

Coming Up at Gilda's Club Middle Tennessee

VIRTUAL OFFERINGS

Guided Imagery & Relaxation with Claudia Prange

Practice techniques that encourage emotional balance to help with stress, anxiety, depression, & discomfort.

Early Stage Cancer Group

A support group where people with early stage cancer (stage 0, 1, 2) of any type can connect.

Life After Loss Series with Angela Hurston, LMSW

For adults who have experienced a loss due to cancer in the last year. Commitment to the full six-week series required.

What Feeds You Series with Danielle Gilbert, Certified Health Coach

A series that includes topics such as nutrient dense foods, healing your gut, diets vs healthy habits, & more. Contact us about the next six-week series.

Drawing Class for YOU! with Meryl Kraft

This month explore face drawings and visual journaling and sketchbooks. Perfect for any level of experience.

Open Art Studio with Our Members

Join our creative community to make and share any art type during this open studio time.

Moment Of Meditation with Savanna Starko

Learn the basics of meditation. Start your week in a safe space, become more aware of our uniqueness, and create powerful connections with ourselves.

What Feeds You Alumni Group with Danielle Gilbert, Certified Health Coach

Open to anyone who has completed the "What Feeds You" series.

NEW Living a Meaningful Life with Felice Apolinsky, LCSW

Join this two-part series as we begin to explore aspects of ourselves we want to keep, nurture, expand, and those we wish to discard or channel differently, to foster living a more meaningful life. Expect homework, group interaction, active sharing and listening—while perhaps discovering new passions along the way! Commitment for both sessions is required.

Cancer Networking Group

An opportunity to connect with other adults who have a cancer diagnosis, including early stage and up to 6 months post treatment. No commitment required.

Post-Treatment Group

When treatment is over, how do you process this and put the pieces back together? For those who've completed active treatment.

NEW Creative Writing for Beginners with Stephanie DiMaggio

Journaling enthusiast? Short story fan? Creatively curious in general? Take a fun and relaxing hour to explore the beginning steps of expressive writing.

IN-PERSON OFFERINGS

Craft Class: Quilting Club

Come finish that long undone project or start a new one. Fabric and other supplies are available. No experience required.

Kids & Teens Night: Sing Me a Story with Tom Chester

Kids & teens impacted by cancer in any way are invited to join us for a creative evening of story writing, and those stories will be transformed into songs! Dinner provided beginning at 5:00, followed by the activity from 5:30-7:00 PM.

Never Miss A Monday: YA Wellness

A great start to the week for an all levels/survivor friendly movement class and connect with other YAs impacted by cancer.

NEW Game Time: Card Club

We're back! Picking up with Hand and Foot Canasta and venturing into other card games. Simple rules, lots of fun. Be there or be square.

NEW Cooking with Chef Rae Stelly

A monthly cooking series focused on quality food, following nutritional healing guidelines and yummy seasonal menus.

NEW Crafting Seasonal Greeting Cards with Jen Wilkins

Cut, paste, stamp, paint, add a little love, and voila! You've got a set of hand-made greeting cards to share with family and friends this holiday season. No experience required.

HYBRID OFFERINGS

Lunchtime Yoga with Laura Alabed-Olsson

For 45 minutes, we'll move gently with the goal of stretching, strengthening and improving balance. No experience required.

Cancer Support Group for Women - Spanish

This Spanish language group is for women with cancer, in treatment & post treatment. Meets every 1st and 3rd Thursday of the month at Casa Azafran or virtually.

No Equipment Workout with Coach Karen Gillingham of New Beginnings Center

An exercise class that can be done in your living room! Appropriate for all fitness levels and physical abilities.

NEW Ask the Expert: Cancer Rehabilitation with Kirsty Livingston OT/L, CLT

What is cancer rehabilitation and how does it work? How can it be personalized and help improve quality of life? Is it accessible to me? Bring all your questions to this Q&A session to learn more.

Young Adults Grieving a Loss

Group opportunities for people ages 18-38 who have recently lost a loved one to cancer and are facing similar challenges to come together for community and support. This month will be a group gathering.

Tai Chi with Chip Forrester

Moving meditation. Movement with awareness. Gently re-awakening the life force. Wear comfortable clothing

What is Gilda's Club?

Our evidence-based program offers support, resource referrals, educational and healthy lifestyle workshops, mind-body classes, and social opportunities to adults, teens, and children affected by a cancer diagnosis, including friends and family members.

Our namesake, Gilda Radner, was one of the original cast members of "Saturday Night Live." Diagnosed with ovarian cancer, she said that having cancer gave her membership in an elite club she'd rather not belong to.

Becoming a member is FREE and easy! Sign up to attend a Virtual Orientation Session to learn about our program. After that, you'll set up a time to meet with a member of our clinical team to talk about how to get the support that best suits your needs.

Virtual Orientation Session Dates:

Tuesday, November 1	6:00 PM
Wednesday, November 9	12:00 PM
Tuesday, November 15	6:00 PM
Tuesday, November 22	6:00 PM
Wednesday, November 30	12:00 PM

615-329-1124 | 1707 Division Street
GildasClubMiddleTN.org

Our program is always FREE of charge!



Gilda's Club offers weekly Cancer Support Groups and Family Support Groups, in addition to the following networking groups:

Cancer Support Group *
Family Support Group *
Life After Loss Series *
Life After Loss Alumni Group
Gynecologic Cancers Group
Breast Cancer Group
Prostate Cancer Group
Lung Cancer Group
Multiple Myeloma Group
Kids and Teens Group
Head and Neck Cancers Group

Young Adults with Cancer
Colorectal Cancers Group
Young Adults Grieving a Loss
Early Stage Cancer Group
Post-Treatment Group
Sister's Network
Spanish Cancer Support
Group for Women
Brain & CNS Cancer Group

* requires a commitment to attend on a regular basis.

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	10-11 Guided Imagery & Relaxation 1-3 Cancer Support Group 6-7:30 Early Stage Cancer Group 6-7 Virtual Orientation Session 6:30-8 Life After Loss Series-1	11-1 Family Support Group 11-12 What Feeds You Series-5 12-12:45 Lunchtime Yoga	10-11:30 Cancer Support Group for Women - Spanish 11-12:30 Breast Cancer Group 12-1 Drawing Class for YOU! 3-5 Kids & Teens Night: Sing Me a Song 6-8 Family Support Group	10-11 Tai Chi
7	8	9	10	11
9-9:45 Moment of Meditation 9:30-10:30 No Equipment Workout 10:30-12:30 Cancer Support Group 12-1 Ask an Expert: Cancer Rehabilitation 6-8 Family Support Group	10-11 Guided Imagery & Relaxation 1-3 Cancer Support Group 6:30-8 Life After Loss Series-2	11-1 Family Support Group 11-12 What Feeds You Series-6 12-12:45 Lunchtime Yoga 12-1 Virtual Orientation Session	12-1 Open Art Studio 4:30-6:30 Kids and Teens Grief Group 6-8 Family Support Group 6-7 Post Treatment Group 6:30-8 Colorectal & Anal Cancer Group	10-11 Tai Chi 11-12:30 What Feeds You Alumni Group 11:30-1 Living a Meaningful Life-1
14	15	16	17	18
9-9:45 Moment of Meditation 10:30-12:30 Cancer Support Group 6-8 Family Support Group 6-7:30 Cancer Networking Group 6-7:30 Never Miss a Monday: YA Wellness	10-11 Guided Imagery & Relaxation 10:30-12 Gynecological Cancers Group 12-3 Game Time: Card Club 1-3 Cancer Support Group 6-7:30 Early Stage Cancer Group 6-7 Virtual Orientation Session 6:30-8 Life After Loss Series-3 6:30-8 Life After Loss Alumni Group	10:30-1:30 Craft Class: Quilting Club 11-1 Family Support Group 11-12:30 Multiple Myeloma Group 12-12:45 Lunchtime Yoga	10-11:30 Cancer Support Group for Women - Spanish 11-12:30 Breast Cancer Group 12-1 Drawing Class for YOU! 6-8 Family Support Group 6:30-8 Lung Cancer Group	10-11 Tai Chi 11-12:30 Cooking with Chef Rae 11-12:30 Prostate Cancer Group 11:30-1 Living a Meaningful Life-2 12-1 Post-Treatment Group
21	22	23	24	25
9-9:45 Moment of Meditation 9:30-10:30 No Equipment Workout 10:30-12:30 Cancer Support Group 6-7 Creative Writing for Curious Beginners 6-8 Family Support Group	10-11 Guided Imagery & Relaxation 1-3 Cancer Support Group 6-7 Virtual Orientation Session 6:30-8 Life After Loss Series-4	CLUBHOUSE CLOSED FOR THANKSGIVING		
28	29	30		
9-9:45 Moment of Meditation 10:30-12:30 Cancer Support Group 6-8 Family Support Group 6-7:30 Young Adults Group 6-7:30 Head and Neck Cancer Group 6-7:30 Cancer Networking Group	10-11 Guided Imagery & Relaxation 1-3 Cancer Support Group 1-2:30 Craft Seasonal Greeting Cards 6:30-8 Life After Loss Series-5 6:30-8 Sisters Network	11-1 Family Support Group 12-12:45 Lunchtime Yoga 12-1 Virtual Orientation Session		

Activities listed in RED are IN-PERSON or HYBRID, activities listed in BLACK are VIRTUAL.

Helpful Reminders

Reservations are required for all Gilda's Club activities and signing up is EASY. Call us or email RSVP@gildasclubmiddletn.org, or use the free MINDBODY app.

Be punctual. Activities are closed to additional participants after 10 minutes.

Participating in person? We're doing all we can to ensure everyone's health and safety. Vaccinations and masks are required.

Help prevent the spread of germs. Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.

Do your part to keep the Clubhouse as odor-free as possible. Because our members can be incredibly sensitive to smells, please avoid lingering odors, such as smoke on clothing and perfumes/colognes/body sprays.



VISIT US ONLINE!
GildasClubMiddleTN.org
615-329-1124