



LECTURES

Survivorship: Dealing with Long Term Side Effects of Cancer Treatment
Thursday, May 20; 6-7:15pm
Facilitators: Ivy Altomare, MD and Heather Lewin, APRN, MSN, Flatiron Health

Managing Lymphedema
Tuesday, May 25 ;6-7pm
Facilitator: Dr. Martha Eddy, Founder, Moving for Life

Dignity and the Cancer Experience
Wednesday, May 26; 1:30-3pm
Facilitator: Melissa Rosen, Director of Training and Education of Sharsheret

WORKSHOPS

New! Yoga Journaling
Thursday, May 27; 4:30-6pm
Facilitator: Sharyn Hahn
(Rescheduled from 5/4/21)

In this Deep Yoga-Journaling experience, you will be led through some warm-up poses and a vinyasa flow as well as several short meditations, creative visualization, and intention-setting writing/ sketching activities that are related to a theme. You will feel balanced, relaxed and energized, with a mantra that you can carry with you throughout the week. Please bring a journal and something to write with. There will be writing done during the class, and if you prefer to sketch or want to do both, those are also beneficial alternatives. No experience necessary.

New! Embroidery with NYJL
Tuesday, May 18; 6-7pm
Facilitator: New York Junior League

Come stitch the night away with the NYJL ! An embroidery kit will be mailed to each participant in advance of the workshop from Amazon. Please note that by registering for this workshop you consent to your address being shared. with NYJL for the purpose of material delivery only. Registration is limited and will closed on Monday, May 10th.

NEW WORKSHOPS(Cont)

Taller: Meditación de la bondad
martes, el 25 de mayo; 3- 4pm
Facilitadora: Maria Villareal, ExhilaFit

En este tipo de meditación cultivamos las calidades de la bondad y compasión. La meditación de la bondad es una práctica para crear compasión hacia uno mismo y hacia el mundo. Esta práctica puede aumentar la capacidad de dar perdón, la conexión con otros, la autoaceptación, y más.

New! Self-Care and Massage
Wednesday, May 26; 3- 4pm
Facilitator: Beth Bierko-Theatre Within

This workshop offers us an opportunity to give ourselves the loving attention we so richly deserve with self-massage techniques intended to relax and increase our tranquility. Come to this workshop and discover how beautiful it can be to ease aching muscles, let go of tension and practice some self-care.

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

For assistance with Zoom and/or activity registration, please contact:

Jessilyn Torres at 917-232-8324 (Mon-Thurs 9am-12pm)

Emily Keenan at 917-557-0095 (Mon-Thurs 12-8pm; Fri 9am-5pm)

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
3 2:30-3:45PM— Meditation as the Still Point 5-6pm—Moving for Life: Gentle Aerobics 6:30-8pm—The John Lennon Real Love Project 6:30-7:30pm—Vinyasa Yoga	4 11AM-12:30PM—Gentle Yoga 2-3:30PM—Calm Through Crisis 3:30-4:30PM—Pilates Mat 4-5PM— Cancelled: New! Yoga Journaling (Rescheduled to 5/27/21) 6:30-7:15PM—Reiki and Soundwaves Meditation	5 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	6 1:30-3PM— Breathe and Release 3:30-5PM— Deepening Your Creative Process 4-4:45PM—Laughter Yoga 4-5PM—Movement Meditation 6-8PM—Caregivers Support Group 6-8PM—Living with Advanced or Metastatic Cancer 6:30-8PM— Comic Making as Self-Expression	7 3-4PM — Easy-Does-It Chair Yoga
10 2:30-3:45PM— Meditation as the Still Point 5-6pm—Moving for Life: Gentle Aerobics 6-8pm—Living with Prostate Cancer 6:30-8pm—The John Lennon Real Love Project	11 11AM-12:30PM—Gentle Yoga 2-3:30PM—Calm Through Crisis 2-3:30PM—Wellness Group 3-4PM—Seated Yoga 6-7PM—Mind-Body Meditation	12 11AM-1PM—Knitting & Crochet Circle 1-2:30PM—Living with Loss Group 1:30-2:30PM— Tapping for Stress Reduction 7--8PM —Poetry with Lynne 6-7PM—Yoga: Refresh and Revitalize 6-7:30PM—Living with Gynecological Cancer Group	13 12:30-1:30PM—Improv Comedy 3:30-5PM—Deepening Your Creative Process 4-4:45PM—Laughter Yoga 5:30-6:30PM—Discovering Documentaries 6-7:30PM—Young Adult Bereavement 6:30PM-7:15PM— Guided Meditation and Reiki 6:30-8PM—New! Comic Making as Self-Expression 6:30-8PM—Meditative Pattern Making with Zentangle®	14 12-1PM—Vinyasa Yoga 3-4PM — Tech Neck
17 2:30-3:45PM— Meditation as the Still Point 5-6pm—Moving for Life: Gentle Aerobics 6:30-7:30PM—Healing Sound Meditation and Sonic Attunement 6:30-8pm—The John Lennon Real Love Project 6:30-8PM—Young Adult Caregiver Group	18 11AM-12:30PM—Gentle Yoga 2-3:30PM—Calm Through Crisis 3:30-4:30PM—Pilates Mat 6-7PM— New! Embroidery with New York Junior League 6:30-7:30PM— Flow & Restore	19 11AM-1PM—Knitting & Crochet Circle 1-2:30PM— New! BE STILL 1-2:30PM— Post-Treatment Group 3-5PM—1-Minute Relief from Stress 6-7PM—Yoga: Refresh and Revitalize 6-8PM— Living with Loss Group	20 12:30-1:30PM —Seated Zumba 2-2:45PM—Just Breathe 3:30-5PM—Deepening Your Creative Process 4-4:45PM—Laughter Yoga 4-5PM— Movement Meditation 6-7PM—Lecture— Survivorship: Dealing with Long Term Side Effects of Cancer Treatment 6-7:30PM—Young Adults Living with Cancer Group 6-8PM—Screen Writing 6:30-8PM—New! Comic Making as Self-Expression	21 3-4PM — Easy-Does-It Chair Yoga
24 2:30-3:45PM— Meditation as the Still Point 5-6PM —Moving for Life: Gentle Aerobics 6:30-8PM —The John Lennon Real Love Project	25 11AM-12:30PM—Gentle Yoga 2-3:30PM—Calm Through Crisis 3-4PM—Seated Yoga 3-4PM— Taller: Meditación de la bondad 6-7PM — Lecture: Managing Lymphedema	26 11AM-1PM—Knitting & Crochet Circle 1:30-2:30PM—Lecture: Dignity and the Cancer Experience 3-4PM—Self-Care and Massage 6-7PM—Yoga: Refresh and Revitalize 7-8PM—Poetry with Lynne	27 4-4:45PM—Laughter Yoga 4:30-6PM— Cancelled: Circle of Om: Flow and Release 4:30-6PM—New! Yoga Journaling (Rescheduled from 5/4/21) 6-7:15PM— Finding Your Inner Superhero and Healing Through Humor 6-8PM—Living with Blood Cancer Group 6:30-8PM—New! Comic Making as Self-	VIRTUAL CLUBHOUSE CLOSED @1PM
31 VIRTUAL CLUBHOUSE CLOSED IN OBSERVANCE OF MEMORIAL DAY				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, May 6
6 – 8pm

Facilitator: Jamie Shapiro, LCSW

Living with Advanced or Metastatic Cancer

Thursday, May 6
6 – 8pm

Facilitator: Haley Feldman, LCSW

Living with Blood Cancer

Thursday, May 27
6 – 8pm

Facilitator: Jilian Levinson, LCSW

Living with Gynecological Cancer

Wednesday, May 12
6 – 7:30pm

Facilitator: Awilda Torres, PhD, LMHC

Living with Loss

Wednesday, May 12
1 – 2:30pm

Facilitator: Christine Nolin, LCSW

Wednesday, May 19

6 – 8pm

Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer

Monday, May 10
6 – 8pm

Facilitator: Andrew Hearn, LMSW

Post-Treatment Group

Wednesday, May 5
6 – 8pm

Facilitator: Dena Kaliades, LMSW

Wednesday, May 19

1 – 2:30pm

Facilitator: Dena Kaliades, LMSW

Wellness Group

Tuesday, May 11
2 – 3:30pm

Facilitator: Haley Feldman, LCSW

Young Adult Bereavement

Thursday, May 13
6 – 7:30pm

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

Young Adult Caregivers Group

Monday, May 17
6:30 – 8pm

Facilitator: Jamie Shapiro, LCSW

Young Adults Living with Cancer

Thursday, May 20
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

Survivorship: Dealing with Long Term Side Effects of Cancer Treatment

Thursday, May 20, 2021; 6-7:15pm

Facilitators: Ivy Altomare, MD and Heather Lewin, APRN, MSN, Flatiron Health

Cancer treatment has the potential for side effects that can last beyond the treatment. This educational lecture will address cognitive impairment, neuropathy, radiation fibrosis and osteoporosis as lasting side effects of treatment and how to best manage them. A Q&A will follow the educational presentation.

Managing Lymphedema

Tuesday, May 25, 2021; 6-7pm

Facilitator: Dr. Martha Eddy, Founder, Moving for Life

Lymphedema is a common side effect that may affect a cancer survivor months or even years after treatments, such as surgery or radiation therapy. As part of the circulatory system, the lymph organs play many roles in the body including fluid balance and immunity. Join this lecture to learn how to manage Lymphedema and its symptoms using movement and other self-care strategies.

Dignity and the Cancer Experience

Wednesday, May 26, 2021; 1:30-3pm

Facilitator: Melissa Rosen, Director of Training and Education of Sharsheret

Join Melissa K. Rosen, Sharsheret's Director of Training and Education and two-time cancer survivor for an intimate conversation about dignity and the cancer experience. A cancer diagnosis can bring feelings of loss of control due to treatment and its side effects, which can be physically and emotionally altering. Dignity is one of the most important things to the human spirit. Dignity is about self-determination: from how we present ourselves, to being able to complete certain tasks without assistance, to making decisions on our own. Learn about how maintaining dignity throughout your cancer experience can be a pillar of support.

Body Movement Workshops

Cancelled: Circle of Om: Flow & Restore
Thursday, May 27
 4:30 – 6pm
 Facilitator: Sharyn Hahn

Easy-Does-It-Chair Yoga
Friday, May 7, 21
 3 – 4pm
 Facilitator: Beth Bierko-Theatre Within

Flow & Restore
Tuesday, May 18
 6:30 – 7:30pm
 Facilitator: Laura Adelson

Gentle Yoga
Tuesday, May 4
 11am– 12:30pm
 Facilitator: Sabina Maschi
Tuesday, May 11
 11am– 12:30pm
 Facilitator: Becca pulliam
Tuesday, May 18
 11am– 12:30pm
 Facilitator: Tracy Anderson
Tuesday, May 25
 11am– 12:30pm
 Facilitator: Liz Dalton

Moving for Life: Gentle Aerobics
Monday, May 3, 10, 17 24
 5–6pm-²New Time
 Facilitator: Moving for Life

Pilates Mat
Tuesday, May 4, 18
 3:30 – 4:30pm
 Facilitator: Miranda Stevens

Seated Yoga
Tuesday, May 11, 25
 3 – 4pm
 Facilitator: hOM

Seated Zumba
Thursday, May 20
 12:30– 1:30pm
 Facilitator: Evie Aronson

Tech Neck
Friday, May 14
 3– 4pm
 Facilitator: Beth Bierko-Theatre Within

Vinyasa Yoga
Monday, May 10
 6:30 – 7:30pm
 Facilitator: Rachel Darivoff
Friday, May 14
 12 – 1pm
 Facilitator: Mary Butler-Fink

New! Yoga Journaling
Thursday, May 27
 4:30– 6pm
 Facilitator: Sharyn Hahn

Yoga: Refresh & Revitalize
Wednesdays in May
 6 – 7pm
 Facilitator: Diane Cimine, RYT

Stress Reduction Workshops

1-Minute Relief from Stress
Wednesday, May 19
 3– 5pm
 Facilitator: Scott Weiner

New! BE STILL
Wednesday, May 19
 1:30– 2:30pm
 Facilitator: Rochelle White, ExhilaFit

Breathe and Release: An Introduction to Conscious, Connected Breathwork
Thursday, May 6
 1:30– 3pm
 Facilitator: Catherine Man

Calm Through Crisis
Tuesdays in April
 2 – 3:30pm
 Facilitator: Pamela Bloom

Guided Meditation & Reiki
Thursday, May 13
 6:30– 7:15pm
 Facilitators: Lauren Mooney & Allison Rutberg

Healing Sound Meditation and Sonic Attunement
Monday, May 17
 6:30- 7:30pm
 Facilitator: Eileen Moran

Laughter Yoga
Thursdays in April
 4– 4:45pm
 Facilitator: Francine Shore

Loving Kindness & Forgiveness Meditation
Wednesday, May 5
 1:30 – 2:30pm
 Facilitator: Rochelle White, ExhilaFit

Meditación de la bondad
martes, el 25 de mayo
 3– 4pm
 Facilitadora: Maria Villareal, ExhilaFit

Meditation as The Still Point
Mondays in May
 2:30 – 3:45pm
 Facilitator: Susan Bissonnette

Mind-Body Meditation
Tuesday, May 11
 6 – 7pm
 Facilitator: Kimberly Brown

Movement Meditation
Thursday, May 6, 20
 4 – 5pm
 Facilitator: hOM

Reiki & Soundwaves Meditation
Tuesday, May 4
 6:30– 7:15pm
 Facilitator: Mei Leung

New! Self-Care and Massage
Wednesday, May 26
 3– 4pm
 Facilitator: Beth Bierko-Theatre Within

Tapping for Stress Reduction
Wednesday, May 12
 1:30-2:30pm
 Facilitator: Teri Meissner

Creative Expressions Workshops

New! Comic Making as Self-Expression
Thursday, May 6, 13, 20
 6:30– 8pm
 Facilitator: Matt Lassen-Theatre Within

Deepening Your Creative Process
Thursday, May 6, 13, 20
 3:30 – 5pm
 Facilitator: Joe Raiola-Theatre Within

Discovering Documentaries
Thursday, May 13
 5:30– 6:30pm
 Facilitator: Nick Budabin

New! Embroidery with New York Junior League
Thursday, May 18
 6– 7pm
 Facilitator: New York Junior League

Finding Your Inner Superhero and Healing Through Humor
Thursday, May 27
 6 – 7:15pm
 Facilitator: Valerie David

Improv Comedy
Thursday, May 13
 12:30 – 1:30pm
 Facilitator: Evie Aronson

Just Breathe
Thursday, May 20
 2 – 2:45pm
 Facilitator: Catherine Gregory

Knitting & Crochet Circle
Wednesdays in May
 11am – 1pm
 Facilitator: Jennie Tichenor

Meditative Pattern Making with Zentangle®
Thursday, May 13
 6:30 – 8pm
 Facilitator: Terry Hall

Poetry with Lynne
Wednesday, May 12, 26
 7 – 8pm
 Facilitator: Lynne Rosenthal

Screen Writing
Thursday, May 20
 6 – 8pm
 Facilitator: Jessica Kaplan

The John Lennon Real Love Project
Monday, May 3, 10, 17, 24
 6:30 – 8pm
 Facilitator: Tony Conniff-Theatre Within