8pm; Monday, June 10
Facilitator: Andrew Hearn, LMSW

Post-Treatment

6-8pm; Wednesday, June 5
Facilitator: Haydee Bulos, LMSW

Young Adults Living with Cancer

6-7:30pm; Thursday, June 20
Facilitator: Darren Arthur MSW, LCSW,
OSW-C

Young Adults Living with Loss

6-7:30pm; Thursday, June 13
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.