



GILDA'S CLUB NEW YORK CITY Virtual Program Calendar November 2020

LECTURES

The Social [Security] Side of Estate Planning

**Monday, November 16
6:30-8pm**

**Speaker: Aaron Safier, AWMA, LUTCF,
CEO and Founder, Sapphire Wealth
Advisory Group**

Holiday Cooking 2.0

**Speaker: Ann Ogden-Gaffney
Wednesday, November 18
1:30-3pm**

This lecture will include a cooking demonstration. Please see the third page for more information.

NEW WORKSHOPS

Art Therapy for Stress Relief

**Friday, November 6
11am-12pm**

Facilitator: The School of Visual Arts

This workshop will be led by students of the School of Visual Arts. Come learn how different art techniques can be used to help relieve stress and increase mindfulness. This workshop will incorporate basic items around the house including paper, pencil and/or colored pencils!

NEW WORKSHOPS (Cont'd)

Lake and Tree Meditation

**Wednesday, November 11
1:30 – 2:30pm**

Facilitator: Rochelle White, ExhilaFit

This workshop incorporates both visual imagery with breath-work and sense awareness to increase tolerance. The lake metaphorically identifies the relationship 'within' in contrast to the external environment while the tree focuses on being grounded and rooted.

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



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
2 1-2:30pm— New! Creating a Personal Monologue for the Stage 2:30-3:45PM— Meditation as the Still Point 4:30-5:30pm—Moving for Life: Gentle Aerobics 6:30-7:30PM—Vinyasa Yoga 6:30-8PM— The John Lennon Real Love Project	3 11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 3:30-4:30PM—Pilates Mat 6-7:30PM—Reiki and Soundwaves Meditation	4 11AM-1PM—Knitting & Crochet Circle 1:30-2:30PM—Healing Sound Meditation and Sonic Attunement 6-7PM—Yoga: Refresh and Revitalize 6-8PM— Post-Treatment Group 7:15-8PM—Poetry with Lynne	5 1:30-3PM—Breathe & Release: An Introduction to Conscious Breathwork 3:30-5PM—Deepening Your Creative Process 4-4:45PM—Laughter Yoga 4-5PM— Movement Meditation 6-7:15PM— Finding Your Inner Superhero and Healing Through Humor 6-7:30PM— The Story You Tell Writing Workshop 6-8PM—Caregivers Support Group 6-8PM—Living with Advanced or Metastatic Cancer Group	6 11AM-12PM—New! Art Therapy for Stress Relief
9 1-2:30pm— New! Creating a Personal Monologue for the Stage 2:30-3:45PM— Meditation as the Still Point 4:30-5:30pm—Moving for Life: Gentle Aerobics 6-8PM— Living with Prostate Cancer 6:30-8PM— The John Lennon Real Love Project	10 11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 2-3:30PM—Wellness Monthly Group 3-4PM—Seated Yoga 4:30-6PM—Circle of Om: Flow & Release 6-7PM— Mind-Body Meditation	11 11AM-1PM—Knitting & Crochet Circle 1-2:30PM—Living with Loss Group 1:30-2:30PM—New! Lake and Tree Meditation 3-5PM—1-Minute Relief from Stress 6-7PM—Yoga: Refresh and Revitalize 6-7:30PM—Living with Gynecological Cancer Group 6:30-8PM—Writing Your Own Personal Essay	12 12:30-1PM— Seated Zumba 2-3:30PM—Rest and Restore 3:30-5PM— Deepening Your Creative Process 4-4:45PM— Laughter Yoga 6-7:30PM—Young Adult Bereavement Group	13 12-1PM—Vinyasa Yoga
16 1-2:30pm— New! Creating a Personal Monologue for the Stage 2:30-3:45PM—Meditation as the Still Point 6:30-8PM—Lecture: The Social [Security] Side of Estate Planning 6:30-8PM—The John Lennon Real Love Project: A Songwriting Workshop 6:30-Young Adult Caregivers Support Group	17 11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 3:30-4:30PM—Pilates Mat 6-8PM—Screen Writing 6:30-7:30PM— Flow & Restore	18 11AM-1PM—Knitting & Crochet Circle 1-2:30PM— Post-Treatment Group 1:30-3PM— Lecture-Holiday Cooking 2.0 6-7PM—Yoga: Refresh and Revitalize 6-8PM—Living with Loss Group 6:30-8PM—Writing Your Own Personal Essay 7:15-8PM—Poetry with Lynne	19 12:30-1PM—Improv Comedy 2-2:45PM—Just Breathe 4-4:45PM— Laughter Yoga 4-5PM—Movement Meditation 5:30-6:15PM— Discovering Documentaries 6-7:30PM— The Story You Tell Writing Workshop 6-8PM—Living with Blood Cancer Group 6:30-7:15PM—Guided Meditation and Reiki 6-7:30PM—Young Adults Living with Cancer Group	20
23 2:30-3:45PM—Meditation as the Still Point 4:30-5:30PM— Moving For Life: Gentle Aerobics 6:30-7:30PM— Healing Sound Meditation and Sonic Attunement 6:30-8PM—The John Lennon Real Love Project: A Songwriting Workshop	24 11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 3-4PM—Seated Yoga	25 11AM-1PM—Knitting & Crochet Circle VIRTUAL CLUBHOUSE CLOSING @1PM	26 VIRTUAL CLUBHOUSE CLOSED HAPPY THANKSGIVING!	27 VIRTUAL CLUBHOUSE CLOSED HAPPY THANKSGIVING!
30 2:30-3:45PM—Meditation as the Still Point 4:30-5:30PM— Moving For Life: Gentle Aerobics 6-7PM —Chronic Pain Relief Through Hypnosis 6-7PM—Yoga Sentado 6:30-8PM—The John Lennon Real Love Project: A Songwriting Workshop	RESERVATION POLICY 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.			

Monthly Groups

Caregivers Support Group

Thursday, November 5

6 – 8pm

Facilitator: Jamie Shapiro, LCSW

Living with Advanced or Metastatic Cancer

Thursday, November 5

6 – 8pm

Facilitator: Haley Feldman, LCSW

Living with Blood Cancer

Thursday, November 19

6 – 8pm

Facilitator: Jilian Levinson, LCSW

Living with Gynecological Cancer

Wednesday, November 11

6 – 7:30pm

Facilitator: Awilda Torres, PhD, LMHC

Living with Loss

Wednesday, November 11

1 – 2:30pm

Facilitator: Christine Nolin, LCSW

Wednesday, November 18

6 – 8pm

Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer

Monday, November 9

6 – 8pm

Facilitator: Andrew Hearn, LMSW

Post-Treatment Group

Wednesday, November 4

6 – 8pm

Facilitator: Dena Kaliades, LMSW

Wednesday, November 18

1 – 2:30pm

Facilitator: Dena Kaliades, LMSW

Wellness Group

Tuesday, November 10

2 – 3:30pm

Facilitator: Haley Feldman, LCSW

Young Adult Bereavement

Thursday, November 12

6 – 7:30pm

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

Young Adult Caregivers Group

Monday, November 16

6:30 – 8pm

Facilitator: Jamie Shapiro, LCSW

Young Adults Living with Cancer

Thursday, November 19

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

The Social [Security] Side of Estate Planning

Monday, November, 16 2020; 6:30-8pm

Speaker: Aaron Safer, AWMA, LUTCF, CEO and Founder, Sapphire Wealth Advisory Group

As someone approaches retirement and end of life there are a series of questions and financial decisions one needs to make. Each decision may have an everlasting impact on the benefits one may receive. In this lecture we will discuss and address points one should consider when making decisions about social security. We will also clarify the myths and facts relating to what social security is and how it works.

Holiday Cooking 2.0

Wednesday, November, 18 2020; 1:30-3pm

Speaker: Ann Ogden-Gaffney, Cook for Your Life

When it comes to the Holidays, healthy eating can easily go out the window but it doesn't have to when you base your Holiday menu on crowd pleasing yet deliciously healthy recipes. Ann will show you how to: roll a turkey breast either for a small family Thanksgiving or as a healthy alternate to the Christmas pork loin; two easy, yummy veggie recipes; a soup and a side, that use frozen veggies for both speed and convenience, while giving you great nutrition – and taste.

Body Movement Workshops

Circle of Om: Flow & Release

Tuesday, November 10
4:30 – 6pm

Facilitator: Sharyn Hahn

Flow & Restore

Tuesday, November 17
6:30 – 7:30pm

Facilitator: Laura Adelson

Gentle Yoga

Tuesday, November 3
11am– 12:30pm

Facilitator: Sabina Maschi

Tuesday, November 10
11am– 12:30pm

Facilitator: Becca Pulliam

Tuesday, November 17
11am– 12:30pm

Facilitator: Liz Dalton

Tuesday, November 24
11am– 12:30pm

Facilitator: Tracy Anderson

Moving For Life: Gentle Aerobics

Monday, November 2, 9, 23, 30
4:30–5:30pm

Facilitator: Caroline King

Pilates Mat

Tuesday, November 3, 17
3:30 – 4:30pm

Facilitator: Miranda Stevens

Rest & Restore

Thursday, November 12
2 – 3:30pm

Facilitator: Maisah Hargett

Seated Yoga

Tuesday, November 10, 24
3 – 4pm

Facilitator: Hillary Helmling

Seated Zumba

Thursday, November 12
12:30 – 1pm

Facilitator: Evie Aronson

Vinyasa Yoga

Monday, November 2
6:30 – 7:30pm

Facilitator: Rachel Darivoff

Friday, November 13
12 – 1pm

Facilitator: Mary Butler-Fink

Yoga: Refresh & Revitalize

Wednesday, November 4, 11, 18
6 – 7pm

Facilitator: Diane Cimine, RYT

Yoga Sentado

lunes, 30 de noviembre
6 – 7pm

Facilitadora: Catherine Zayas King

Stress Reduction Workshops

1-Minute Relief from Stress

Wednesday, November 11
3– 5pm

Facilitator: Scott Weiner

Breathe and Release: An Introduction to Conscious, Connected Breathwork

Thursday, November 5
1:30– 3pm

Facilitator: Catherine Man

Calm Through Crisis

Tuesdays in November
2 – 3:15pm

Facilitator: Pamela Bloom

Chronic Pain Relief Through Hypnosis

Monday, November 30
6 – 7pm

Facilitator: Alexander Ivlev

Guided Meditation & Reiki

Thursday, November 19
6:30– 7:15pm

Facilitators: Lauren Mooney & Allison Rutberg

Healing Sound Meditation & Sonic Attunement

Wednesday, November 4
1:30– 2:30pm

Wednesday, November 23
6:30 – 7:30pm

Facilitator: Eileen Moran

New! Lake and Tree Meditation

Wednesday, November 11
1:30-2:30pm

Facilitator: Rochelle White, ExhilaFit

This workshop incorporates both visual imagery with breath-work and sense awareness to increase tolerance. The lake metaphorically identifies the relationship 'within' in contrast to the external environment while the tree focuses on being grounded and rooted.

Laughter Yoga

Thursday, November 5, 12, 19
4– 4:45pm

Facilitator: Francine Shore

Meditation as The Still Point

Mondays in November
2:30 – 3:45pm

Facilitator: Konrad Ryushin Marchaj

Mind-Body Meditation

Tuesday, November 10
6 – 7pm

Facilitator: Kimberly Brown

Movement Meditation

Thursday, November 5, 19
4 – 5pm

Facilitator: Hillary Helming

Reiki & Soundwaves Meditation

Tuesday, November 3
6:30– 7:30pm

Facilitator: Mei Leung

Creative Expressions Workshops

New! Art Therapy for Stress Relief

Friday, November 6
11am-12pm

Facilitator: The School of Visual Arts

This workshop will be led by students of the School of Visual Arts. Come learn how different art techniques can be used to help relieve stress and increase mindfulness. This workshop will incorporate basic items around the house including paper, pencil and/or colored pencils!

New! Creating a Personal Monologue for the Stage

Monday, November 2, 9, 16
1pm – 2:30pm

Facilitator: Shauna Kanter, Theatre Within

Deepening Your Creative Process

Thursday, November 5, 12
3:30 – 5pm

Facilitator: Joe Raiola

Discovering Documentaries

Thursday, November 19
5:30 – 6:15pm

Facilitator: Nick Budabin

Finding Your Inner Superhero and Healing Through Humor

Thursday, November 5
6 – 7:15pm

Facilitator: Valerie David

Improv Comedy

Thursday, November 19
12:30 – 1pm

Facilitator: Evie Aronson

Just Breathe

Thursday, November 19
2 – 2:45pm

Facilitator: Catherine Gregory

Knitting & Crochet Circle

Wednesdays in November
11am – 1pm

Facilitator: Jennie Tichenor

Poetry with Lynne

Wednesday, November 4, 18
7:15 – 8pm

Facilitator: Lynne Rosenthal

Screen Writing

Tuesday, November 17
6 – 8pm

Facilitator: Jessica Kaplan

The John Lennon Real Love Project: A Songwriting Workshop

Monday, November 2, 9, 16, 23, 30
6:30 – 8pm

Facilitator: Tony Conniff, Theatre Within

The Story You Tell Writing Workshop

Thursday, November 5, 19
6 – 7:30pm

Facilitators: Alexis Mitchell and Rhoni Blankenhorn

Writing Your Own Personal Essay

Wednesday, November 11, 18
Wednesday, December 2, 9

6:30 – 8pm
Facilitator: Roohi Choudry, Theatre Within