

Program Calendar | April 2024



EDUCATIONAL LECTURES & WORKSHOPS

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

**Private Medical Insurance:
Coverage Denials and the Appeals Process**
Tuesday, April 2nd | 12-1pm
Facilitator: Vivienne Duncan

Medical care is expensive – even when you have medical insurance. This is especially the case for cancer patients. You have legal rights that prevent insurers and others from using your cancer diagnosis against you. Included is an overview of the laws that protect against healthcare-related discrimination, including HIPAA, the Genetic Information Nondiscrimination Act (GINA) and the Affordable Care Act.

Be aware of the reasons most often used by health insurers to deny claims, including “lack of medical necessity” and claiming the treatment is “experimental or investigational.” Learn strategies for improving your chances of making a successful appeal with the insurer directly or at state level.

Strategies for Maximizing your Social Security Income
Tuesday, April 16th | 12 -1pm
Facilitator: Billy San Roman, C.F.P

Retirement planning can be hard to grasp and planning for Social Security can be even more challenging. In this webinar, Billy will explain how Social Security works, how benefits are calculated, provide insight into the future of the Social Security system and common concerns. He will also present four easy tips to maximize social security benefits.

NEW WORKSHOPS

Play With Pastel (In-Person)
Monday, April 8th | 6 – 8pm
Facilitator: Andrew Orenstein

In this in-person workshop, mindful drawing suggestions will facilitate a link between body, soul and paper. Experience the joy of connecting with others in a shared space, as you play without constraints using soft pastels. No experience necessary!

Red Door Reads Book Club
Tuesday, April 30th | 1 – 2pm
Facilitator: Erin Baumann, LMSW, MSL

Introducing Red Door Reads, A new and exciting book club exclusively for RDC members. Red Door Community will be holding bi-monthly book club meetings featuring popular books for members to discuss and enjoy together. Please join us for our discussion of The Midnight Library by Matt Haig.

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 | April 2024

<div>1</div> <div>Monday</div> <div>2:30-3:45PM– Meditation for Radical Change 6:30-8PM–John Lennon Real Love Project</div>	<div>2</div> <div>Tuesday</div> <div>11AM-12:30PM–Gentle Yoga 12-1PM - Lecture: Private Medical Insurance: Coverage Denials and the Appeals Process 2-3:30PM–Activate Your Inner Healer 6-8PM–Let’s Write 6:30-7:15PM–Reiki and Soundwaves Meditation</div>	<div>3</div> <div>Wednesday</div> <div>11-11:45AM–Chair Yoga & Meditation 11AM-1PM–Knitting & Crochet Circle 1:30-2:30PM– Jin Shin Jyutsu Self Care Workshop® 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Post-Treatment Monthly Group</div>	<div>4</div> <div>Thursday</div> <div>3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 5-5:45PM–Laughter Yoga 6-7PM–New! Make Your Own Mug 6-7PM–The Story You Tell Writing Workshop 6-7:30PM–Living with Advanced or Metastatic Cancer Monthly Group 6-8PM–Caregivers Monthly Group</div>	<div>5</div> <div>Friday</div> <div>11AM-12PM–Meditation: Ease Amidst Disease: Calm Abiding Heart 3-4PM– Meditation Series: Managing Our Relationship with Reactions</div>
<div>8</div> <div>2:30-3:45PM– Meditation for Radical Change 6-8PM– Living with Prostate Cancer Monthly Group</div>	<div>9</div> <div>11AM-12:30PM–Gentle Yoga 12-1:30PM–Living with Cancer Wellness Group 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 5-6:30PM–Gentle Flow into Yoga Nidra 6-7:15PM– Mining Your Memory: Memoir & Personal Essays</div>	<div>10</div> <div>11-11:45AM–Chair Yoga & Meditation 11AM-1PM–Knitting & Crochet Circle 1-2:30PM–Living with Loss Group 1:30-2:30PM Breathwork Body Scan Meditation 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group 7-8PM–Poetry with Lynne</div>	<div>11</div> <div>10-11AM –Pilates Mat 3-5PM–Meditative Pattern Drawing with Zentangle® 3:30-5PM–Embracing Your Creative Path 6-7PM Chronic Pain Relief Through Hypnosis 6-7:30PM- Young Adults Living with Loss</div>	<div>12</div> <div>3-4PM– Meditation Series: Reducing Our Relationship with Reactions</div>
<div>15</div> <div>2:30-3:45PM– Meditation for Radical Change 3:15-4:30PM– LIVE REIKI: ACTIVATE YOUR INNER HEALER (IN-PERSON) 6:30-8PM–John Lennon Real Love Project</div>	<div>16</div> <div>12-1PM - Lecture: Strategies for Maximizing your Social Security Income 2-3:30PM–Activate Your Inner Healer</div>	<div>17</div> <div>11-11:45AM–Chair Yoga & Meditation 11AM-1PM-Knitting & Crochet Circle 1-2:30PM–Post Treatment Group 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 6-8PM–Living with Loss Group</div>	<div>18</div> <div>10-11AM–Pilates Mat 12:30-1PM–Seated Zumba 1-1:45PM–Improv Comedy 3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 5-5:45PM–Laughter Yoga 6-7:30PM–Living with Advanced or Metastatic Cancer Group 6-7:30PM–Young Adults Living w/ Cancer GP 6-8PM–1-Minute Relief from Stress</div>	<div>19</div> <div>11AM-12PM–Coping with Change Through Art Therapy 3-4PM– Meditation Series: Overcoming Our Relationship with Reactions</div>
<div>22</div> <div>2:30-3:45PM– Meditation for Radical Change 6-8PM–PLAY WITH PASTEL- (IN-PERSON)</div>	<div>23</div> <div>11AM-12:30PM–Gentle Yoga 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 6-7:15PM–Mining Your Memory: Memoir and Personal Essays</div>	<div>24</div> <div>11-11:45AM–Chair Yoga & Meditation 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM–Moving For Life - How to Manage Lymphedema with Movement 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Cancer Alone Group</div>	<div>25</div> <div>10-11AM –Pilates Mat 3:30-5PM–Embracing Your Creative Path 6-7:30PM–MAD Art 6-8PM–Living with Blood Cancer Group</div>	<div>26</div> <div>3-4PM– Meditation Series: Expressing Our Relationship with Reactions</div>
<div>29</div> <div>2:30-3:45PM– Meditation for Radical Change 6:30-8PM–John Lennon Real Love Project</div>	<div>30</div> <div>11AM-12:30PM–Gentle Yoga 1-2PM–Red Door Reads Book Club 2-3:30PM–Activate Your Inner Healer 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement</div>	<div>LEGEND: BLUE= ZOOM RED= IN-PERSON</div>	<div>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</div>	

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 Flow Into Yoga Nidra
5-6:30PM; Tuesday, April 9
Facilitator: Sharyn Hahn

Gentle Yoga
11am- 12:30pm; Tuesday, April 2
Facilitator: Sabina Maschi

11am- 12:30pm; Tuesday, April 9, 23, 30
Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics
5-6pm; Wednesday, April 17
Facilitator: Ana Leon Bella

New! Meditation Series: Our Relationship with Reactions
3-4pm; Friday, April 5, 12, 19, 26
Facilitator: Makenzie George

This month, we will explore the theme of "Our Relationship with Reactions." When going through the challenges of cancer, it's easy to have reactions to the daily challenges of what comes up.

By prioritizing their mental well-being and recognizing and embracing daily reactions as opportunities for self-care, we can gradually become less reactive and cultivate more inner peace. Each week we will have a unique focus:

April 5: **Managing**
April 12: **Reducing**
April 19: **Overcoming**
April 26: **Expressing**

See website for more details.

Moving for Life: How to Manage Lymphedema with Movement
1:30-2:30pm; Wednesday, April 24
Facilitator: Ana Leon Bella

Pilates Mat
10-11AM; Thursday, April 11, 18, 25
Facilitator: Miranda Stevens

Seated Yoga
3-4pm; Tuesday, April 9, 23
Facilitator: HOM

Seated Zumba
12:30-1pm; Thursday, April 18
Facilitator: Evie Aronson

Yoga: Refresh & Revitalize
6-7pm; Wednesdays in April
Facilitator: Diane Cimine

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress
6-8pm; Thursday, April 18
Facilitator: Scott Weiner

Activate Your Inner Healer
2-3:30pm; Tuesdays in April
Facilitator: Pamela Bloom

Breathwork and Body Scan Meditation
1:30-2:30pm; Wednesday, April 10
Facilitator: Rochelle White

Chair Yoga and Meditation
11-11:45am; Wednesdays in April
Facilitator: Beth Bierko

Chronic Pain Relief Through Hypnosis
6-7pm; Thursday, April 11
Facilitator: Alexander Ivlev

Healing Sound Meditation and Sonic Attunement
6:30-7:30pm; Tuesday, April 30
Facilitator: Elana Seplow

Jin Shin Jyutsu Self Care Workshop®
1:30-2:30pm; Wednesday, April 3
Facilitator: Teri Meissner

Laughter Yoga
5-5:45pm; Thursday, April 4, 18
Facilitator: Francine Shore

LIVE REIKI (IN-PERSON WORKSHOP)
3:15-4:30pm; Monday, April 15
Facilitator: Pamela Bloom

Meditation Made Easy
1:30-2:30pm; Wednesday, April 17
Facilitator: Teri Meissner

Meditation: Ease Amidst Disease; Calm Abiding Heart
11am-12pm; Friday, April 5
Facilitator: Zen Teacher Ryushin Marchaj

See website for more details.

Meditation for Radical Change
2:30-3:45pm; Mondays in April
Facilitator: Susan Bissonnette

Movement Meditation
4-5pm; Thursday, April 4, 18
Facilitator: HOM

Reiki and Soundwaves Meditation
6:30pm-7:15pm; Tuesday, April 2
Facilitator: Mei Leung

CREATIVE EXPRESSION WORKSHOPS

A Joyful Noise: Together in Song with Beth Bierko
6-7pm; Wednesday, April 17
Facilitator: Beth Bierko

Coping with Change Through Art
11am-12pm; Friday, April 19
Facilitator: Val Sereno

Embracing Your Creative Path: A Circle of Friends
3:30-5pm; Thursdays in April
Facilitator: Joe Raiola-Theatre Within

Improv Comedy
1-1:45pm; Thursday, April 18
Facilitator: Linda Pallotta

Knitting and Crochet Circle
11am-1pm; Wednesdays in April
Facilitator: Jennifer Tichenor

Let's Write
6-8pm; Tuesday, April 2
Facilitator: Jessica Kaplan

MAD Art
6-7:30pm; Thursday, April 25
Facilitator: Sam Viviano

New! Make Your Own Mug
6-7pm; Thursday, April 4
Facilitator: New York Junior League

Everything you need included to paint your own unique mug: 1 high quality ceramic mug, 6 professional ceramic paints, 1 brush, 1 ceramic marker and instruction.

Meditative Art Pattern Drawing with Zentangle®
3-5pm; Thursday, April 11
Facilitator: Terry Hall

Mining Your Memory: Memoir and Personal Essays
6-7:15pm; Tuesday, April 9, 23
Facilitator: Stacy Pershall

Poetry with Lynne
7-8pm; Wednesday, April 10
Facilitator: Professor Lynne Rosenthal

PLAY WITH PASTEL (IN-PERSON)
6-8pm; Monday, April 8
Facilitator: Andrew Orenstein

See website for more details.

Red Door Reads
1-2pm; Tuesday, April 30
Facilitator: Erin Baumann

See website for more details.

The John Lennon Real Love Project
6:30-8pm; Monday, April 1, 15, 29
Facilitator: Tony Conniff

The Story You Tell Writing Workshop
6-7pm; Thursday, April 4
Facilitator: Jennifer Ann Elrich

SUPPORT GROUPS

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



Formerly known as
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New York City

MONTHLY GROUPS

Caregivers Support Group
6-8pm; Thursday, April 4
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer
6-7:30pm; Thursday, April 4 & 18
Facilitator: Eileen Polito, LCSW

Living with Blood Cancer Monthly Group
6-8pm; Thursday, April 25
Presenter: Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Cancer Alone
6-8pm; Wednesday, April 24
Facilitator: Eileen Polito, LCSW

Living with Cancer Wellness Group
12-1:30pm; Tuesday, April 9
Facilitator: Erin Baumann, LMSW

Living with Gynecological Cancer
6-7:30pm; Wednesday, April 10
Facilitator: Awilda Torres, PHD, LMHC

Living with Loss
1-2:30pm; Wednesday, April 10
Facilitator: Eileen Polito, LCSW

6-8pm; Wednesday, April 17
Facilitator: Diana Gradus, LCSW

MONTHLY GROUPS (CONT)

Living with Prostate Cancer
6-8pm; Monday, April 8
Facilitator: Andrew Hearn, LMSW

Post-Treatment
6-8pm; Wednesday, April 3
1-2:30pm; Wednesday, April 17
Facilitator: Haydee Bulos, LMSW

Young Adults Living with Loss
6-7:30pm; Thursday, April 11
Facilitator: Darren Arthur MSW, LCSW, OSW-C

Young Adults Living with Cancer
6-7:30pm; Thursday, April 18
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.