

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 10 <i>The Artist's Way</i> Series - 3 10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group <p style="text-align: right;">3</p>	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying <p style="text-align: right;">4</p>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group <p style="text-align: right;">5</p>	11 - 12:30 Breast Cancer Group 12:30 - 2 Love Notes: A Valentine Letterpress Workshop 3:15 - 4 Ballet & Gentle Stretching <p style="text-align: right;">6</p>	10 - 11 Tai Chi 11 - 12 What Feeds You 12 - 1 Community Meal <p style="text-align: right;">7</p>
9 - 10 <i>The Artist's Way</i> Series - 4 10:30 - 12:30 Cancer Support Group 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group <p style="text-align: right;">10</p>	10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 4:30 - 5:30 Watercolor Valentines 5:30 - 6:30 Community Meal 6:30 - 7:30 Tips for Healthy Snacking 6:30-8:30 Tough Friends Art Club for Young Adults <p style="text-align: right;">11</p>	10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk 12 - 1 Orientation Session 6:30-8:30 Tough Friends Art Club for Young Adults <p style="text-align: right;">12</p>	10 - 11:30 Cancer Support Group for Women - Spanish Speaking 12:30 - 2 Valentine's Day Flower Arranging 4 - 5 <i>Your Story Matters</i> Writing Workshop 5:30 - 7:30 Stranger Taste Dinner Experience <p style="text-align: right;">13</p>	10 - 11 Tai Chi 12 - 1 Post Treatment Group <p style="text-align: right;">14</p>
9 - 10 <i>The Artist's Way</i> Series - 5 10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound Sound Bath 6 - 7 Orientation Session 6 - 8 Family Support Group <p style="text-align: right;">17</p>	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 6 - 7:30 Sip, Snack & Paint Party! 6:30 - 8 Life After Loss Group <p style="text-align: right;">18</p>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group <p style="text-align: right;">19</p>	11 - 12:30 Breast Cancer Group 12:30 - 1:30 Craft-a-palooza! 4 - 5 <i>Life in Scene</i> with Jenni Dawn Muro 7 - 8 Nighttime Yoga & Meditation <p style="text-align: right;">20</p>	10 - 11 LGBTQ+ Cancer Group 10 - 11 Tai Chi 11 - 12 Farewell Coffee & Treats with Tai Chi Instructor, Chip Forrester 12 - 1 Community Meal <p style="text-align: right;">21</p>
9 - 10 <i>The Artist's Way</i> Series - 6 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 style="text-align: right;">24</p>	10 - 11 Guided Imagery & Relaxation 4:30 - 5:30 Cottage Pie Cooking Demonstration with Mark 5:30 - 6:30 Community Meal with Cottage Pie 6:30 - 8 Sisters Network <p style="text-align: right;">25</p>	10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 12 - 1 Orientation Session <p style="text-align: right;">26</p>	11:15 - 12 Gilda's Walking Club: Lover's Lope Edition 12:30 - 2 Gelli Printing Workshop <p style="text-align: right;">27</p>	10 - 11 Tai Chi 11 - 12 Book Club 12 - 1 Post Treatment Group <p style="text-align: right;">28</p>

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

COMMUNITY MEALS

Friday, February 7 & 21 | 12:00 - 1:00 PM

Tuesday, February 11 & 25 | 5:30 - 6:30 PM

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

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.

The Artist's Way Series | Melissa Carr

Mondays | 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 and explore your creative practice. *Weekly commitment appreciated.*

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

Thursday, February 13 | 4:00 - 5:00 PM

Explore the power of personal stories, writing & community.

Life in Scene with Jenni Dawn Muro

Thursday, February 20 | 4:00 - 5:00 PM

A special screenwriting workshop for those living with a cancer diagnosis and their supporters. Prompts provided in advance.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, February 20 | 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 & Teresa Standard, *Small World Yoga*

Wednesdays | 10:30 - 11:30 AM

Build strength and flexibility in both mind and body.

Tai Chi | Chip Forrester & Jim Schriver

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.

Exploring Purposeful Living & Dying

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

Tuesday, February 4 | 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.

Ballet & Gentle Stretching | Hadley Williamson

Thursday, February 6 | 3:15 - 4:00 PM

Move and stretch in this ballet-inspired class for all abilities led by classically trained ballet dancer and Vanderbilt student, Hadley Williamson.

Tips for Healthy Snacking

Donna Ortner, Holistic Health & Wellness Coach

Tuesday, February 11 | 6:30-7:30 PM

Gather practical suggestions for using snacks to meet nutritional requirements and tips for healthy food swaps during this informative and supportive workshop. Prepare and enjoy a snack together! Leave feeling inspired!

Gilda's Book Club | Laura Leach, LMSW

Friday, February 28 | 11:00 AM - 12:00 PM

Email RSVP@gildasclubmiddletn.org for your next great read!

IN-PERSON OFFERINGS

Quilting Club | Diane Booth *Space is limited, please RSVP*

Wednesday, February 5 & 19 | 10:30 AM - 1:30 PM

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

Love Notes: A Valentine Letterpress Workshop

Christi Kearney

Thursday, February 6 | 12:30 - 2:00 PM

Join artist and creative guide Christi Kearney, as you design and print small valentines using a fast foam-based letterpress technique. You'll walk away with a charming set to share with loved ones or encourage yourself.

What Feeds You | Sharon Benus, LMSW

Friday, February 7 | 11:00 AM - 12:00 PM

Share ways to nourish your mind, body, and soul. This month, meet us at Cocorico, our neighborhood French cafe!

Game Time: Card Club | Donna Boyington & Bob Worley

Tuesday, February 11 | 12:00 - 4:00 PM

Play Hand and Foot Canasta and other card games. Simple rules and lots of fun. New players welcome!

Watercolor Valentines | Marie Hindman

Tuesday, February 11 | 4:30 AM - 5:30 PM

Explore watercolor painting brush techniques and create beautiful valentines as you enjoy this forgiving art form.

Coffee Talk | Gilda's Club Members

Wednesday, February 12 | 11:45 AM - 12:45 PM

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

Valentine's Day Flower Arranging | Meryl Kraft

Thursday, February 13 | 12:30 - 2:00 PM

Take home a cheery one-of-a-kind creation made by YOU!
Registration required by February 6.

Safe & Sound Sound Bath

Scott Owings, *The Center for Contemplative Justice*

Monday, February 17 | 1:00 - 2:00 PM

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

Craft-a-palooza! | Tambrea Egan

Thursday, February 20 | 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.

Farewell Coffee & Treats | Tai Chi Instructor, Chip Forrester

Friday, February 21 | 11:00 AM - 12:00 PM

Join us after Chip's last class to say thank you and bon voyage!

Cottage Pie Cooking Demonstration with Mark Daemon

Tuesday, February 25 | 4:30 - 5:30 PM

Learn how to make Cottage Pie; a quick, simple, hot meal similar to Shepherd's Pie, but with ground beef instead of lamb. Stay for the Community Meal to enjoy the feast!

Gilda's Walking Club: Lover's Lope Edition | Laura Leach

Thursday, February 27 | 11:15 AM - 12:00 PM

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

Gelli Printing Workshop | Martha Hjorth

Thursday, February 27 | 12:30 - 2:00 PM

Explore gelli printing techniques. No experience required.

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

**GILDA'S
CLUB
MIDDLE
TENNESSEE**

FEBRUARY 2025

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!

- **Evening Breast Cancer Group**
- **Family Support Groups**
- **Cancer Support Groups**
- **Colorectal & Anal Cancer Networking Group**
- **LGBTQ+ Networking Group**
- **Men's 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.

February Orientation Session dates:

- **6:00 PM | Monday, February 3**
- **12:00 PM | Wednesday, February 12**
- **6:00 PM | Monday, February 17**
- **12:00 PM | Wednesday, February 26**

 **Free
Cancer
Support**

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)	Kids & Teens Group
Cancer Support Group*	Life After Loss Group
Cancer Support Group for Women (Spanish Language)	LGBTQ+ Group
Colorectal Cancers Group**	Men's Group
Family Support Group*	Multiple Myeloma Group
Gynecologic Cancers Group	Post-Treatment Group
Head & Neck Cancers Group	Sister's Network
	Young Adults with Cancer
	Young Adults Grieving a Loss

*requires a commitment to attend on a regular basis

**coming soon