

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Mark your Calendars for the Gilda's Club FALL FEST Saturday, November 16!</i></p>  <p style="text-align: right;">1</p>	<p>10 - 11 Guided Imagery & Relaxation 6 - 7:30 Life After Loss Series - 1</p> <p style="text-align: right;">2</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Craft Class: Quilting Club 11 - 1 Family Support Group 12 - 1 Orientation Session</p> <p style="text-align: right;">3</p>	<p>11 - 12:30 Breast Cancer Group 6 - 7:30 Quiet Together</p> <p style="text-align: right;">4</p>	<p>10 - 11 Tai Chi 12 - 1 Community Meal 1 - 2 digital sherpa® Tech Help Desk</p> <p style="text-align: right;">5</p>
<p>10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group</p> <p style="text-align: right;">7</p>	<p>10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 1 - 2 Safe & Sound with Scott Owings 4:30 - 5:30 BeMoved® with Marcia 5:30 - 6:30 Community Meal 6 - 7:30 Life After Loss Series - 2</p> <p style="text-align: right;">8</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</p> <p style="text-align: right;">9</p>	<p>10 - 11:30 Cancer Support Group for Women - Spanish Speaking 10:30 - 12:30 Fall Break Family Boo Brunch 12:30 - 2 Portrait Creation 6 - 7:30 Breast Cancer Group</p> <p style="text-align: right;">10</p>	<p>10 - 11 Tai Chi 12 - 1 Post Treatment Group</p> <p style="text-align: right;">11</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;">14</p>	<p>10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 11 - 12 Q&A with a Cancer Rehab Specialist 12 - 1:30 Exploring Purposeful Living & Dying 6 - 7:30 Life After Loss Series - 3 6:30 - 8 Life After Loss Group</p> <p style="text-align: right;">15</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Craft Class: Quilting Club 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group 12 - 1 Orientation Session</p> <p style="text-align: right;">16</p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio 6 - 7 Men's Group: Men's Sexual Health with Dr. Joshua Calvert 7 - 8 Nighttime Yoga & Meditation</p> <p style="text-align: right;">17</p>	<p>10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club 1 - 2 Therapeutic Drum Circle</p> <p>Saturday, October 19, 6pm RED DOOR BASH! →</p> <p style="text-align: right;">18</p>
<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">21</p>	<p>10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 4:30 - 5:30 Cooking Demonstration with Mark: Greek Feast! 5:30 - 6:30 Community Meal 6 - 7:30 Life After Loss Series - 4</p> <p style="text-align: right;">22</p>	<p>10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group</p> <p style="text-align: right;">23</p>	<p>10 - 11:30 Parent Meet Up: Coffee & Connection 10 - 11:30 Monoprinting with Martha 4 - 5 Your Story Matters Writing Workshop</p> <p style="text-align: right;">24</p>	<p>10 - 11 Tai Chi 12 - 1 Post Treatment Group 12 - 1 Community Meal 12 - 1 Orientation Session</p> <p style="text-align: right;">25</p>
<p>10:30 - 12:30 Cancer Support Group 6 - 7:30 Head & Neck Cancers Group 6 - 7:30 Young Adults with Cancer: Yoga & Meditation with Savanna Starko 6 - 8 Family Support Group</p> <p style="text-align: right;">28</p>	<p>10 - 11 Guided Imagery & Relaxation 6 - 7:30 Spooky Halloween Art 6 - 7:30 Life After Loss Series - 5 6:30 - 8 Sisters Network</p> <p style="text-align: right;">29</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Craft Class: Quilting Club 11 - 1 Family Support Group</p> <p style="text-align: right;">30</p>	<p>10:30 - 11:30 Walking Club: Spooky Stroll Edition</p> <p style="text-align: right;">31</p>	<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>

Activities listed in **RED** are **IN-PERSON**, **GREEN** are **HYBRID (in person AND virtual)**, and **BLACK** are **VIRTUAL**

COMMUNITY MEALS

Community Meals

Friday, October 4 & 25 | 12:00 - 1:00 PM

Tuesday, October 8 & 22 | 5:30 - 6:30 PM

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

VIRTUAL OFFERINGS

Guided Imagery & Relaxation | Claudia Prange

Tuesdays | 10:00 - 11:00 AM

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

Q&A with a Cancer Rehab Specialist

Kirsty Livingston, OT/L, CLT, ReVital Program Director

Tuesday, October 15 | 11:00 AM - 12:00 PM

Bring your questions about chemo brain, fatigue, pain management, neuropathy and more.

Men's Group: Men's Sexual Health with Dr. Joshua Calvert

Joshua Calvert, MD, MPH | Ascension, Urology Associates

Thursday, October 17 | 6:00 - 7:00 PM

Learn about the latest treatment options for bladder leakage and ED after cancer diagnosis and treatment. Q&A to follow.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, October 17 | 7:00 - 8:00 PM

Take time to unwind and prepare your body to sleep from the comfort of your home. Pajamas welcome!

Your Story Matters Writing Workshop

Jenni Dawn Muro, Writer, Speaker, Entertainment

Consultant

Thursday, October 24 | 4:00 - 5:00 PM

Explore the power of personal stories, writing & community.

HYBRID OFFERINGS

Gentle Yoga | Anita Hoerman, *Small World Yoga*

Wednesdays | 10:30 - 11:30 AM

Tai Chi | Chip Forrester

Fridays | 10:00 - 11:00 AM

Life After Loss Series

Tuesdays October 1 - November 5 | 6:00 - 7:30 PM

Come together with others grieving the loss of a loved one during this 6-week guided program. *Please email RSVP@gildasclubmiddletn.org or call the clubhouse for more information about this series.*

BeMoved® with Marcia | Marcia Berlin, RD, Health Coach, and Former Professional Dancer

Tuesday, October 8 | 4:30 - 5:30 PM

Experience the joy of dance with this fun and effective full-body workout that is gentle and easy to follow. Designed to improve strength, balance, flexibility and range of motion. *No prior experience necessary. All fitness levels are welcome.*

Exploring Purposeful Living & Dying |

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

Tuesday, October 15 | 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.

Open Art Studio | Gilda's Club Members

Thursday, October 17 | 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.*

Book Club | Christina Healey, LPC-MHSP

Friday, October 18 | 11:00 AM - 12:00 PM

Email RSVP@gildasclubmiddletn.org for more information.

IN-PERSON OFFERINGS

Craft Class: Quilting Club - space limited, please RSVP

Wednesday, October 2, 16 & 30 | 10:30 AM - 1:30 PM

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

Quiet Together

Thursday, October 3 | 6:00 - 7:30 PM

Bring a book, journal, sketchbook, knitting, coffee... whatever you enjoy, as we gather for a time of quiet and cozy camaraderie.

digital sherpa® Tech Help Desk | Mark & Ashley

A Patient Empowerment Network (PEN) Program

Friday, October 4 | 1:00 - 2:00 PM

Bring your tech questions and your device(s) for an opportunity to troubleshoot one-on-one with our digital sherpa® volunteers!

Game Time: Card Club

Tuesday, October 8 & 22 | 12:00 - 4:00 PM

Play Hand and Foot Canasta and venture into other card games.

Safe & Sound | Scott Owings of Center for Contemplative Justice

Tuesday, October 8 | 1:00 - 2:00 PM

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

Tending the Creative Spirit: SoulCollage® | Claire Coenen, LMSW

Wednesday, October 9 | 11:00 AM - 12:30 PM

Experience self-discovery through creative, intuitive collage work.

Coffee Talk | Gilda's Club Members

Wednesday, October 9 | 11:45 AM - 12:45 PM

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

Fall Break Family Boo Brunch | Sharon Benus, LMSW

Thursday, October 10 | 10:30 AM - 12:30 PM

Kids and families are invited to join us for seasonal treats and crafts! Parents and caregivers are welcome to join in the fun or to drop off kiddos as we celebrate Fall Break together. *RSVP to ensure childcare.*

Portrait Creation | Tambrea Egan

Thursday, October 10 | 12:30 - 2:00 PM

Get paired with a partner and prepare for laughter as you create portraits of one another on canvas. *No experience necessary.*

Therapeutic Drum Circle

Vanessa Davis, LPC-MHSP, MT-BC, ACS, Replenish Counseling

Friday, October 18 | 1:00 - 2:00 PM

Experience the physical and emotional health benefits of participating in a drum circle! This experience will be led by Vanessa, a professional counselor and music therapist. *Drums provided.*

Cooking Demonstration with Mark: Greek Feast!

Mark Daemon

Tuesday, October 22 | 4:30 - 5:30 PM

Mark is back to teach us how to create a delicious Greek-inspired spread, including marinated chicken, rice pilaf, salad, hummus, and tzatziki! Join us for the Community Meal afterwards to enjoy the feast.

Parent Meet Up: Coffee & Connection | Sharon Benus, LMSW

Thursday, October 24 | 10:00 - 11:30 AM

Take a moment to connect with other parents living with cancer as your little ones play in Noogieland. *Please RSVP to ensure childcare.*

Monoprinting with Martha | Martha Hjorth

Thursday, October 24 | 10:00 - 11:30 AM

Learn and explore basic monoprinting tips and tricks.

Spooky Halloween Art | Meghan Lamb, MAAA

Tuesday, October 29 | 6:00 - 7:30 PM

Join Meghan for a night of creatively creepy fun!

Gilda's Walking Club: Spooky Stroll Edition | Laura Leach, LMSW

Thursday, October 31 | 10:30 - 11:30 AM

Meet at the clubhouse and take a 1-mile roundtrip stroll around the neighborhood with friends on Halloween.

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

FEATURED PROGRAMS

Red Door Bash at The Omni Nashville Hotel

Saturday, October 19, 6:00 PM

Join us for Gilda's Club Middle Tennessee's award-winning annual event, celebrating free cancer support for individuals and families and honoring community leaders and volunteers for their giving hearts and extraordinary impact. Tickets include a cocktail reception with hors d'oeuvres, a three-course meal with wine service, and access to a highly-curated silent auction. *Discounted member rate available.*

Remembering Gene Wilder, Opening Night at The Belcourt Theatre

Tuesday, October 15, 7:00 PM

The *Nashville Jewish Film Festival* will be screening *Remembering Gene Wilder* at The Belcourt Theatre. This heartfelt documentary shares the life of Gilda Radner's husband, Gene Wilder, co-founder of Gilda's Club! *Please call or email RSVP@gildasclubmiddletn.org to reserve your tickets (limited tickets available, 2 per family).*

coming next month:

Living Better with Lymphedema: Everything You Need to Know

Saturday, November 2, 10:00 AM - 1:00 PM

An educational resource event presented in partnership with *Breast cancer Recovery in Action* and *Pretty in Pink Boutique* with Kroger Health. *Please call or email RSVP@gildasclubmiddletn.org to RSVP, or sign up online.*

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.

Getting Started

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.

October Orientation Session dates:

- **12:00 PM | Wednesday, October 2**
- **6:00 PM | Monday, October 7**
- **12:00 PM | Wednesday, October 16**
- **12:00 PM | Friday, October 25**

GET CONNECTED

View the Calendar



Give us a follow!



[@gildasclubmiddletn](https://www.instagram.com/gildasclubmiddletn)

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