

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 10 <i>The Artist's Way</i> Book Club Series - Session 7 10:30 - 11:30 Chair Yoga 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 5:30 - 6:30 Informational Guide to Treatment Induced Neuropathy <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 Floral Collage with Christi 6 - 7 Introduction to Tai Chi <i>with Tai Chi River</i> <p style="text-align: right;">6</p>	10 - 11 Tai Chi 11 - 12 <i>What Feeds You</i> with Kim McPhail, MA, PT, ATRet., CertDN 12 - 1 Community Meal <p style="text-align: right;">7</p>
9 - 10 <i>The Artist's Way</i> Book Club Series - Session 8 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 Lymphedema 101 5:30 - 6:30 Community Meal <p style="text-align: right;">11</p>	10:30 - 11:30 Heated Yoga Practice <i>at Small World Yoga Studio</i> 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk 12 - 1 Orientation Session <p style="text-align: right;">12</p>	10 - 11:30 Cancer Support Group for Women - Spanish Speaking 11 - 12 Multiple Myeloma Medical Updates with Dr. Muhamed Baljevic 12:30 - 2 Craft-a-palooza 4 - 5 <i>Your Story Matters</i> Writing Workshop <p style="text-align: right;">13</p>	10 - 11 Tai Chi 12 - 1 Post Treatment Group 1:30 - 2:30 Therapeutic Drum Circle <p style="text-align: right;">14</p>
9 - 10 <i>The Artist's Way</i> Book Club Series - Session 9 10:30 - 12:30 Cancer Support Group 12:30 - 1:30 Lunch & Learn: Navigating the Sarah Cannon Cancer Experience 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 1 - 2 Safe & Sound Sound Bath 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 - 1 Family Support Group 1 - 2 Brain Cancer Meet Up <p style="text-align: right;">19</p>	11 - 12:30 Breast Cancer Group 12:30 - 2 Craft-a-palooza 4 - 5 Country Music Hall of Fame Leather Workshop 7 - 8 Nighttime Yoga & Meditation <p style="text-align: right;">20</p>	10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club 12 - 1 Community Meal <p style="text-align: right;">21</p>
9 - 10 <i>The Artist's Way</i> Book Club Series - Session 10 10:30 - 12:30 Cancer Support Group 1 - 2 BeMoved® Dance Workshop 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group <p style="text-align: right;">24</p>	10 - 11 Guided Imagery & Relaxation 11 - 12 "Chemo Brain" - Taking Charge of Cancer Related Cognitive Decline 5:30 - 6:30 Community Meal 6 - 7:30 Life After Loss Series - 1 6:30 - 8 Sisters Network <p style="text-align: right;">25</p>	10:30 - 11:30 Gentle Yoga 11 - 12 Nipple Tattoo Education 11 - 1 Family Support Group 12 - 1 Orientation Session <p style="text-align: right;">26</p>	11:15 - 12 Gilda's Walking Club 12:30 - 2 Open Art Studio with The Curb Center <p style="text-align: right;">27</p>	10 - 11 Tai Chi 12 - 1 Post Treatment Group  CLAY DAY! Saturday, March 29, 10 - 12 LGBTQ+ Lunch Saturday, March 29, 12:30 - 1:30 <p style="text-align: right;">28</p>
9 - 10 <i>The Artist's Way</i> Book Club Series - Session 11 10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 7:30 Head & Neck Cancers Group 6 - 8 Family Support Group <p style="text-align: right;">31</p>				Feeling Sick?  Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.

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

IN-PERSON OFFERINGS

Quilting Club | Diane Booth *space is limited, please RSVP*
Wednesday, March 5 & 19 | 10:30 AM - 1:30 PM

Floral Collage with Christi | Christi Kearney

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

Celebrate Spring with mixed media collage and drawing.

Community Meals

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

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

Enjoy a meal with Gilda's Club friends. *RSVP required.*

Card Club | Donna Boyington & Bob Worley

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

Play fun games with simple rules. New players welcome!

Heated Yoga Practice at Small World Yoga Studio

Wednesday, March 12 | 10:30 - 11:30 AM

1119 12th Ave S, Nashville, TN 37203 *(In Person only)*

Enjoy a gently heated yoga session at SWY Studio.

Coffee Talk | Gilda's Club Members

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

Join a casual social hour with *Just Love Coffee Café* treats!

Craft-a-palooza | Tambrea Egan

Thursday, March 13 & 20 | 12:30 - 2:00 PM

Unleash your inner creative through a fun craft project guided by Tambrea! Feel free to bring projects in process.

Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP,

MT-BC, ACS, Replenish Counseling

Friday, March 14 | 1:30 - 2:30 PM

Experience the physical and emotional health benefits of participating in a drum circle! *Drums provided.*

Safe & Sound Sound Bath

Scott Owings, The Center for Contemplative Justice

Tuesday, March 18 | 1:00 - 2:00 PM

Rest, reset, and regulate through sound & stillness.

Brain Cancer Meet-Up | Juli & Earl Fitz

Wednesday, March 19 | 1:00 - 2:00 PM

Enjoy a time of camaraderie with others living with a brain cancer diagnosis or the diagnosis of a loved one.

Country Music Hall of Fame Leather Workshop

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

Create a small, hand-tooled leather craft. All ages!

Gilda's Walking Club | Laura Leach, LMSW

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

Meet at the clubhouse and take a 1-mile stroll with pals!

IN-PERSON OFFERINGS, CONTINUED

Open Art Studio at Gilda's Club with The Curb Center

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

Share in creative community with any self-guided art. Join us as we prepare artwork for a community art exhibit!

LGBTQ+ Lunch | Lynae Smith, MSW

Saturday, March 29 | 12:30 - 1:30 PM

Come for the clay and stay for lunch to connect with others in the LGBTQ+ cancer community (allies welcome!)

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, & discomfort.

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.

Multiple Myeloma Medical Updates

Dr. Muhamed Baljevic,

Vanderbilt University Medical Center

Thursday, March 13 | 11:00 AM - 12:00 PM

Hear about the latest advancements in multiple myeloma treatment and care.

Your Story Matters Writing Workshop

Jenni Dawn Muro, Writer, Speaker, Consultant

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

Explore the power of personal stories, writing & community.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, March 20 | 7:00 - 8:00 PM

Unwind and prepare your body to sleep.

HYBRID OFFERINGS

Exploring Purposeful Living & Dying | Heidi O'Neil

Health & Wellness Coach; End of Life Coach

Tuesday, March 4 | 12:00 - 1:30 PM

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

Gentle Yoga

Anita Hoerman & Teresa Standard, Small World Yoga

Wednesday, March 5, 19, & 26 | 10:30 - 11:30 AM

Build strength and flexibility in this gentle yoga practice.

Tai Chi | Jim Schriver

Fridays | 10:00 - 11:00 AM

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

HYBRID OFFERINGS, CONTINUED

Chair Yoga | Melissa Carr, Small World Yoga

Monday, March 3 | 10:30 - 11:30 AM

Plan to attend this new monthly class to promote flexibility, mindfulness and health from your chair!

Informational Guide to Treatment Induced

Neuropathy | Emilie-Grace King,

Belmont University Occupational Therapy Student

Tuesday, March 4 | 5:30 - 6:30 PM

Gain foundational knowledge and obtain resources to answer your questions about peripheral neuropathy.

Introduction to Tai Chi | Peter Hodes, Tai Chi River

Thursday, March 6 | 6:00 - 7:00 PM

Participate in a meditative practice that involves a series of gentle movements and postures. Beginners welcome!

What Feeds You | Sharon Benus, LMSW &

Kim McPhail, MA, PT, ATRet., CertDN

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

Share and learn about ways to nourish your mind, body, and soul. Kim McPhail will join this meeting to discuss using food to get the nutrients your body needs.

Lymphedema 101 | Katherine Rauch,

Occupational Therapist, OTD, OTR/L, C/PAM, CLT-

LANA, Results Physiotherapy

Tuesday, March 11 | 4:30 - 5:30 PM

Learn the basics about the lymphatic system, the benefits of pre-, post-op and follow-up visits, and what you can do to prevent/manage lymphedema. Bring your questions!

Lunch & Learn: Navigating the Sarah Cannon

Cancer Experience

Monday, March 17 | 12:30 - 1:30 PM

Join us for lunch as experts from Sarah Cannon Cancer Center share tips regarding care and resources at SCCC.

Book Club | Laura Leach, LMSW

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

BeMoved® Dance Workshop

Marcia Berlin, RD, Health Coach, Former Pro-Dancer

Monday, March 24 | 1:00 - 2:00 PM

Experience the joy of dance with this fun and effective full-body workout that is gentle and easy to follow.

"Chemo Brain" - Taking Charge of Cancer Related

Cognitive Decline

Kirsty Livingston, OT/L, CLT, ReVital PD

Tuesday, March 25 | 11:00 AM - 12:00 PM

See "Featured Programs" for workshop description.

Nipple Tattoo Education | So Yeon Kim,

Fine Line Cosmetics & Tattoos

Wednesday, March 26 | 11:00 AM - 12:00 PM (Hybrid)

See "Featured Programs" for workshop description.

SOCIAL EVENT OF THE MONTH

CLAY DAY!

Saturday, March 29, 10:00 AM - 12:00 PM

Come get your hands dirty and learn to make your own hand-built mug in this creative clay workshop! For kids and adults, this hands-on experience will guide you through the process of shaping, decorating, and personalizing your own unique mug. No prior experience needed—just bring your creativity!

FEATURED PROGRAMS

"Chemo Brain"-

Taking Charge of Cancer Related Cognitive Decline

Kirsty Livingston, OT/L, CLT, ReVital PD

Tuesday, March 25 | 11:00 AM - 12:00 PM (Hybrid)

Learn tips to manage "chemo brain," also called cancer related cognitive decline (CRCDD). This is a side effect experienced by many people who have had or are undergoing cancer treatment, which can impact function and quality of life. *Facilitator joining virtually.*

Nipple Tattoo Education

So Yeon Kim, Fine Line Cosmetics & Tattoos

Wednesday, March 26 | 11:00 AM - 12:00 PM

(Hybrid)

Gain insight into nipple tattoo options post-surgery from So Yeon, the founder and owner of *Fine Line Cosmetics & Tattoos* and a specialist in permanent cosmetic tattoos, including; nipple tattoos, eyebrow and eyeliner tattoos, and Scalp Micropigmentation.



Look for Gilda to find our Social Event each month! Social Events are a time of casual connection and fun and all are welcome!

GET CONNECTED

View the Calendar



Give us a follow!



@gildasclubmiddletn

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!

- **Cancer Networking Groups**
- **Colorectal & Anal Cancer Networking Group**
- **Evening Breast Cancer Group**
- **Family Networking Groups**
- **LGBTQ+ Networking Group**
- **Life After Loss Series**
- **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.

March Orientation Session dates:

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

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

Breast Cancer Group

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