

# JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Feeling Sick?</b> </p> <p><i>Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.</i></p>		<p><b>CLUBHOUSE CLOSED</b></p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio</p>	<p>10 - 11 Tai Chi</p>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p>10:30 - 12:30 Cancer Support Group <b>1 - 2 Safe &amp; Sound</b> 6 - 8 Family Support Group</p>	<p>10 - 11 Guided Imagery &amp; Relaxation 12 - 1:30 Exploring Purposeful Living &amp; Dying</p>	<p>10:30 - 11:30 Gentle Yoga <b>10:30 - 1:30 Craft Class: Quilting Club</b> 11 - 1 Family Support Group <b>11:45 - 12:45 Coffee Talk</b> <b>12 - 1 Orientation Session</b></p>	<p><b>10 - 11:30 Cancer Support Group for Women - Spanish Speaking</b> 12:30 - 2 Open Art Studio 4 - 5 <i>Your Story Matters</i> Writing Workshop</p>	<p>10 - 11 Tai Chi <b>11 - 12 What Feeds You</b> 12 - 1 Post Treatment Group</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p>9 - 10 <i>The Artist's Way</i> Book Club Series - 1 10:30 - 11:30 BeMoved® Dance Workshop 10:30 - 12:30 Cancer Support Group <b>6 - 7 Orientation Session</b> 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p>	<p>10 - 11 Guided Imagery &amp; Relaxation <b>12 - 4 Card Club</b> <b>4:30 - 5:30 Watercolor Florals for Beginners</b> <b>5:30 - 6:30 Community Meal</b></p>	<p>10:30 - 11:30 Gentle Yoga 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group</p>	<p>11 - 12:30 Breast Cancer Group <b>12:30 - 2 Journey through Japan: Myths to Manga</b> 7 - 8 Nighttime Yoga &amp; Meditation</p>	<p>10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club <b>12 - 1 Community Meal</b></p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p><b>CLUBHOUSE CLOSED</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 10:30 - 12 Gynecologic Cancer Group 6:30 - 8 Life After Loss Group</p>	<p>10:30 - 11:30 Gentle Yoga <b>10:30 - 1:30 Craft Class: Quilting Club</b> 11 - 1 Family Support Group <b>12 - 1 Orientation Session</b></p>	<p><b>12:30 - 2 Craft-a-palooza!</b> 6 - 7 Men's Group</p>	<p>10 - 11 Tai Chi 12 - 1 Post Treatment Group</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p>9 - 10 <i>The Artist's Way</i> Book Club Series - 2 10:30 - 11:30 BeMoved® Dance Workshop 10:30 - 12:30 Cancer Support Group <b>6 - 7 Orientation Session</b> 6 - 7:30 Head &amp; Neck Cancers Group 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p>	<p>10 - 11 Guided Imagery &amp; Relaxation 12 - 1 Let's Talk About Anxiety and Overthinking <b>5:30 - 6:30 Community Meal</b> 6:30 - 8 Sisters Network</p>	<p>10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group</p>	<p><b>11 - 12 Gilda's Walking Club: Snowflake Shuffle Edition</b> 12:30 - 2 A Look at van Gogh</p>	<p>10 - 11 Tai Chi 12:30 - 1:30 Beat Away the Winter Blues: Therapeutic Drum Circle</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

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

## IN-PERSON OFFERINGS

### **Safe & Sound Sound Bath**

**Scott Owings, The Center for Contemplative Justice**

**Monday, January 6 | 1:00 - 2:00 PM**

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

### **Craft Class: Quilting Club | Diane Booth**

**Wednesday, January 8 & 22 | 10:30 AM - 1:30 PM**

Bring a project and supplies and join this intermediate level Club. *Space is limited, please RSVP.*

### **Coffee Talk | Gilda's Club Members**

**Wednesday, January 8 | 11:45 AM - 12:45 PM**

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

### **What Feeds You | Sharon Benus, LMSW**

**Friday, January 10 | 11:00 AM - 12:00 PM**

Share and learn about ways to nourish your mind, body, and soul with a community of others seeking to do the same. For this gathering, we will visit a local cafe- please join us! *Email sharon@gildasclubmiddletn.org for more information.*

### **Community Meals**

**Tuesday, January 14 & 28 | 5:30 - 6:30 PM**

**Friday, January 17 | 12:00 - 1:00 PM**

Enjoy a family-style meal and connect with others! *RSVP required.*

### **Watercolor Florals for Beginners | Marie Hindman**

**Tuesday, January 14 | 4:30 AM - 5:30 PM**

Learn a joyful new skill or return to an old favorite as we start the new year. Explore watercolor painting brush techniques before you create your own floral painting.

### **Game Time: Card Club | Donna Boyington & Bob Worley**

**Tuesday, January 14 | 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. New players welcome!

### **Journey through Japan: Myths to Manga | Meryl Kraft**

**Thursday, January 16 | 12:30 - 2:00 PM**

Join us for a multimedia discussion about this current exhibit at the *Frist Art Museum* with docent, Meryl Kraft. As an extra treat, make a block print and a simple origami piece.

### **Craft-a-palooza! | Tambrea Egan**

**Thursday, January 23 | 12:30 - 2:00 PM**

Hang out with Tambrea and friends as she leads you in making a new project each month. Expect laughter and unleash your inner creative! *All supplies provided.*

### **Gilda's Walking Club: Snowflake Shuffle Edition**

**Laura Leach, LMSW**

**Thursday, January 30 | 11:00 AM - 12:00 PM**

Meet at the clubhouse and take a 1-mile stroll with friends.

### **A Look at van Gogh | Martha Hjorth**

**Thursday, January 30 | 12:30 - 2:00 PM**

Explore van Gogh's work and try your hand at a study of one of his masterpieces in paint or pastel. *No experience necessary!*

### **Beat Away the Winter Blues: Therapeutic Drum Circle**

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

**Friday, January 31 | 12:30 - 1:30 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.*

## 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.

### **Your Story Matters Writing Workshop | Jenni Dawn Muro**

**Writer, Speaker, Entertainment Consultant**

**Thursday, January 9 | 4:00 - 5:00 PM**

Explore the power of personal stories, writing & community.

### **The Artist's Way Book Club Series | Melissa Carr**

**Mondays beginning January 13 | 9:00 - 10:00 AM**

Join in a 12-week journey to read and apply the challenges in *The Artist's Way* by Julia Cameron. Meet weekly for discussion. You do not have to be a professional artist or even aspire to be one to enjoy and benefit from exploring your creative practice! *Please commit to weekly participation.*

### **Nighttime Yoga & Meditation | Savanna Starko**

**Thursday, January 16 | 7:00 - 8:00 PM**

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

## HYBRID OFFERINGS

### **Gentle Yoga | Anita Hoerman, Small World Yoga**

**Wednesdays | 10:30 - 11:30 AM**

Build strength and flexibility in both mind and body during this gentle yoga practice accessible to all levels of practice.

### **Tai Chi | Chip Forrester**

**Fridays | 10:00 - 11:00 AM**

All are welcome to participate in this meditative practice that involves a series of gentle movements and physical postures.

### **Open Art Studio | Gilda's Club Members**

**Thursday, January 2 & 9 | 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! *This studio time will be led remotely, If joining from the clubhouse, please bring a device to connect virtually.*

### **Exploring Purposeful Living & Dying**

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

**Tuesday, January 7 | 12:00 - 1:30 PM**

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

### **BeMoved® Dance Workshops**

**Marcia Berlin, RD, Health Coach, Former Professional Dancer**

**Tuesday, January 13 & 27 | 10:30 - 11:30 AM**

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.*

### **Book Club | Laura Leach, LMSW**

**Friday, January 17 | 11:00 AM - 12:00 PM**

Email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org) for your next great read!

### **Let's Talk about Anxiety and Overthinking**

**Amy Thomas, LCSW**

**Tuesday, January 28 | 12:00 - 1:00 PM**

Discuss strategies for managing anxiety and overthinking while living with loss, a cancer diagnosis or the diagnosis of a loved one, with Licensed Clinical Social Worker, Amy Thomas.

## 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](http://GildasClubMiddleTN.org)  
1707 Division Street, Nashville TN 37203

## FEATURED PROGRAMS

### BeMoved® Dance Workshops

with *Marcia Berlin, RD, Health Coach, & Former Professional Dancer*

**Tuesday, January 13 & 27 | 10:30 - 11:30 AM (Hybrid)**

Enter the new year with joy- join 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.

### Let's Talk about Anxiety and Overthinking

with *Amy Thomas, LCSW*

**Tuesday, January 28 | 12:00 - 1:00 PM (Hybrid)**

Discuss strategies for managing anxiety and overthinking while living with loss, a cancer diagnosis or the diagnosis of a loved one, with Licensed Clinical Social Worker, Amy Thomas.

### Beat Away the Winter Blues: Therapeutic Drum Circle

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

**Friday, January 31 | 12:30 - 1:30 PM (In Person)**

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.



## 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.**

January Orientation Session dates:

- 12:00 PM | Wednesday, January 8
- 6:00 PM | Monday, January 13
- 12:00 PM | Wednesday, January 22
- 6:00 PM | Monday, January 27

## GET CONNECTED

View the Calendar



Give us a follow!



@gildasclubmiddletn

## 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](mailto:RSVP@gildasclubmiddletn.org).

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