November is Lung Cancer Awareness Month, please join us for a hybrid workshop on November 30th at 2:30pm, featuring Dr. Rohs, Dr. Chakravarti, Katherine Fromm, RN & Lily Abrahams, SWI. November is also National Family Caregivers Awareness Month, join our caregiver support group on November 17th at 4pm. Please note the new Poetry listening club for Chinese-speaking cancer patients on November 21st. We hope to see you at one of our November programs!

Lung Cancer Awareness Month Workshop
In recognition of Lung Cancer Awareness Month please join us for this hybrid event featuring: Introductory Remarks, Dr. Rohs, Improving Pulmonary Function, Dr. Chakravarti, Debunking Myths, Katherine Fromm, RN, Breath Work Techniques for Relaxation, Lily Abrahams, SWI
In person at Chelsea 325 W 15th St Main Conf Room
Wednesday, November 30th 2:30-3:30pm
To register, please email Elizabeth.Abrahams@mountsinai.org/ 347-943-1534
*In-person attendees will receive a Harmonica

Caregiver Support Group
In recognition of Cancer Caregiver Month join our support group the first and third Thursday of the month starting on Nov.17th
Thursday, November 17th 4:00-5:00pm
To learn more or RSVP, please reach out to Mae Ryan at mae.ryan@mountsinai.org or (212) 523 - 7541
Join by going to zoom.us/join and typing in the Meeting ID #92904053107

Poetry Listening Club: Chinese-Speaking Cancer Patients Support Group
華人癌友賞詩會
Experiencing the strength of heart through words Improving the quality of life 一起来聆听诗歌朗诵 Join us for a poetry listening session
星期一，11月21日，下午三点至下午四点
Monday, November 21st 3:00-4:00 PM
To join via computer: https://mountsinai.zoom.us/j/7425875532 透过电脑视频加入会议链接：https://mountsinai.zoom.us/j/7425875532 To join via telephone: dial 1-646-876-9923. Meeting ID: 742-587-5532 想知道更多信息，请联系社工实习生 依北同学 邮箱：Yibei.zhang@mountsinai.org

Questions about Programming? Email Alison.snow@mountsinai.org
**Journaling/Blogging/ Writing Workshops**
Join one or all of our variety of writing workshops via Zoom! Emily will send out prompts the night before and we encourage you to take a moment, whether 10 minutes or an hour to write something, then we will gather together on Zoom to share what we have written.

**Journaling:** Wed: Nov 2, 9
**Blogging:** Wed: Nov 16, 30
**Writing:** Mon: Nov 7, 14
3:00-4:00pm
Email Emily write.treat@gmail.com to get the Zoom link and password

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**Meditation with Alice**
Join Alice Fox for her virtual guided meditation on **Mondays & Wednesdays**. Learn to connect and enjoy a sense of inner peace and let go of stress. Evidence supports the healing benefits of meditation for cancer patients.

**11:00-12:00PM**

Please email Alice Fox at alicebfox@gmail to register for the zoom link.

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**Vocal Ensemble**
Join our Mount Sinai Vocal Ensemble for a little musical delight. Join in whether to sing yourself or to enjoy a little music from the comfort of your own home. The group meets on Zoom and is led by the talented Michael Inge.

**Mondays at 1:00 PM**

Meeting ID: 448 800 2565
Passcode: 506560

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**Yoga For Cancer Survivors with Jerry**
Looking to find a little peace of mind and stretch your body?
Join Jerry Snee for a virtual Yoga practice

**Fridays at 2:00-3:30pm**

Please note that this is a virtual yoga class and will be held on zoom.

https://us02web.zoom.us/j/7306 13875
Meeting ID: 730 613 875
Passcode: yfpwc

**Yoga For Men Who are Cancer Survivors with Jerry - Hybrid at JCC**
Join Jerry Snee, CYI for in-person or virtual community and Yoga practice

**Thursdays 3:00-4:30pm**

Please email jerrysnee@msn.com for more info.
Makom on the 7th Floor or via Zoom Meeting
Zoom Meeting ID: 914 5364 7590
Zoom Passcode: jccyogamen

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**Knitting Group**
Knitting and crocheting can lower heart rate and blood pressure and reduce harmful levels of the stress hormone cortisol. Enjoy friendly conversation while you work on your yarn projects. Beginners are always welcome. We’ll get you started!

**Thursdays 1:00-2:00PM Virtual**

https://bit.ly/37OCzo0
or call in to 1-646-876-9923
Meeting ID: 320 489 3433

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Questions about Programming? Email Alison.snow@mountsinai.org
Surviving Survivorship: Managing Life During & After a Blood Cancer Diagnosis
Join Sarah Handsman, LCSW for a monthly meeting for education, support, and information sharing. The group is open to leukemia, lymphoma and myeloma patients and survivors, their adult family members, partners and friends.

Thursday, November 10th
6:00-7:00 pm
RSVP to sarah.handsman@mountsinai.org or 646-315-4148 for the workshop Zoom information

Latina SHARE Support Group for Women with Breast & Ovarian cancer
Join LatinaSHARE for a support group in Spanish for our Mount Sinai Cancer Center patients with Breast or Ovarian cancer.

Wednesday, Nov 16th at 2pm
If interested in joining please contact Jennie Santiago jsantiago@sharecancersupport.org
Todos podran registrarse llamando al 212.221.1626 o palcivar@sharecancer-support.org

The Cedar Club: Chinese-speaking Cancer Patients Support Group
Join us for a discussion about communication with family and friends about cancer. 和我們一起討論如何與家人朋友討論關於癌症的話題。Meet people with similar experiences. Share your stories and feelings. Let us support each other! 認識其他擁有類似經驗的朋友。分享你的經驗與感想。讓我們互相支持！
Tuesday, November 15, 2:00 PM - 3:00 PM
https://mountsinai.zoom.us/j/7425875532
To join via telephone: dial 1-646-876-9923.
Meeting ID: 742-587-5532
通電話加入會議：請先撥打1-646-876-9923，然後輸入會議號碼742-587-5532
Emma Mi Zhou, LCSW at mi.zhou@mountsinai.org or 212-604-6095
想要知道更多信息，請聯繫李菊珍臨床社工周依梅小姐
郵箱 mi.zhou@mountsinai.org 或者電話212-604-6095

Glioblastoma & Brain Tumor Support Group
Seeking support for yourself or a loved one with a Brain Tumor? Our Glioblastoma Support Group meets 1st Thurs of every month.

Thursday November 3rd
at 1:00pm-2:00pm
Brain Tumor Support Group 3rd Thursday of every month from 5:30-6:30pm

Thursday, November 17th at 5:30pm
To join the groups email: Kat Safavi, LCSW Kat.safavi@mountsinai.org

Young Adult Support Group
This group offers patients, ages 18-40, an opportunity to share experiences and issues, ask questions, and hear how often others are coping with their illness in a facilitated discussion with Liza Lundgren, LMSW and Dana Rainey, Staff Chaplain.

Thursday, November 3rd
11:00-12:00pm
For more information: liza.lundgren@mountsinai.org/ 347-580-0669
https://mountsinai.zoom.us/j/972273228
or call in to 1-646-876-9923
Meeting ID: 972 2732 2863

Newly Diagnosed Group
Have you been recently diagnosed with Cancer? Join us to learn techniques to cope with anxiety, such as mindfulness, and other meditations for relaxation and talk to other patients about what they are doing to handle their new diagnosis.

Wednesday, November 9th
at 11:00am-12:00pm
https://mountsinai.zoom.us/j/94015250142
or call in to: 646-527-0226
Meeting ID: 940 1525 0142
RSVP to Liza at 347-580-0669 or liza.lundgren@mountsinai.org

Questions about Programming? Email Alison.snow@mountsinai.org
Look Good Feel Better Free Virtual Skincare & Makeup Classes

Look Good Feel Better (LGFB) Live! virtual workshops provide valuable information and connection for women undergoing cancer treatment. This online experience offers live instruction and tips for dealing with appearance-related side effects of cancer treatment during one-hour, online workshops. LGFB beauty professional volunteers guide a group of participants in skin care and makeup application, the use of wigs and other head coverings, nail care, or body image and styling workshops to help manage appearance concerns. Participants can ask questions of the instructor, interact with other participants from the safety and comfort of home. For more information or to register please visit their website: https://lookgoodfeelbetter.org/virtual-workshops/

SPOHNC GROUP

Support for People with Oral and Head and Neck Cancer (SPOHNC)
SPOHNC is a vital resource for head and neck cancer patients. We have had an enormous positive impact on meeting the psychosocial needs of patients as well as preserving, restoring, and promoting physical and emotional health. SPOHNC is a foundation for patient and family education and awareness.

Tuesday, October 18th
3:30pm-4:30pm
RSVP to Darren Arthur, LCSW (212)844-6292 or email darren.arthur@mountsinai.org to get the login info and Zoom link!

Malecare Gay Men's Prostate Cancer Group
Looking for support since being diagnosed with prostate cancer? Join Malecare for help coping and talking to others with the same diagnosis.

Wednesdays
For more information and to get the zoom link email info@malecare.org

Malecare All Things Prostate Cancer & Advanced Prostate Cancer Support Group
A cancer diagnosis can be a lot for anyone to handle, but gay men may experience added challenges due to histories of homophobia and marginalization. Join Malecare on the 1st Monday of every Month at 6pm for support from other gay men going through a similar experience.

First Monday of the Month at 6pm
To get the zoom link and RSVP email info@malecare.org

Questions about Programming? Email Alison.snow@mountsinai.org

2023 Medicare Update online w/ Karpas Health

Join Eric Hausman (Dept of Aging) to hear about the latest changes, choices and costs in Medicare. The lecture will cover everything you will need to know about Medicare, including info about: Part A, Part B, Medigap/Medicare Supplement Insurance, Medicare Advantage/Medicare Health Plans, Part D Drug Coverage, Programs that help people with their Medicare costs (including Medicare Savings Programs, Part D Extra Help/LIS, EPIC). Join us and get your Medicare questions answered.

Monday, November 21st
1:30-3:00pm
Meeting ID: 950 7541 5714 Passcode: 025733
Dial In: 646-876-9923

For more information or to RSVP please email dana.rainey@mountsinai.org

Look Good Feel Better (LGFB) Live! virtual workshops provide valuable information and connection for women undergoing cancer treatment. This online experience offers live instruction and tips for dealing with appearance-related side effects of cancer treatment during one-hour, online workshops. LGFB beauty professional volunteers guide a group of participants in skin care and makeup application, the use of wigs and other head coverings, nail care, or body image and styling workshops to help manage appearance concerns. Participants can ask questions of the instructor, interact with other participants from the safety and comfort of home. For more information or to register please visit their website: https://lookgoodfeelbetter.org/virtual-workshops/
Woman to Woman: COVID & Cancer: Bilingual Spanish/English Session
Healthy Snacking - Smoothies & More
Junior volunteers Emma, Calliope and Roberto from Club Care will demonstrate how to create perfect smoothies which are nutritious, refreshing, economical and easy snack. They will share additional nutritionist-approved snack ideas from various cultures to satisfy every craving so participants leave inspired to fill their kitchens with wholesome and tasty treats.

Thursday, November 17th at 4pm
Meeting ID: 208 938 0884/ call in-929-205-6099

Woman to Woman: Nutrition & Gut Health
Find out what you can do to create a healthy microbiome and a healthy you. Join Debbie Bessen, MS, RD, CSO, CLT the Nutrition Outreach Manager for Holy Name Medical Center, who has over 25 years of experience as a registered dietitian nutritionist with broad experience within the field for this informative session.

Wednesday, November 9th 12:00-1:00pm
Join Zoom Meeting
https://bit.ly/37Czz0n
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: Making Mini-Books of Maximum Gratitude w/ the Creative Center
We will create mini-books, filled with collages of imagery, quotes, and symbols, that help us express gratitude that’s hard to put into words.

Materials: a few 8.5 x11 sheets of paper, glue sticks, magazines and color writing supplies

Wednesday, November, 16th at 12pm-1:30pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: Gynecologic Cancer Support Group
Meet other women who have been diagnosed with this life changing disease and share your story. The goal is to reduce isolation, share resources, feel empowered and learn ways to cope. We will be joined by guest speakers who are specialists in their fields.

Wednesdays, 12:00-1:00 pm
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

Woman to Woman: COVID & CANCER: COVID Medical Update With Dr. Smith
As the COVID news continues to change daily, it’s difficult to sort through and understand the implications of the vast amount of information available. Esteemed Dr. Cardinale Smith, oncologist and palliative medicine physician, will share her expertise and help our oncology patients figure out how to safely navigate pandemic life.

Tuesday, November 29th 12:30pm
Join Zoom Meeting
https://bit.ly/37Czz0n
Meeting ID: 208 938 0884 call-929-205-6099

Woman to Woman: BRCA Awareness
Having the BRCA mutation comes with some tough choices. Choices that many, unless in a similar circumstance don’t understand. We do. The purpose of this group is to talk about the impact the BRCA mutation has on your physical and emotional health and how you manage it. This group will be co-led by an oncology social worker and a Woman to Woman survivor volunteer who has the BRCA mutation.

November 10th at 4pm
Join Zoom Meeting
https://bit.ly/2ZUuQ2c
Meeting ID: 757 176 6991/ Call in- +16465588656

Questions about Woman to Woman? Email womantowoman@mountsinai.org
**Woman to Woman Book Club**
Each month the book will be chosen by a book club member. All are welcome, whether you’ve had a chance to finish the book or not! (Just be mindful that you may encounter some spoilers ...)
If you’d like to join but are unable to purchase a copy of the book, please reach out to womantowoman@mountsinai.org for assistance. November: Lessons in Chemistry by Bonnie Garmus

**November 30th at 7:00pm**
Join Zoom Meeting
Meeting ID: 757 176 6991/ Call in- 646-558-8656

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**Dubin Zoom Yoga for Breast Cancer Patients**
Join The Dubin Breast Center of the Tisch Cancer Institute weekly yoga class led by Jana Hicks, CYI focused for patients with breast cancer.

**Tuesdays, 5:30-6:30pm**
RSVP for the Zoom information or for more information please contact Eli Choo, at eli.choo@mountsinai.org.

*These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

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**Dubin Zoom Meditation for Breast Cancer Patients**
Join The Dubin Breast Center of the Tisch Cancer Institute weekly meditation class led by Laura Teusink, focused for patients with breast cancer.

**Wednesdays, 6:00-6:45pm**
RSVP for the Zoom information or for more information please contact eli.choo@mountsinai.org

*These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

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**Dubin Zoom Pilates for Breast Cancer Patients**
Join The Dubin Breast Center of the Tisch Cancer Institute, weekly pilates class focused for patients with breast cancer, led by Melissa Miles.

**Thursdays, 5:00-6:00pm**
RSVP for the Zoom information or for more information please contact, Eli Choo at eli.choo@mountsinai.org

*These programs require pre-registration and are ALL virtual, online via Zoom. Once you sign up for a class or group, you will receive an email with a link to the class that you can join up to 15 minutes prior to the start time*

*This class is open to people being treated for breast cancer at any Mount Sinai Health System location*

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**Woman to Woman: Now What? Long-Term Gynecologic Cancer Survivor Group**
This monthly group is for long-term (2+) year survivors of gynecologic cancer. The purpose is to connect with other women to share unique experiences of long-term survivors in a supportive setting.

**Monday, November 21st**
**12:00-1:00pm**
Join Zoom Meeting:
https://bit.ly/37Czz0n
Meeting ID: 208 938 0884/ call in-929-205-6099,2089380884

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**Woman to Woman Living with Recurrent Gynecologic Cancer**
This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time. Meets the 2nd Tues of every month.

**Tuesday, November 8th**
**12:00-1:00pm**
Join Zoom Meeting
Meeting ID: 865 7625 2999/ Call in- 646-558-8656

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**Woman to Woman Living with Recurrent Gynecologic Cancer**
This group is for survivors of gynecologic cancer who have experienced a recurrence. The purpose of this group is to gain support, learn from and share resources with those who have faced cancer a second time. Meets the 2nd Tues of every month.

**Tuesday, November 8th**
**12:00-1:00pm**
Join Zoom Meeting
Meeting ID: 865 7625 2999/ Call in- 646-558-8656
**Zentangle Beyond the Basics Online with the JCC**
Come create easy-to-learn patterns in beautiful compositions through this unique rhythmic art form, suitable for artists at all levels. In no time, the simple steps allow tanglers to access a delicious pleasure and calm. Bring a cup of tea, unlined white paper, a fine-tipped black pen, pencil, and paper smudger (or cotton swab) for shading, and watch your creativity take off!

**Friday, November 4, 11, 18 & 25
11:30-12:30pm**

Please contact registration by email at boxoffice@mmjccm.org for additional information

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**Online Art Workshops with the Creative Center**
Join the Creative Center for daily art workshops on Zoom. Using simple art supplies and household materials, you'll experience the transformative power of Art to create and have fun! View the current workshop calendar and sign up at https://bit.ly/3ceJyZB

For any questions or more information contact info@thecreativecenter.org

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**Make Mondays Marbleous Series online with the JCC**
This November begin your preparations for the holiday season from the inside out. Turn your Monday lunch hour into a time of self-reflection to access greater joy. Join certified Positive Psychology Life Coach and breast cancer survivor Diane Uniman

**Week One: First Steps to Happiness + Well-Being, Mon Nov 14 12-1pm**
**Week Two: Breakthrough Attitudes for a Better Life, Mon, Nov 21, 12-1pm**
**Week Three: Crafting Your Unique, Big, Bold Wonderful Life, Mon, Nov 28 12-1pm**
Each class builds on the next; participants are encouraged, but not obligated, to attend all three.

Please contact registration by email at boxoffice@mmjccm.org for additional information

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**Gentle Water Aerobics for Women Living with Cancer at the JCC**
Join Teri Dupuy for gentle exercise class. Water exercise helps to create better posture, release stress, and prevent falls. Using movements similar to tai chi, this class gently lubricates joints, improves muscle coordination and tone, and helps with balance and neuropathy. Please register for class the training pool is limited to 8 participants. The class is free of charge to individuals impacted by cancer.

**Tuesdays: 10:00-11:00am**
Free for those being tested or treated for cancer. Registration by email: boxoffice@mmjccm.org

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**Nia Moving to Heal for Women Living with Cancer Online with the JCC**
Learn to slow down and personalize movement for your body while focusing on feeling better, regardless of your physical condition. All classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with the side effects of that surgery and chemo and radiation.

**Tuesdays at 4:15-5:15 PM**
Zoom Meeting ID: 936 4666 0653
Zoom Password: jcniamove

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**Yoga for Cancer Care Online with the JCC**
Join Whitney Chapman and allow gentle yoga stretches to bring balance and calm into your body. Stretch, expand and soften into yourselves to improve well-being, feel better and regain and maintain center. Gentle postures, relaxation and meditation will be incorporated in this class. No prior yoga experience needed.

**Mondays 6:15-7:30pm**
Join Zoom Meeting https://zoom.us/j/97582830681
Meeting ID: 975 8285 0681
Password: jccrelax
Healing Yoga For Women Living with Cancer Online with the JCC
Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

**Thursdays, 6:45-8:00pm**
*No class 11/24*
Join Zoom Meeting
https://zoom.us/j/99360073785
Password: jcchealing
Meeting ID: 993 6007 3785

Yoga For Cancer Care Online with the JCC
Join Leora Leung for gentle yoga stretches to bring balance and clam into your body. Stretch, expand and soften into yourselves to improve well-being, feel better and regain and maintain center. Gentle postures, relaxation and meditation will be incorporated in this class. No prior yoga experience needed.

**Sundays, 3:00-4:15 PM**
Join Zoom Meeting
https://zoom.us/j/96204552859
Password: jccyoga4me
Meeting ID: 962 0455 2859

Ai Chi Renewal Program for Women Living with Cancer Online with the JCC
The class will include breathing, relaxation, gentle exercises, stretching & some strengthening plus virtual AiChi moves. Ai Chi: Japanese for love Ai; Chi Chinese for energy.

**Thursdays at 9:45-10:45am**
*No class 11/24*
Join Zoom Meeting
https://zoom.us/j/96764984284
Password: jccaichic
Meeting ID: 967 6498 4284

Healing Yoga For Women Living with Cancer
Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

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Healing Yoga For Women
Join Jerry Snee, for this restorative yoga class. The classes concentrate on restoring upper body movement after Breast Cancer Surgery and dealing with side effects of that surgery and chemo and radiation. At this time classes are open to all cancer survivors.

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Password: jccaichic
Meeting ID: 967 6498 4284

Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org
**Get a Good Night's Sleep online with the JCC**

Now is the time to find the relief you’ve been looking for. Dr. Ana Krieger has been involved in providing comprehensive patient care in sleep medicine for more than 25 years, helping people use techniques of mindfulness, behavioral and medical interventions to get rest. Get an update on the best way to improve your sleep naturally and when to seek medical attention.

**Tuesday, November 15th**

**7:00-8:00PM**

Please contact Registration by email at boxoffice@mmjccm.org for additional information

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**Breast + Ovarian Cancer Support Massage at the JCC**

Receive supportive, holistic bodywork, employing massage techniques suitable for individuals undergoing treatment or for those who are post-treatment and/or post-surgery. Prescription and online intake required.

**Tuesdays & Thursdays**

**10-12pm**

Email oncologymassage@mmjccm.org or call 646.467.9239 for details

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**Meditation Online with the JCC**

Daily Drop-In Meditation (Virtual)

Activate peace and calm whether you’re brand new to meditation or an experienced practitioner, all are welcome.

**Mornings:** Mon–Fri, 7:30–8:30 am.

**Evenings:** Mon–Thu, 5:45–6:45 pm.

Please visit https://mmjccm.org/fitness-wellness/or contact boxoffice@mmjccm.org for additional information

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**The Impact of Art on the Brain at the JCC**

Learn how art is being used in rehabilitative medicine and the increasing evidence that art enhances brain function by impacting brain wave patterns, emotions, and the nervous system as well as raising serotonin levels, and how it can even stimulate the creation of new neural pathways and ways of thinking. Caroline Kohles, senior program director of Health and Wellness, leads the discussion with artist Naomi Andrée Campbell (visual artist) and Dr. Felice Ghilardi.

**Thursday, November 10th**

**12:00-1:15pm**

If you are having difficulty with registration please email our registration department at boxoffice@mmjccm.org or give them a call at 646-505-5708.

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**Nia Jam in person at the JCC**

Explore how to move from a place of joy and freedom by experiencing Nia—a beautiful blend of dance, martial arts, and yoga. Anyone 14 years and up is welcome and encouraged to attend; no prior dance/movement experience necessary. Wear comfortable clothing with bare feet or sneakers.

**Saturday, November 19th**

**6:00-7:15pm**

Please contact boxoffice@mmjccm.org for additional information

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**Nia Dance Party with Special Guest Winalee Zeeb & Caroline Kohles Online with the JCC**

Positive Neuroplasticity Training teaches ways to make the most of beneficial experiences, to promote happiness, self-worth, resilience, and motivation. Using evidence-based strategies, this six-week course is designed to help people become mindful of the many positive experiences occurring in their lives at every moment and convert these passing moments into lasting neural traits that they can use repeatedly.

**Sunday, November 27th**

**12:30-1:30pm**

Please contact registration by email at boxoffice@mmjccm.org for the link

**Questions about JCC Programming? Email boxoffice@mmjccmanhattan.org**
Veggie of the Month: Sweet Potato
Sweet Potatoes are in season! Selecting seasonal produce is better for our health as it is typically picked at their peak ripeness and generally higher in vitamins & minerals. Why eat Sweet Potatoes? Sweet potatoes are root vegetables that come in a variety of shapes, sizes and colors including orange, white and purple. They’re rich in antioxidants which protect against free radicals that can trigger inflammation and chronic disease. Sweet potatoes are packed with fiber which supports gut health and are very rich in beta carotene which is converted to vitamin A to support good vision and the immune system.

Recipe: Roasted Sweet Potatoes w/ Honey & Cinnamon
Ingredients (4 servings)
- 4 sweet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 1/4 cup honey
- 2 teaspoons ground cinnamon
- Salt and freshly ground black pepper

Instructions:
Step 1: Preheat oven to 375 degrees F.
Step 2: Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.
Step 3: Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.

Detection and Screening of the Most Common Types of Skin Cancers
Dr. Lewin (Dept of Dermatology, Mount Sinai) will discuss the detection and treatment of the most common types of skin cancers. We will also cover the methods of sun protection, risk factors for skin cancer, and the importance of screening for skin cancer, and how to do a skin self-examination.

Monday, November 14th
1:30-2:30pm
Meeting ID: 910 8411 6880 Passcode: 299151 Dial In: 646- 876-9923

We would like to thank the following funders:
The Marisa Acocella Foundation through a grant from Bloomingdales, Lower Manhattan Cultural Council, Poets & Writers, and NYCT

Questions about Programming? Email alison.snow@mountsinai.org

Lung Cancer Awareness Table Event
Lung Cancer Awareness Table Event. Meet members of the Early Lung and Cardiac Action team as well as Health Educators from the Community Outreach & Education team. Get information on lung cancer screening and support.

Wednesday, November 9th
8:00am-3pm
Guggenheim Pavilion
Mount Sinai Hospital
1450 Madison Ave

Follow our Instagram for our most up to date information on programming, resources, and important information from the cancer supportive services team.
@MSHScancersupportiveservices

Thank you!