

Program Calendar | March 2024



Formerly known as
Gilda's Club
New York City

EDUCATIONAL LECTURES & WORKSHOPS

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

Refashioning Yourself After a Cancer Diagnosis:
Tuesday, March 5th| 12-1pm
Facilitator: Amy Vigliotti

In this dynamic webinar, Amy Vigliotti PhD, Psychologist and Founding Head of the NYC group practice SelfWorks, will help you reflect on your values; regulate painful emotions and losses; and rebuild yourself and your relationships. You will walk away feeling energized and confident in your ability to face your vulnerabilities and move toward your personal goals.

Learning Objectives:

- Identify your unique vulnerabilities
- Reflect and mourn about losses, e.g., friends who ghosted you; changes in physical functioning; changes in daily living
- Experience the power of mindfulness, staying with the present moment, to help you reflect on your values
- Build a gratitude practice
- Learn coping strategies for daily stressors
- Practice self-compassion and loving kindness

Stress Management - Breathwork Meditation with Emotional Journaling Letting Go Exercise
Wednesday, March 27th | 1:30 -2:30pm
Facilitator: Rochelle White

As part of ExhilaFit® Multi-Aspect Mindfulness Meditation M.A.P., we will engage in a Body Scan Meditation centered on breath-work to connect with the present moment in a calming way.

The practice of breath-work promotes energy, concentration, creativity, and is an effective method of dealing with difficult emotions and experiences, as well as fostering balance and peace within.

As part of this lecture, we will complete an emotional journal letting go exercise and discuss the benefits of breath-work activities to cultivate inner peace and reduce stress.

NEW WORKSHOPS

Meditation: Ease Amidst Disease
Why Meditation?
Friday, March 15th | 11am - 12pm
Facilitator: Zen Teacher Ryushin Marchaj

Meditation: Ease Amidst Disease
Calm Abiding Body
Friday, March 22nd | 11am - 12pm
Facilitator: Zen Teacher Ryushin Marchaj

(See Website for more details).

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 | March 2024

<div><div><div>LEGEND:</div><div>BLUE= ZOOM</div><div>RED= IN-PERSON</div></div></div> <div>Monday</div>	<div>Tuesday</div> <div>RESERVATION POLICY</div> <div>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>	<div>Wednesday</div>	<div>Thursday</div>	<div>Friday</div>
				1
4 2:30-3:45PM– Meditation for Radical Change 6-7:30pm - Comedy Writing 6:30-8PM–John Lennon Real Love Project	5 11AM-12:30PM–Gentle Yoga 12-1PM - Lecture: Refashioning Yourself After a Cancer Diagnosis. 2-3:30PM–Activate Your Inner Healer 6-8PM - Let’s Write 6:30-7:15PM– Reiki and Soundwaves Meditation	6 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	7 10-11AM –Pilates Mat 3:30-5PM–Embracing Your Creative Path 4-4:45PM - Laughter Yoga 4-5PM- Movement Meditation 5-6:30pm - Yoga Journaling 6-7:30PM –Living with Advanced or Metastatic Cancer Group 6-8PM –Caregivers Support Group	8
11 2:30-3:45PM– Meditation for Radical Change 6-8PM–Living with Prostate Cancer Group	12 11AM-12:30PM–Gentle Yoga 12-1:30PM–Living with Cancer Wellness Group 2-3:30PM–Activate Your Inner Healer 3-4PM–Seated Yoga 6-7PM - New! Butterfly Sun-Catchers Craft 6-7:15PM–Mining Your Memory: Memoir and Personal Essays	13 11AM-1PM-Knitting & Crochet Circle 1-2:30PM–Living with Loss Group 1:30-2:30PM-Moving For Life: Dance Exercise for Cancer Recovery 5-6PM-Moving For Life: Gentle Aerobics 6-7PM–Yoga: Refresh and Revitalize 6-7:30PM–Living w/ GYN Cancer Group 7-8PM–Poetry with Lynne	14 10-11AM –Pilates Mat 3:30-5PM–Embracing Your Creative Path 3-5PM–Meditative Pattern Drawing with Zentangle® 4-4:45PM - Laughter Yoga 5-6PM– Moving For Life: Gentle Aerobics 6-7:30PM- Young Adults Living with Loss	15 11AM-12PM–Coping with Change Through Art Therapy 11AM-12PM - New! Meditation: Ease Amidst Disease. Why Meditation?
18 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	19 11AM-12:30PM–Gentle Yoga 2-3:30PM–Activate Your Inner Healer 6-7:15PM–Finding Your Inner Superhero and Healing Through Humor	20 11AM-1PM-Knitting & Crochet Circle 1-2:30PM -Post-Treatment Group 1:30-2:30PM–Yoga Nidra for Stress Reduction 6-7PM– A Joyful Noise: Freeing Our Voices with Beth Bierko 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Loss Group	21 10-11AM –Pilates Mat 12:30-1PM–Seated Zumba 3:30-5PM–Embracing Your Creative Path 4-5PM- Movement Meditation 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	22 11AM-12PM - New! Meditation: Ease Amidst Disease. Calm Abiding Body
25 2:30-3:45PM– Meditation for Radical Change	26 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 6:30-7:30PM–Healing Sound Meditation and Sonic Attunement	27 11-11:45AM–Chair Yoga & Meditation 11AM-1PM-Knitting & Crochet Circle 1:30-2:30PM - Lecture: Stress Management: Breathwork Meditation with Emotional Journaling Letting Go Exercise 6-7PM–Yoga: Refresh and Revitalize 6-8PM–Living with Cancer Alone Monthly Group 7-8PM–Poetry with Lynne	28 10-11AM –Pilates Mat 1-1:45PM–Improv Comedy 3:30-5PM–Embracing Your Creative Path 6-7PM– The Story You Tell Writing Workshop 6-8PM- Living with Blood Cancer Monthly Group	29

WORKSHOPS

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

Gentle Yoga
11am- 12:30pm; Tuesday, March 5, 19
Facilitator: Sabina Maschi

11am- 12:30pm; Tuesday, March 12, 26
Facilitator: Liz Dalton

Moving For Life: Dance Exercise for Cancer Recovery
1:30-2:30pm; Wednesday, March 13
Facilitator: Ana Leon Bella

Moving for Life: Gentle Aerobics
5-6pm; Wednesday, March 13
Facilitator: Ana Leon Bella

Pilates Mat
10-11AM; Thursdays in March
Facilitator: Miranda Stevens

Seated Yoga
3-4pm; Tuesday, March 12, 26
Facilitator: HOM

Seated Zumba
12:30-1pm; Thursday, March 21
Facilitator: Evie Aronson

Yoga Journaling
5-6:30pm; Thursday, March 7
Facilitator: Sharyn Hahn

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

STRESS REDUCTION WORKSHOPS

1-Minute Relief from Stress
6-8pm; Thursday, March 21
Facilitator: Scott Weiner

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

Chair Yoga and Meditation
11-11:45am; Wednesday, March 6, 27
Facilitator: Beth Bierko

Healing Sound Meditation and Sonic Attunement
6:30-7:30pm; Tuesday, March 26
Facilitator: Eileen Moran

Jin Shin Jyutsu Self Care Workshop®
1:30-2:30pm; Wednesday, March 6
Facilitator: Teri Meissner

Laughter Yoga
4-4:45pm; Thursday, March 7, 14
Facilitator: Francine Shore

LIVE REIKI (IN-PERSON WORKSHOP)
3:15-4:30pm; Monday, March 18
Facilitator: Pamela Bloom

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

New! Meditation: Ease Amidst Disease Why Meditation?
11am-12pm; Friday, March 15
Facilitator: Zen Teacher Ryushin Marchaj

New! Meditation: Ease Amidst Disease Calm Abiding Body
11am-12pm; Friday, March 22
Facilitator: Zen Teacher Ryushin Marchaj

See website for more details.

Movement Meditation
4-5pm; Thursday, March 7, 21
Facilitator: HOM

Reiki and Soundwaves Meditation
6:30pm-7:15pm; Tuesday, March 5
Facilitator: Mei Leung

Yoga Nidra for Stress Reduction
1:30-2:30pm; Wednesday March 20
Facilitator: Teri Meissner

CREATIVE EXPRESSION WORKSHOPS

A Joyful Noise: Freeing Our Voices with Beth Bierko
6-7pm; Wednesday, March 20
Facilitator: Beth Bierko

New! Butterfly Sun-Catchers Craft
6-7pm; Tuesday, March 12
Facilitator: New York Junior League

Join the NYJL for a spring craft making diamond butterfly decor. DIY kit includes 8 butterflies to bedazzle with a diamond painting kit and garden stakes. Your butterfly art can be used to light up your garden or home!

Coping with Change Through Art
11am-12pm; Friday, March 15
Facilitator: Val Sereno

Comedy Writing
6-7:30pm; Monday, March 4
Facilitator: David LaBarca

Embracing Your Creative Path: A Circle of Friends
3:30-5pm; Thursday, March 7
Facilitator: Susan Bissonnette

3:30-5pm; Thursday, March 14, 21, 28
Facilitator: Joe Raiola-Theatre Within

Finding Your Inner Superhero and Healing Through Humor
6-7:15pm; Tuesday, March 19
Facilitator: Valerie David

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

Improv Comedy
1-1:45pm; Thursday, March 28
Facilitator: Linda Pallotta

Let's Write
6-8pm; Tuesday, March 5
Facilitator: Jessica Kaplan

Meditative Art Pattern Drawing with Zentangle®
3-5pm; Thursday, March 14
Facilitator: Terry Hall

Mining Your Memory: Memoir and Personal Essays
6-7:15pm; Tuesday, March 12, 26
Facilitator: Stacy Pershall

Poetry with Lynne
7-8pm; Wednesday, March 13, 27
Facilitator: Professor Lynne Rosenthal

The John Lennon Real Love Project
6:30-8pm; Monday, March 4, 18
Facilitator: Tony Conniff

The Story You Tell Writing Workshop
6-7pm; Thursday, March 28
Facilitator: Jennifer Ann Elrich

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, March 7
Facilitator: Ronnie Hochberg, LMHC

Living with Advanced or Metastatic Cancer

6-7:30pm; Thursday, March 7 & 21
Facilitator: Eileen Polito, LCSW

Living with Blood Cancer Monthly Group

6-8pm; Thursday, March 28
Presenter: Sophia Tsesmelis Piccolino, LCSW, OSW-C

Living with Cancer Alone

6-8pm; Wednesday, March 27
Facilitator: Eileen Polito, LCSW

Living with Cancer Wellness Group

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

Living with Gynecological Cancer

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

Living with Loss

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

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

MONTHLY GROUPS (CONT)

Living with Prostate Cancer

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

Post-Treatment

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

Young Adults Living with Loss

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

Young Adults Living with Cancer

6-7:30pm; Thursday, March 21
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.