

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Feeling Sick? </p> <p>Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.</p>			<p>11 - 12:30 Breast Cancer Group 12 - 12:30 Lunchtime Moment of Meditation 12:30 - 2 Open Art Studio 5 - 6 Taste of Goo Goo for Gilda's Club Families!</p>	<p>10 - 11 Tai Chi 11 - 12 What Feeds You - Q&A with Marcia Berlin, Tennessee Oncology Dietician 12 - 1 Community Meal</p>
<p>10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group</p> <p style="text-align: right;">5</p>	<p>10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying</p> <p style="text-align: right;">6</p>	<p>10:30 - 11:30 Gentle Yoga - <i>with an icy treat and social time to follow!</i> 10:30 - 1:30 Craft Class: Quilting Club 11 - 1 Family Support Group</p> <p style="text-align: right;">7</p>	<p>10 - 11:30 Cancer Support Group for Women - Spanish Speaking 12 - 12:30 Lunchtime Moment of Meditation 12:30 - 2 Acrylic Pouring with Ashley 5 - 6:15 Your Story Matters 6 - 7:30 TBCC Breast Cancer Group</p> <p style="text-align: right;">8</p>	<p>10 - 11 Tai Chi 12 - 1 Post Treatment Group</p> <p style="text-align: right;">9</p>
<p>10:30 - 12:30 Cancer Support Group 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p> <p style="text-align: right;">12</p>	<p>10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 5:30 - 6:30 Community Meal 6:30 - 7:30 Acrylic Pouring with Ashley</p> <p style="text-align: right;">13</p>	<p>10:30 - 11:30 Gentle Yoga 11 - 12:30 Tending the Creative Spirit through SoulCollage@ 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk 12 - 1 Orientation Session</p> <p style="text-align: right;">14</p>	<p>10 - 11 Safe & Sound with 12 Moons 11 - 12:30 Breast Cancer Group 12 - 12:30 Lunchtime Moment of Meditation 12:30 - 2 Resiliency Beads 7:30 - 8:15 Nighttime Yoga & Meditation</p> <p style="text-align: right;">15</p>	<p>10 - 11 Tai Chi 11 - 12 Book Club 12 - 1 Community Meal 12 - 1 LGBTQ+ Cancer Group</p> <p style="text-align: right;">16</p>
<p>10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group</p> <p style="text-align: right;">19</p>	<p>10 - 11 Guided Imagery & Relaxation 10 - 11 Gynecologic Cancers Group 11 - 12 Pelvic Floor and Sexual Health 6:30 - 8 Life After Loss Group</p> <p style="text-align: right;">20</p>	<p>9:30 - 11:00 Nature Journaling at Shelby Park & Bottoms 10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Craft Class: Quilting Club 11 - 12:30 Multiple Myeloma Group 11 - 1 Writing for Self Compassion 11 - 1 Family Support Group</p> <p style="text-align: right;">21</p>	<p>12 - 12:30 Lunchtime Moment of Meditation 12:30 - 2 Neurographic Art 5:30 - 6:30 Survivorship Clinic Q&A 6 - 7 Men's Group 6 - 7:30 Create Your Own Self Care Card Deck</p> <p style="text-align: right;">22</p>	<p>10 - 11 Tai Chi 12 - 1 Post Treatment Group</p> <p style="text-align: right;">23</p>
<p>10:30 - 12:30 Cancer Support Group 6 - 7:30 Young Adults with Cancer 6 - 7:30 Head & Neck Cancers Group 6 - 8 Family Support Group</p> <p style="text-align: right;">26</p>	<p>10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 4:00 - 5:30 Summer BBQ Feast: Cooking Class with Mark 5:30 - 6:30 Community Meal 6:30 - 8 Sisters Network</p> <p style="text-align: right;">27</p>	<p>10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 12 - 1 Expressive Art Power Hour 12 - 1 Orientation Session</p> <p style="text-align: right;">28</p>	<p>12 - 12:30 Lunchtime Moment of Meditation 12 - 1 Lunchtime Laughs with <i>Unscripted</i> 1 - 2:30 Monoprinting Art Workshop 5:30 - 7 TRIVIA NIGHT!</p> <p style="text-align: right;">29</p>	<p style="text-align: center; font-size: 2em;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">30</p>

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

COMMUNITY MEALS

Community Meals

Tuesday, August 13 & 27 | 5:30 - 6:30 PM

Friday, August 2 & 16 | 12:00 - 1:00 PM

Enjoy a family-style meal and connect with others here at the clubhouse! *RSVP required; space is limited.*

HYBRID OFFERINGS

Open Art Studio with Gilda's Club Members

Thursday, August 1 | 12:30 - 2:00 PM

Share in creative community with any self-guided art. Join virtually or come into the clubhouse to use our supplies! If joining from the clubhouse, bring a device to connect virtually.

What Feeds You- Q&A with Marcia Berlin, Tennessee Oncology Dietician

Friday, August 2 | 11:00 AM - 12:00 PM

All are welcome for this time of Q&A with Marcia Berlin, Integrative Nutrition Educator with Tennessee Oncology.

Exploring Purposeful Living & Dying |

Heidi O'Neil, Health & Wellness Coach; End of Life Coach

Tuesday, August 6 | 12:00 - 1:30 PM

Join us monthly in a time of contemplation as together we honor and open to the emotional side of dying in order to live more fully.

Book Club | Christina Healey, LPC-MHSP

Friday, August 16 | 11:00 AM - 12:00 PM

Email RSVP@gildasclubmiddletn.org for the book of the month!

Pelvic Floor & Sexual Health | Annie Dean, DPT ReVital Cancer Rehabilitation

Tuesday, August 20 | 11:00 AM - 12:00 PM

Join Annie, Doctor of Physical Therapy, as she discusses pelvic floor and sexual health and the benefits of pelvic floor therapy after diagnosis and/or treatment. Bring questions!

Writing for Self-Compassion | Claire Coenen, LMSW in partnership with The Porch: Writing for Good

Wednesday, August 21 | 11:00 AM - 1:00 PM

Explore how the practice of writing can foster self-compassion.

Survivorship Clinic Q&A | Kailie Meguiar, DO

Thursday, August 22 | 5:30 - 6:30 PM

How can a survivorship clinic support you or your loved one post-treatment? Learn more from Kailie, Fellow of Pediatric Hematology & Oncology at Vanderbilt University Medical Center.

VIRTUAL OFFERINGS

Your Story Matters: A Monthly Writing Workshop | Jenni Dawn Muro, Writer, Speaker, Entertainment Consultant

Thursday, August 8 | 5:00 - 6:15 PM

Explore the power of personal stories, writing & community.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, August 15 | 7:30 - 8:15 PM

Take time to unwind and prepare your body to sleep.

SPECIAL FAMILY PROGRAM

Taste of Goo Goo for Gilda's Club Families!

Location: Goo Goo Chocolate Co. Downtown Nashville

Thursday, August 1 | 5:00 - 6:00 PM *RSVP by July 30*

"Taste of Goo Goo" is a chocolate-covered experience that includes making your own Goo Goo, diving into the 112-year history of the company, learning how Premium Goo Goos are made, tasting a miniature Original Goo Goo Cluster, and more! Email Sharon@gildasclubmiddletn.org to RSVP.

IN-PERSON OFFERINGS

Craft Class: Quilting Club - space is limited, please RSVP

Wednesday, August 7 & 21 | 10:30 AM - 1:30 PM

Bring a project and supplies and join this intermediate level Club.

Acrylic Pouring with Ashley | Ashley Nicholson

Thursday, August 8 | 12:30 - 2:00 PM

Tuesday, August 13 | 6:30 - 7:30 PM

Let your creativity flow with this fluid painting technique.

Game Time: Card Club

Tuesday, August 13 & 27 | 12:00 - 4:00 PM

Play Hand and Foot Canasta and venture into other card games like Pegs and Jokers and Forty Below. Simple rules and lots of fun.

Tending the Creative Spirit: SoulCollage® |

Claire Coenen, LMSW

Wednesday, August 14 | 11:00 AM - 12:30 PM

Experience self-discovery through creative, intuitive collage work.

Resiliency Beads | Anna Bell

Thursday, August 15 | 12:30 - 2:00 PM

Create a physical representation of your resiliency by representing your cancer milestones with colorful beads.

Coffee Talk

Wednesday, August 14 | 11:45 AM - 12:45 PM

Join a casual social hour with coffee and scones provided by our friends at *Just Love Coffee Café!*

Safe & Sound | Ann Sensing & Scott Owings of 12Moons

Thursday, August 15 | 10:00 - 11:00 AM

Rest, reset, and regulate through healing sound & stillness. You will be led through calming meditation while immersed in sound.

Nature Journaling at Shelby Bottoms Nature Center |

Naturalists Lena Friedman & Christie Wiser

Wednesday, August 21 | 9:30 - 11:00 AM

Meet up at Shelby Bottoms Nature Center for a nature journaling experience among the wildflowers! We will be walking about 1/2 mile- accommodations will be made for those with limited mobility.

Neurographic Art | Tambrea Egan

Thursday, August 22 | 12:30 - 2:00 PM

Join us for a mindful and meditative drawing practice.

Supplies provided. No experience required.

Create Your Own Self Care Card Deck | Christi Kearney

Thursday, August 22 | 6:00 - 7:30 PM

Make a novel card deck where each card is a self-care prompt! This will be a mixed media project with a few beautiful take home cards!

Expressive Art Power Hour | Sharon Benus, LMSW

Wednesday, August 28 | 12:00 - 1:00 PM

Enjoy a guided art experience to inspire creativity and expression.

Summer BBQ Feast: Cooking Class with Mark | Mark Daemon

Tuesday, August 27 | 4:00 - 5:30 PM

Mark is back by popular demand! Learn to prepare pulled pork, roasted chicken, coleslaw, baked beans, and a new, exciting way to cut watermelon. Plan to stay to enjoy the meal!

Lunchtime Laughs with Unscripted | Emma Supica

Thursday, August 29 | 12:00 - 1:00 PM

Prepare for belly laughs and improv fun and games in true Gilda Radner fashion with Emma of Unscripted!

Monoprinting Art Workshop | Martha Hjorth

Thursday, August 29 | 1:00 - 2:30 PM

Use botanicals for simple printmaking with acrylics. *Supplies provided.*

TRIVIA NIGHT!

Thursday, August 29 | 5:30 - 7:00 PM

FEATURED PROGRAMS

Taste of Goo Goo for Gilda's Club Families!

Thursday, August 1, 5:00 - 6:00 PM

"Taste of Goo Goo" is a chocolate-covered experience that includes making your own Goo Goo, diving into the 112-year history of the company, learning how Premium Goo Goos are made, tasting a miniature Original Goo Goo Cluster, and more! This event is for kids and families. Space is limited. Email Sharon@gildasclubmiddletn.org to RSVP by July 30.

TRIVIA NIGHT!

Thursday, August 29, 5:30 - 7:00 PM

Form a team with fellow Gilda's Club members the night of the event and prepare to show off your trivia prowess! Fuel up with classic trivia snacks and join the fun! *Noogieland will be open for kids to play!*

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.

Our program is always FREE of charge!

615-329-1124 | GildasClubMiddleTN.org
1707 Division Street, Nashville TN 37203

Group Support

Gilda's Club Middle Tennessee offers a number of weekly support groups, as well as a variety of networking groups that meet less frequently.

Our support and networking groups are facilitated by licensed clinicians and/or an oncology professional.

New Groups Forming!

We are currently forming:

- **Family Support Groups**
- **Cancer Support Groups**
- **Colorectal & Anal Cancer Networking Group**
- **LGBTQ+ Networking Group**

If you are interested in joining a weekly, committed support group or a monthly networking group, please email RSVP@gildasclubmiddletn.org.

If you are new to GCMTN, and would like to try out one of our offered classes or programs, give us a call!

Becoming a member is FREE and easy! Sign up to attend an 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.

All Orientation Sessions are offered both in-person and virtually.

August Orientation Session dates:

- **6:00 PM | Monday, August 5 & 19**
- **12:00 PM | Wednesday, August 14 & 28**

In addition to our current groups below, we continue to add more diagnosis- or issue-specific networking groups as needs present.

Breast Cancer Group
(Daytime and Evening Options)

Cancer Support Group*

Cancer Support Group for Women
(Spanish Language)

Colorectal Cancers Group**

Family Support Group*

Gynecologic Cancers Group

Head & Neck Cancers Group

Kids & Teens Group

Life After Loss Group

LGBTQ+ Group

Men's Group

Multiple Myeloma Group

Post-Treatment Group

Sister's Network

Young Adults with Cancer

Young Adults Grieving a Loss

*requires a commitment to attend on a regular basis
**coming soon