



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

LECTURES

La importancia de la salud intestinal

Facilitadora: Ana Blanco, RDN,
God's Love We Deliver
martes, el 22 de septiembre
3-4:15pm

Shining the Light on MPN

Presenters: Maureen Thyne, RPA-C,
Weill Cornell Medicine
Pamela Bloom, Reiki Master and
Transpersonal Coach
Tuesday, September 29
6-8pm

Intimacy and Cancer: How to Approach Sexuality Post-Diagnosis

Speaker: Madeline Cooper, LCSW, CST
Wednesday, September 30
1:30-3pm

NEW WORKSHOPS

Tapping for Stress Reduction

Facilitator: Teri Meissner
Wednesday, September 2
1:30 – 2:30pm

Lake Meditation

Facilitator: Rochelle White,
Creative Mindz Yoga
Wednesday, September 9
1:30 – 2:30pm

NEW WORKSHOPS

Meditación en español

Facilitadora: Noble Silence
jueves, 10 de septiembre
2-3PM

The Zentangle® Method: A Meditative Art Form

Facilitator: Tami Havton
Wednesday, September 16, 30
6:30– 8pm

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
	<p style="text-align: right;">1</p> <p>11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 3-4PM—Seated Yoga</p>	<p style="text-align: right;">2</p> <p>11AM-1PM—Knitting & Crochet Circle 1:30-2:30PM—New! Tapping for Stress Reduction 6-7PM—Yoga: Refresh and Revitalize 6-8PM— Post-Treatment Group 7:15-8PM—New! Poetry with Lynne</p>	<p style="text-align: right;">3</p> <p>1:30-3PM—Breathe & Release: An Introduction to Conscious Breathwork 4-4:45PM—Laughter Yoga 6-8PM—Living with Advanced or Metastatic Cancer Group</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">GCNYC CLOSES @ 1PM</p>
<p style="text-align: right;">7</p> <p style="text-align: center;">GCNYC CLOSED HAPPY LABOR DAY</p>	<p style="text-align: right;">8</p> <p>11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 2-3:30PM—Wellness Monthly Group 3:30-4:30PM—Pilates Mat 6-7PM— Mind-Body Meditation</p>	<p style="text-align: right;">9</p> <p>11AM-1PM—Knitting & Crochet Circle 10AM-11AM—Gentle Yoga 1-2:30PM—Living with Loss Group 1:30-2:30PM—New! Lake Meditation 6-7PM—Yoga: Refresh and Revitalize 6-7:30PM—Living with Gynecological Cancer Group</p>	<p style="text-align: right;">10</p> <p>2-3PM— ¡Nuevo! Meditación en español 4-5PM— Movement Meditation 6-7:30PM—Caregiver Support Group 6-7:30PM—Young Adult Bereavement Group 6--7:15PM—Finding Your Inner Superhero and Healing Through Humor</p>	<p style="text-align: right;">11</p> <p>11AM-12PM—Vinyasa Yoga</p>
<p style="text-align: right;">14</p> <p>1-1:30PM—Seated Zumba 2:30-3:45PM—Meditation as the Still Point 4-5PM— Moving For Life: Gentle Aerobics 6-8PM— Living with Prostate Cancer 6:30-7:30PM— Vinyasa Yoga 6:30-8PM—The John Lennon Real Love Project: A Songwriting Workshop</p>	<p style="text-align: right;">15</p> <p>11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 3-4PM—Seated Yoga</p>	<p style="text-align: right;">16</p> <p>11AM-1PM—Knitting & Crochet Circle 1-2:30PM— Post-Treatment Group 1:30-2:30PM— Healing Sound Meditation & Sonic Attunement 4:15-5:45PM—Circle of Om: Flow & Release 6-7PM—Yoga: Refresh and Revitalize 6-8PM—Living with Loss Group 6:30-8PM—New! The Zentangle® Method: A Meditative Art Form</p>	<p style="text-align: right;">17</p> <p>2-3:30PM—Rest & Restore 5:30-6:45PM—Discovering Documentaries 6-7:30PM—Young Adults Living with Cancer Group</p>	<p style="text-align: right;">19</p>
<p style="text-align: right;">21</p> <p>1-1:30PM—Improv Comedy 2:30-3:45PM—Meditation as the Still Point 4-5PM— Moving For Life: Gentle Aerobics 6:30-8PM—The John Lennon Real Love Project: A Songwriting Workshop 6:30-8PM—Young Adult Caregiver Group</p>	<p style="text-align: right;">22</p> <p>11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 3-4:15PM—Charla: La importancia de la salud intestinal 3:30-4:30PM—Pilates Mat 6:30-7:30PM— Flow & Restore</p>	<p style="text-align: right;">23</p> <p>11AM-1PM—Knitting & Crochet Circle 1:30-2:30PM—Ocean Meditation to Reduce Stress and Anxiety 3-5PM— 1-Minute Relief from Stress 6-7PM—Yoga: Refresh and Revitalize</p>	<p style="text-align: right;">24</p> <p>2-2:45PM—New! Just Breathe 4-4:45PM—Laughter Yoga 4-5PM— Movement Meditation 6-8PM—Living with Blood Cancer Group 6-8PM—Screen Writing 6:30-7:15PM—Guided Meditation & Reiki</p>	<p style="text-align: right;">25</p>
<p style="text-align: right;">28</p> <p>2:30-3:45PM—Meditation as the Still Point 4-5PM— Moving For Life: Gentle Aerobics 6-7PM —Chronic Pain Relief Through Hypnosis 6:30-8PM—The John Lennon Real Love Project: A Songwriting Workshop</p>	<p style="text-align: right;">29</p> <p>11AM-12:30PM—Gentle Yoga 2-3:15PM—Calm Through Crisis 3-4PM—Seated Yoga 6-8PM—Lecture: Shining the Light on MPN 6:30-7:15PM— Reiki and Soundwaves Meditation</p>	<p style="text-align: right;">30</p> <p>11AM-1PM—Knitting & Crochet Circle 1:30-3PM—Lecture: Intimacy and Cancer: How to Approach Sexuality Post-Diagnosis 6-7PM—Yoga: Refresh and Revitalize 7:15-8PM—New! Poetry with Lynne 6:30-8PM—New! The Zentangle® Method</p>		

Monthly Groups

Caregiver Support Group Thursday, September 10 6 – 7:30pm

Facilitator: Jamie Shapiro, LCSW

Living with Advanced or Metastatic Cancer Thursday, September 3 6 – 8pm

Facilitator: Haley Feldman, LCSW

Living with Blood Cancer Thursday, September 24 6 – 8pm

Facilitator: Jilian Levinson, LCSW

Living with Gynecological Cancer Wednesday, September 9 6 – 7:30pm

Facilitator: Awilda Torres, PhD, LMHC

Living with Loss Wednesday, September 9 1 – 2:30pm

Facilitator: Christine Nolin, LCSW

Wednesday, September 16 6 – 8pm

Facilitator: Diana Gradus, LCSW

Living with Prostate Cancer Monday, September 14 6 – 8pm

Facilitator: Andrew Hearn, LMSW

Post-Treatment Group Wednesday, September 2 6 – 8pm

Facilitator: Dena Kaliades, LMSW

Wednesday, September 16 1 – 2:30pm

Facilitator: Dena Kaliades, LMSW

Wellness Group Tuesday, September 8 2 – 3:30pm

Facilitator: Haley Feldman, LCSW

Young Adult Bereavement Thursday, September 10 6 – 7:30pm

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

Young Adult Caregiver Group Monday, September 21 6:30 – 8pm

Facilitator: Jamie Shapiro, LCSW

Young Adults Living with Cancer Thursday, September 17 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

La importancia de la salud intestinal

martes, el 22 de septiembre del 2020; 3-4:15pm

Facilitadora: Ana Blanco, RDN, God's Love We Deliver

Esta presentación cubrirá investigaciones recientes sobre la salud intestinal y el microbioma y sus efectos en la digestión, el sistema inmunitario y el cerebro. Hablaremos sobre recomendaciones importantes para la salud intestinal, tanto en la alimentación como en el estilo de vida y del uso de probióticos.

Shining the Light on MPN

Tuesday, September 29, 2020; 6-8pm

Presenters: Maureen Thyne, RPA-C, Weill Cornell Medicine

Pamela Bloom, Reiki Master and Transpersonal Coach

This virtual event will provide information about physical activity, nutrition, treatment options and other lifestyle strategies for those living with an MPN. The evening will conclude with a brief guided meditation and virtual reiki session.

Intimacy and Cancer: How to Approach Sexuality Post-Diagnosis

Wednesday September 30, 2020; 1:30-3pm

Speaker: Madeline Cooper, LCSW, CST

During this interactive discussion, we will be talking about that a topic that is perceived untouchable – sexuality and intimacy. We will have an open conversation regarding definitions of sexuality and intimacy, myths surrounding sex, dating & disclosure, physical changes that occur after cancer treatment, tips to promote healthy intimacy, and how to create a new sexual framework with partners.

Body Movement Workshops

Circle of Om: Flow & Release
Wednesday, September 16
4:15 – 5:45pm

Facilitator: Sharyn Hahn

Flow & Restore
Tuesday, September 22
6:30 – 7:30pm

Facilitator: Laura Adelson

Gentle Yoga
Tuesday, September 1, 15
11am– 12:30pm

Facilitator: Sabina Machi

Tuesday, September 8, 22
11am– 12:30pm

Facilitator: Liz Dalton

Wednesday, September 9
10am– 11am

Facilitator: Becca Pulliam

Tuesday, September 29
11am– 12:30pm

Facilitator: Tracy Anderson

Moving For Life: Gentle Aerobics
Monday, September 14, 21, 28
4–5pm

Facilitator: Caroline King

Pilates Mat
Tuesday, September 8, 22
3:30 – 4:30pm

Facilitator: Miranda Stevens

Rest & Restore
Thursday, September 17
2 – 3:30pm

Facilitator: Maisah Hargett

Seated Yoga
Tuesday, September 1, 15, 29
3 – 4pm

Facilitator: Hillary Helmling

Seated Zumba
Monday, September 14
1–1:30pm

Facilitator: Evie Aronson

Vinyasa Yoga
Friday, September 11
11am – 12pm

Facilitator: Mary Butler-Fink

Monday, September 14
6:30 – 7:30pm

Facilitator: Rachel Darivoff

Yoga: Refresh & Revitalize
Wednesdays in September
6 – 7pm

Facilitator: Diane Cimine, RYT

Stress Reduction Workshops

1-Minute Relief from Stress
Wednesday, September 23
3– 5pm

Facilitator: Scott Weiner

Breathe and Release: An Introduction to Conscious, Connected Breathwork
Thursday, September 3
1:30– 3pm

Facilitator: Catherine Man

Calm Through Crisis
Tuesdays in September
2 – 3:15pm

Facilitator: Pamela Bloom

Chronic Pain Relief Through Hypnosis
Monday, September 28
6 – 7pm

Facilitator: Alexander Ivlev

Guided Meditation & Reiki
Thursday, September 24
6:30– 7:15pm

Facilitators: Lauren Mooney & Allison

Rutberg

Healing Sound Meditation & Sonic Attunement
Wednesday, September 16
1:30 – 2:30pm

Facilitator: Eileen Moran

New! Lake Meditation
Wednesday, September 9
1:30-2:30pm

Facilitator: Rochelle White

Lake Meditation combines guided imagery, breath-work, and sense of awareness to increase tolerance to the external world around us. The lake metaphorically identifies the relationship 'within' in contrast to the external environment. Join us in this unique meditation so you can learn to be in touch with your reservoir of awareness, below the surface of your mind.

Laughter Yoga
Thursday, September 3, 24
4– 4:45pm

Facilitator: Francine Shore

Meditation as The Still Point
Monday, September 14, 21, 28
2:30 – 3:45pm

Facilitator: Konrad Ryushin Marchaj

¡Nuevo! Meditación en español
jueves, 10 de septiembre
2 – 3pm

Facilitadora: Noble Silence

En este taller, practicante de meditación Noble Silence nos hablara de los beneficios de la meditación, como hacerlo, y haremos una practica pequeña juntos en grupo.

Mind-Body Meditation
Tuesday, September 8
6 – 7pm

Facilitator: Kimberly Brown

Movement Meditation
Thursday, September 10, 24
4 – 5pm

Facilitator: Hillary Helming

Ocean Meditation to Reduce Stress & Anxiety
Wednesday, September 23
1:30 – 2:30pm

Facilitator: Rochelle White

Reiki & Soundwaves Meditation
Tuesday, September 29
6:30– 7:15pm

Facilitator: Mei Leung

New! Tapping for Stress Reduction
Wednesday, September 2
1:30-2:30pm

Facilitator: Teri Meissner, Integrative Practitioner

Join us to learn and experience Tapping, also known as EFT (Emotional Freedom Technique) to help reduce stress & anxiety, and induce relaxation. This simple practice can help to relax the mind, the body, decrease stress, and calm the nervous system. Tapping can also help reduce feelings of sadness and fear.

Creative Expressions Workshops

Discovering Documentaries
Thursday, September 17
5:30 – 6:45pm

Facilitator: Nick Budabin

Improv Comedy
Monday, September 21
1 – 1:30pm

Facilitator: Evie Aronson

New! Just Breathe
Thursday, September 24
2 – 2:45pm

Facilitator: Catherine Gregory

Knitting & Crochet Circle
Wednesdays in September
11am – 1pm

Facilitator: Jennie Tichenor

New! Poetry with Lynne
Wednesday, September 2, 30
7:15 – 8pm

Facilitator: Lynne Rosenthal

The John Lennon Real Love Project: A Songwriting Workshop
Monday, September 14, 21, 28
Monday, October 5
6:30 – 8pm

Facilitator: Tony Conniff, Theatre Within

Screen Writing
Thursday, September 24
6 – 8pm

Facilitator: Jessica Kaplan

Finding Your Inner Superhero and Healing Through Humor
Thursday, September 10
6 – 7:15pm

Facilitator: Valerie David

New! The Zentangle® Method: A Meditative Art Form
Wednesday, September 16, 30
6:30– 8pm

Facilitator: Tami Havton

The Zentangle Method is a fun, easy-to-learn and relaxing way to create beautiful images by drawing structured, repetitive patterns. In this introductory class, hear about the creation of Zentangle®, learn a few patterns (tangles) and unlock your inner artist.