



LECTURES/CHARLAS

How Do We Know When Stress Shows Up In Our Lives?

Thursday, January 14
2-3pm

Facilitators: Migdalia Torres, LCSW-R & Haley Feldman, LCSW

Nutrition and Brain Health

Thursday, January 21
6-7:30pm

Facilitator: Austin Park, MS, MBA, RDN, CDN, God's Love We Deliver

LECTURES (cont)

How to Improve Your Sleep

Wednesday, January 27
1:30-3pm

Facilitator: Teri Meissner, Certified Jin Shin Jyutsu® Practitioner

Beneficios Públicos: SSI y SSD

jueves, el 28 de enero
3-4:30pm

Facilitadora: Lauren Groetch, Esq, El instituto legal de The Family Center

NEW WORKSHOPS

Loving, Kindness, & Forgiveness Meditation

Wednesday, January 6
1:30-2:30pm

Facilitator: Rochelle White, ExhilaFit

Stepping Towards Meditation

Wednesday, January 20
1:30-2:30pm

Facilitator: Rochelle White, ExhilaFit

See back page for more details on lectures and workshops/ descripciones de talleres y lecturas al dorso de la página.



No one should face cancer alone.

VIRTUAL HOURS

Monday-Thursday: 9:00 A.M. – 8:00 P.M.

Friday: 9:00 A.M-5:00P.M.

(212) 647-9700 • www.gildasclubnyc.org

If you need technical assistance, please call Jessilyn Torres at 917-232-8324 (9am-1pm) or Emily Keenan at 917-557-0095 (1-8pm).

REMINDER:

Please register and cancel online for all activities up to 24hrs prior to your activity @ www.gildasclubnyc.org/memberportal.

If you need to register or cancel the day of a scheduled activity, you must call us at 212-647-9700.

WEBSITE UPDATES:

For information on COVID-19 and updates from GCNYC leadership, please visit our website: www.gildasclubnyc.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RESERVATION POLICY</p> <p>Online registration and cancelation 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>		2	3.	1
<p>4</p> <p>2:30-3:45PM— Meditation as the Still Point 6-7pm—Moving for Life: Gentle Aerobics 6-7:30PM—Comedy Writing 6:30-7:30PM-Vinaya Yoga</p>	<p>5</p> <p>11AM-12:30PM—Gentle Yoga 2-3:30PM—Calm Through Crisis 3-4PM—Seated Yoga 6:30-7:15PM—Reiki and Soundwaves Meditation</p>	<p>6</p> <p>11AM-1PM—Knitting & Crochet Circle 1:30-2:30PM—New! Loving, Kindness, & Forgiveness Meditation 6-7PM—Yoga: Refresh and Revitalize 6-8PM—Post -Treatment Group</p>	<p>7</p> <p>1:30-3PM—Breathe and Release: An Introduction to Conscious, Connected Breathwork 4-4:45PM— Laughter Yoga 6-7:30PM—The Story You Tell Writing Workshop 6-8PM—Caregivers Group 6-8PM—Living with Advanced or Metastatic Cancer Group</p>	<p>8</p> <p>11AM-12PM—Art Therapy for Stress Relief</p>
<p>11</p> <p>2:30-3:45PM— Meditation as the Still Point 6-7pm—Chronic Pain Relief Through Hypnosis 6-7pm—Moving for Life: Gentle Aerobics 6-8PM —Living With Prostate Cancer Group</p>	<p>12</p> <p>11AM-12:30PM—Gentle Yoga 12-1PM—Guided Journaling 2-3:30PM—Calm Through Crisis 2-3:30PM—Wellness Monthly Group 3:30-4:30PM—Pilates Mat 4:30-6PM—Circle of Om: Flow & Release 6-7PM— Mind-Body Meditation</p>	<p>13</p> <p>11AM-1PM—Knitting & Crochet Circle 1-2:30PM —Living with Loss Group 1:30-2:30PM—Tapping for Stress Reduction 6-7PM—Yoga: Refresh and Revitalize 6-7:30PM—Living with Gynecological Cancer Group 7-8PM—Poetry with Lynne</p>	<p>14</p> <p>2-3PM—How Do We Know When Stress Shows Up in Our Lives? 3:30-5PM— Deepening Your Creative Process 4-4:45PM—Laughter Yoga 4-5PM—Movement Meditation 6-7:30PM—Young Adults Bereavement Group 6:30-7:15PM—Guided Meditation and Reiki</p>	<p>15</p> <p>12-1PM—Vinyasa Yoga</p>
<p>18</p> <p>VIRTUAL CLUBHOUSE CLOSED: MARTIN LUTHER KING, JR. Day</p>	<p>19</p> <p>11AM-12:30PM—Gentle Yoga 1PM-2:30PM—Creating a Personal Monologue for the Stage 2-3:30PM—Calm Through Crisis 3-4PM—Seated Yoga 6:30-7:30PM—Flow & Restore</p>	<p>20</p> <p>11AM-1PM—Knitting & Crochet Circle 1-2:30PM —Post Treatment Group 1:30-2:30PM—New! Stepping Towards Meditation 3-5PM—1-Minute Relief from Stress 6-7PM—Yoga: Refresh and Revitalize 6-8PM—Living with Loss Group</p>	<p>21</p> <p>3:30-5PM— Deepening Your Creative Process 4-4:45PM— Laughter Yoga 6-7:30PM—Lecture: Nutrition and Brain Health 6-7:30PM—The Story You Tell Writing Workshop 6-7:30PM—Young Adult Living with Cancer Group</p>	<p>22</p>
<p>25</p> <p>2:30-3:45PM—Meditation as the Still Point 6-7pm—Moving for Life: Gentle Aerobics 6:30-7:30PM—Healing Sound Meditation and Sonic Attunement 6:30-8PM—Young Adult Caregiver Support Group</p>	<p>26</p> <p>11AM-12:30PM—Gentle Yoga 1-2:30PM— Creating a Personal Monologue for the Stage 2-3:30PM—Calm Through Crisis 3:30-4:30PM—Pilates Mat 6-7PM—Paper Flower Workshop with New York Junior League</p>	<p>27</p> <p>11AM-1PM—Knitting & Crochet Circle 1:30-3PM— Lecture: How to Improve Your Sleep 6-7PM—Yoga: Refresh and Revitalize 7-8PM—Poetry with Lynne</p>	<p>28</p> <p>2-2:45PM—Just Breathe 3-4:30PM—Charla: Beneficios Públicos: SSI y SSD 3:30-5PM— Deepening Your Creative Process 4-4:45PM—Laughter Yoga 4-5PM—Movement Meditation 6-8PM—Living with Blood Cancer Group 6-8PM—Screen Writing</p>	<p>29</p>

Monthly Groups

Caregivers Support Group

Thursday, January 7

6 – 8pm

Facilitator: Jamie Shapiro, LCSW

Living with Advanced or Metastatic Cancer

Thursday, January 7

6 – 8pm

Facilitator: Haley Feldman, LCSW

Living with Blood Cancer

Thursday, January 28

6 – 8pm

Facilitator: Jilian Levinson, LCSW

Living with Gynecological Cancer

Wednesday, January 13

6 – 7:30pm

Facilitator: Awilda Torres, PhD, LMHC

Living with Loss

Wednesday, January 13

1 – 2:30pm

Facilitator: Christine Nolin, LCSW

Wednesday, January 20

6 – 8pm

Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer

Monday, January 11

6 – 8pm

Facilitator: Andrew Hearn, LMSW

Post-Treatment Group

Wednesday, January 6

6 – 8pm

Facilitator: Dena Kaliades, LMSW

Wednesday, January 20

1 – 2:30pm

Facilitator: Dena Kaliades, LMSW

Wellness Group

Tuesday, January 12

2 – 3:30pm

Facilitator: Haley Feldman, LCSW

Young Adult Bereavement

Thursday, January 14

6 – 7:30pm

Facilitator: Darren Arthur, MSW, LCSW, OSW-C

Young Adult Caregivers Group

Monday, January 25

6:30 – 8pm

Facilitator: Jamie Shapiro, LCSW

Young Adults Living with Cancer

Thursday, January 21

6 – 7:30pm

Facilitator: Darren Arthur, MSW, LCSW, OSW-C

Weekly Groups

In order to participate in a support group, please call (212)-647-9700 for more information.

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.

Noogie Night & Teens Connect: are support groups for children and teens touched by cancer.

Monday

4:30 – 6pm Teens Connect

6 – 8pm Bereavement Group

6 – 8pm Bereavement Group

Tuesday

6 – 8pm Family & Friends Group

6 – 8pm Wellness Group

6 – 8pm Wellness Group

6 – 8pm Bereavement Group

Wednesday

10 – 11:30am Spanish Wellness Group:

Uptown: Mount Sinai Hospital

11:30am – 1pm Wellness Group: East Flatbush,

Brooklyn: Kings County Hospital

1 – 3pm Wellness Group

5 – 5:45pm Noogie Night

(Family & Friends)

6 – 8pm Family & Friends Group

6 – 8pm Wellness Group

6 – 8pm Wellness Group

Thursday

5 – 5:45pm Noogie Night (Bereavement)

6 – 8pm Bereavement Group

Lectures/Charlas

How Do We Know When Stress Shows Up In Our Lives?

Thursday, January 14, 2021; 2-3pm

Facilitators: Migdalia Torres, LCSW-R & Haley Feldman, LCSW

Virtually everyone has experienced stress and anxiety at some point in their lives – it's that common; normal and beneficial. However; depending on the level of severity, they can impact one's quality of life. In this lecture, we will discuss how stress differs from anxiety, how to recognize signs of stress in oneself, and strategies to address stress in our lives.

Nutrition and Brain Health

Thursday, January 21, 2021; 6-7:30pm

Facilitator: Austin Park, MS, MBA, RDN, CDN, God's Love We Deliver

This lecture will cover effective dietary recommendations and lifestyle choices that support optimal brain health. These recommendations will be supported by the latest research in nutrition, which shows that our cognitive function can be affected by our diet. The following topics will be covered in relation to brain health: the "brain-gut health" connection, lifestyle practices, beneficial nutrients, types of foods to eat less of, and types of foods to increase in the diet.

How To Improve Your Sleep

Wednesday, January 27, 2021; 1:30-3pm

Facilitator: Teri Meissner, Certified Jin Shin Jyutsu® Practitioner

Join Teri Meissner, Integrative Wellness Practitioner and Certified Jin Shin Jyutsu® Practitioner to learn about the importance of good quality sleep and some relaxation techniques to improve your sleep. Good sleep habits can boost your mental, emotional, and physical well-being.

Beneficios Públicos: SSI y SSD

jueves, el 28 de enero 2021; 3-4:30pm

Facilitadora: Lauren Groetch, Esq, El instituto legal de The Family Center

En esta presentación Lauren Groetch del instituto legal de The Family Center nos presentara sobre SSI (Seguridad de ingreso suplementario) y SSD (Beneficios de incapacidad). Habrá tiempo para preguntas sobre estos dos beneficios y tiempo para preguntas sobre otros beneficios públicos.

Body Movement Workshops**Circle of Om: Flow & Release**

Wednesday, January 12
4:30– 6pm

Facilitator: Sharyn Hahn

Flow & Restore

Tuesday, January 19
6:30 – 7:30pm

Facilitator: Laura Adelson

Gentle Yoga

Tuesday, January 5
11am– 12:30pm

Facilitator: Sabina Maschi

Tuesday, January 12
11am– 12:30pm

Facilitator: Becca Pulliam

Tuesday, January 19
11am– 12:30pm

Facilitator: Tracy Anderson

Tuesday, January 26
11am– 12:30pm

Facilitator: Liz Dalton

Moving For Life: Gentle Aerobics

Monday, January 4, 11, 25
6–7pm-New Time

Facilitator: Caroline King

Pilates Mat

Tuesday, January 12, 26
3:30 – 4:30pm

Facilitator: Miranda Stevens

Seated Yoga

Tuesday, January 5, 19
3 – 4pm

Facilitator: Hillary Helmling

Vinyasa Yoga

Monday, January 4
6:30 – 7:30pm

Facilitator: Rachel Darivoff

Friday, January 15
12 – 1pm

Facilitator: Mary Butler-Fink

Yoga: Refresh & Revitalize

Wednesdays in January
6 – 7pm

Facilitator: Diane Cimine, RYT

Stress Reduction Workshops**1-Minute Relief from Stress**

Wednesday, January 20
3– 5pm

Facilitator: Scott Weiner

Breathe and Release: An Introduction to Conscious, Connected Breathwork

Thursday, January 7
1:30– 3pm

Facilitator: Catherine Man

Calm Through Crisis

Tuesdays in January
2 – 3:30pm

Facilitator: Pamela Bloom

Chronic Pain Relief Through Hypnosis

Monday, January 11
6 – 7pm

Facilitator: Alexander Ivlev

Guided Meditation & Reiki

Thursday, January 14
6:30– 7:15pm

Facilitators: Lauren Mooney & Allison

Rutberg

Healing Sound Meditation & Sonic Attunement

Monday, January 25
6:30 – 7:30pm

Facilitator: Eileen Moran

Laughter Yoga

Thursdays in January
4– 4:45pm

Facilitator: Francine Shore

New! Loving, Kindness, & Forgiveness Meditation

Wednesday, January 6
1:30-2:30pm

Facilitator: Rochelle White, ExhilaFit

This meditation incorporates imagery, self-talk, and breath-work into a body scan that focuses on giving and receiving self-forgiveness. The meditation also embraces self-love, kindness, and helps to wipe the slate clean. It is a great way to start to the New Year.

Meditation as The Still Point

Monday, January 4, 11, 25
2:30 – 3:45pm

Facilitator: Susan Bissonette

Mind-Body Meditation

Tuesday, January 12
6 – 7pm

Facilitator: Kimberly Brown

Movement Meditation

Thursday, January 14. 28
4 – 5pm

Facilitator: Hillary Helming

Reiki & Soundwaves Meditation

Tuesday, January 5
6:30– 7:15pm

Facilitator: Mei Leung

New! Stepping Towards Meditation

Wednesday, January 20
1:30-2:30pm

Facilitator: Rochelle White

Stepping Towards Meditation helps to gently manage physical and emotional pain by recognizing both pleasant and unpleasant co-exist in a greater, vast world.

Tapping for Stress Reduction

Wednesday, January 13
1:30– 2:30pm

Facilitator: Teri Meissner

Creative Expressions Workshops**Art Therapy for Stress Relief**

Friday, January 8
11am – 12pm

Facilitator: The School of Visual Arts

Comedy Writing

Monday, January 4
6 – 7:30pm

Facilitator: David LaBarca

Creating a Personal Monologue for the Stage

Tuesday, January 19, 26
Tuesday, February 2, 9 16

1 – 2:30pm

Facilitator: Shauna Kanter-Theatre Within

Deepening Your Creative Process

Thursday, January 14, 21, 28
Thursday, February 4

3:30 – 5pm

Facilitator: Joe Raiola-Theatre Within

New! Guided Journaling

Tuesday, January 12
12-1pm

Facilitator: Maggie Hollinbeck

Just Breathe

Thursday, January 28
2 – 2:45pm

Facilitator: Catherine Gregory

Knitting & Crochet Circle

Wednesdays in January
11am – 1pm

Facilitator: Jennie Tichenor

Poetry with Lynne

Wednesday, January 13, 27
7 – 8pm

Facilitator: Lynne Rosenthal

Screen Writing

Thursday, January 28
6 – 8pm

Facilitator: Jessica Kaplan

The Story You Tell Writing Workshop

Thursday, January 7, 21
6 – 7:30pm

Facilitators: Alexis Mitchell and Rhoni Blankenhorn

Paper Flower Workshop with New York Junior League

Tuesday, January 26
6 – 7pm

Facilitator: New York Junior League