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.reddoorcommunity.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.reddoorcommunity.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 RDC leadership, please visit our website: www.reddoorcommunity.org.

LECTURES

Estate Planning 101
Monday, August 9; 6:15-7:30pm
Facilitator: Aaron B. Safier, AWMA, LUTCF, Founder and CEO, Sapphire Wealth Advisory Group

This presentation will provide comprehensive answers to common questions about estate planning in New York. We will discuss the “building blocks” of estate planning: the Living Will, the Health Care Proxy, Power of Attorney and Last Will and Testament. We will also explore how property is distributed when there is a will, when there is no will and when property is jointly titled or has named beneficiaries.

LECTURES (CONT)

Alimentos Organicos
jueves, el 12 de agosto; 3-4pm
Facilitadora: Ana Blanco, MS, RDN, CDN

Hablaremos sobre:
• Que se entiende por alimento orgánico?
• Ventajas y desventajas de alimentos orgánicos versus convencionales
• Etiquetas de alimentos
• Alimentos genéticamente modificados
• Beneficios de comprar alimentos locales
• Implicaciones en presencia de cáncer

LECTURES (CONT)

Sanacion Acustica
martes, el 17 de agosto; 3-4:30pm
Facilitadora: Maria Villareal, ExhilaFit

En este charla aprenderán a cómo llegar a un nivel superior de relajación con sonidos acústicos. Diapasones y vibrando el sonido de OM inmediatamente puede cambiar la estructura molecular del cuerpo, células y espíritu. Aprenderán una técnica simple que pueden aplicar en su cada día.

Culinary Medicine & Cannabis: Wellness Prescription for Healing
Wednesday, August 25; 1:30-3pm
Facilitator: Dr. Dara Huang

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

¿Es importante que los alimentos que comemos sean orgánicos?
Speaker: Ana Blanco
Tuesday, December 16; 1-2pm
Facilitadora: Ana Blanco, MS, RDN, CDN

Hablaremos sobre:
• Que se entiende por alimento orgánico?
• Ventajas y desventajas de alimentos orgánicos versus convencionales
• Etiquetas de alimentos
• Alimentos genéticamente modificados
• Beneficios de comprar alimentos locales
• Implicaciones en presencia de cáncer
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>2:30-3:45PM — Meditation as the Still Point</td>
<td>11AM-12:30PM — Gentle Yoga</td>
<td>11AM-1PM — Knitting &amp; Crochet Circle</td>
<td>1:30-3PM — Breathe and Release</td>
<td>SUMMER HOURS: VIRTUAL CLUBHOUSE CLOSES @ 1PM</td>
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<tr>
<td>5-6PM — Moving for Life: Gentle Aerobics</td>
<td>2-3:30PM — Calm Through Crisis</td>
<td>6-7PM — Yoga: Refresh and Revitalize</td>
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<td>12-1PM — Noogies at Noon</td>
<td>1-2:30PM — Living with Loss Group</td>
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<td>1:30-2:30PM — Ocean Meditation</td>
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**SUMMER HOURS:**

VIRTUAL CLUBHOUSE CLOSES @ 1PM

**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, August 12**  
6 – 8pm  
Facilitator: Jamie Shapiro, LCSW

**Living with Advanced or Metastatic Cancer**  
**Thursday, August 5**  
6 – 8pm  
Facilitator: Haley Feldman, LCSW

**Living with Blood Cancer**  
**Thursday, August 26**  
6 – 8pm  
Facilitator: Jilian Levinson, LCSW

**Living with Gynecological Cancer**  
**Wednesday, August 11**  
6 – 7:30pm  
Facilitator: Awilda Torres, PhD, LMHC

**Living with Loss**  
**Wednesday, August 11**  
1 – 2:30pm  
Facilitator: Christine Nolin, LCSW

**Living with Prostate Cancer**  
**Monday, August 9**  
6 – 8pm  
Facilitator: Andrew Hearn, LMSW

**Post-Treatment Group**  
**Wednesday, August 4**  
6 – 8pm  
Facilitator: Dena Kaliades, LMSW

**Living with Prostate Cancer**  
**Monday, August 9**  
6 – 8pm  
Facilitator: Andrew Hearn, LMSW

**Post-Treatment Group**  
**Wednesday, August 4**  
6 – 8pm  
Facilitator: Dena Kaliades, LMSW

**Wellness Group**  
**Tuesday, August 10**  
2 – 3:30pm  
Facilitator: Haley Feldman, LCSW

**Young Adult Bereavement**  
**Thursday, August 12**  
6 – 7:30pm  
Facilitator: Darren Arthur, MSW, LCSW, OSW-C

**Young Adult Caregivers Group**  
**Monday, August 16**  
6:30 – 8pm  
Facilitator: Jamie Shapiro, LCSW

**Young Adults Living with Cancer**  
**Thursday, August 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.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Group</th>
<th>Facilitator</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>4:30 – 6pm</td>
<td>Teens Connect</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>10 – 11:30am</td>
<td>Spanish Wellness Group</td>
<td>Dena Kaliades, LMSW</td>
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<td><strong>Saturday</strong></td>
<td>5 – 5:45pm</td>
<td>Noogie Night (Bereavement)</td>
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### Lectures

#### Estate Planning 101

**Monday, August 9, 2021; 6:15-7:30pm**  
Facilitator: Aaron B. Safer, AWMA, LUTCF, Founder and CEO, Sapphire Wealth Advisory Group

This presentation will provide comprehensive answers to common questions about estate planning in New York. We will discuss the “building blocks” of estate planning: the Living Will, the Health Care Proxy, Power of Attorney and Last Will and Testament. We will also explore how property is distributed when there is a will, when there is no will and when property is jointly titled or has named beneficiaries.

**Alimentos Organicos**

**jueves, el 12 de agosto, 2021; 3-4pm**  
Facilitadora: Ana Blanco, MS, RD, CDN

Hablaremos sobre:
- Que se entiende por alimento orgánico?
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- Implicaciones en presencia de cáncer

#### Sanacion Acustaica

**martes, el 17 de agosto, 2021; 3-4:30pm**  
Facilitadora: Maria Villareal, Exhilaft

En esta charla aprenderán a cómo llegar a un nivel superior de relajación con sonidos acústicos. Diapasones y vibrando el sonido de OM inmediatamente puede cambiar la estructura molecular del cuerpo, células y espíritu. Aprenderán una técnica simple que pueden aplicar en su cada día.

#### Culinary Medicine & Cannabis: Wellness Prescription for Healing

**Wednesday, August 25, 2021; 1:30-3pm**  
Facilitator: Dr. Dara Huang

In this vibrant presentation, Dr. Dara Huang will present the main principles in Culinary Medicine to promote healthy lifestyle strategies and empower you to adopt safe, effective and happy ways of using food and cooking as a medical supplement or an alternate to traditional prescription care. Diet and behavioral modifications will also be discussed as an effective tool in managing common chronic diseases and cancer related symptoms such as nausea, weight loss and anxiety. As food at times could be the best medicine, we will talk about the art and science of kitchen therapy, creating colorful meals, and focus on the healing properties of the humble cannabis plant for joyful eating and living.
**Body Movement Workshops**

**Flow & Restore**
Tuesday, August 24
6:30 – 7:30pm
Facilitator: Laura Adelson

**Gentle Yoga**
Tuesday, August 3, 17
11am – 12:30pm
Facilitator: Tracy Anderson
Tuesday, August 24
11am – 12:30pm
Facilitator: Sabina Machi
Tuesday, August 31
11am – 12:30pm
Facilitator: Becca Pulliam

**Moving for Life: Gentle Aerobics**
Monday, August 2, 9, 16
5 – 6pm
Facilitator: Moving for Life

**Pilates Mat**
Tuesday, August 10, 24
3 – 4pm
Facilitator: Miranda Stevens

**Rejuvenate and Rest**
Wednesday, August 11
2:30 – 4pm
Facilitator: Maisah Hargett

**Seated Yoga**
Tuesday, August 3, 17, 31
3 – 4pm
Facilitator: hOM

**Vinyasa Yoga**
Friday, August 27
12 – 1pm
Facilitator: Mary Butler-Fink

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

**Stress Reduction Workshops**

**1-Minute Relief from Stress**
Wednesday, August 18
3 – 5pm
Facilitator: Scott Weiner

**Breathe and Release: An Introduction to Conscious, Connected Breathwork**
Thursday, August 5
1:30 – 3pm
Facilitator: Catherine Man

**Calm Through Crisis**
Tuesdays in August
2 – 3:30pm
Facilitator: Parnella Bloom

**Chronic Pain Relief Through Hypnosis**
Monday, August 23
6 – 7pm
Facilitator: Alexander Ivlev

**Healing Sound Meditation and Sonic Attunement**
Monday, August 30
6:30 – 7:30pm
Facilitator: Eileen Moran

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

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

**Mind-Body Meditation**
Tuesday, August 17
6 – 7pm
Facilitator: Kimberly Brown

**Movement Meditation**
Thursday, August 12, 26
4 – 5pm
Facilitator: hOM

**Ocean Meditation to Reduce Stress & Anxiety**
Wednesday, August 11
1:30 – 2:30pm
Facilitator: Rochelle White, ExhilaFit

**Reiki and Soundwaves Meditation**
Tuesday, August 3
6:30 – 7:15pm
Facilitator: Mei Leung

**Creative Expressions Workshops**

**Comedy Writing**
Monday, August 16
6 – 8pm
Facilitator: David LaBarca

**Deepening Your Creative Process**
Thursday, August 5, 12, 19
3:30 – 5pm
Facilitator: Joe Raiola-Theatre Within

**Improv Comedy**
Thursday, August 19
12:30 – 1:30pm
Facilitator: Evie Aronson

**Just Breathe**
Thursday, August 12
11 – 11:45am
Facilitator: Catherine Gregory

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

**Meditative Pattern Making with Zentangle®**
Thursday, August 19
6 – 7:30pm
Facilitator: Terry Hall

**Youth Program**

**Noogies at Noon**
Monday, August 16 - Friday, August 20
12 – 1pm

Noogies at Noon is a new virtual program for the kids of RDC to connect, participate in interactive workshops and games, and have tons of fun! The program is open to children between the ages of 5-12 and registration is required.

Please contact Dena Kaliades at dkaliades@gildasclubnyc.org.