

APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying 6 - 7:30 Life After Loss SERIES * 5:30 - 7:30 Dinner and a Show: <i>Sleeping Beauty Storytelling</i> <i>with Dancers from</i>  Vanderbilt Ballet Theatre	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group 12 - 1 Orientation Session	11 - 12:30 Breast Cancer Group 12:30 - 2 Spring Holiday Card-Making "Potluck" 6 - 7 Introduction to Tai Chi with <i>Tai Chi River</i>	10 - 11 Tai Chi 11 - 12 What Feeds You 12 - 1 Community Meal 1 - 2:30 <i>Writing Toward the Light</i> Writing Workshop
	1	2	3	4
9 - 10 <i>The Artist's Way</i> Book Club Series - 12 10:30 - 11:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 5:30 - 6:30 Community Meal 6 - 7:30 Life After Loss SERIES	10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk	10:30 - 11:30 MELT Method 12:30 - 2 Craft-a-palooza 4 - 5:30 <i>Your Story Matters</i> Writing Workshop 6 - 7 Cancer Networking Group 6 - 7 Family Networking Group	10 - 11 Tai Chi 12 - 1 Post Treatment Group 1 - 2 Ukelele 101 with <i>The Country Music Hall of Fame</i>
7	8	9	10	11
10:30 - 12:30 Cancer Support Group 3:30 - 4:30 Pelvic Floor Yoga 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 1 - 2 Safe & Sound Sound Bath 6:30 - 8 Life After Loss Group 6:30 - 8:30 Tough Friends Art Club for Young Adults	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group 12 - 1 Orientation Session 1 - 2 Brain Cancer Meetup 6:30 - 8:30 Tough Friends Art Club for Young Adults	11 - 12:30 Breast Cancer Group 12:30 - 2 Craft-a-palooza 5:30 - 7 Table for 2 Charcuterie Class 7 - 8 Nighttime Yoga & Meditation	10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club 12 - 1 Community Meal
14	15	16	17	18
10:30 - 12:30 Cancer Support Group 1 - 2 BeMoved® Dance Workshop 4:30 - 6 Watercolors for Beginners 6 - 7 Orientation Session 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 11 - 12 Managing Cancer Related Pain & Neuropathy 4 - 5 Songwriting 101 with <i>The Country Music Hall of Fame</i> 5:30 - 7:00 Community Meal - Family Recipe POTLUCK! 6 - 7:30 Life After Loss SERIES	10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group	11:15 - 12 Gilda's Walking Club 12:30 - 2:30 Open Art Studio with <i>The Curb Center</i> 6 - 7 Cancer Networking Group 6 - 7 Family Networking Group 6 - 7:30 Surprise Art Workshop with Meghan	10 - 11 Tai Chi 12 - 1 Post Treatment Group 1:30 - 2:30 Therapeutic Drum Circle
21	22	23	24	25
10:30 - 12:30 Cancer Support Group 6 - 7:30 Head & Neck Cancers Group 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 1 - 2 True Life: I'm Lonely 6 - 7:30 Life After Loss SERIES 6:30 - 8 Sisters Network	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group 12 - 1 Orientation Session	<i>It's Volunteer Appreciation Month!</i> <i>Drop by the clubhouse sometime this month to write a thank you note or email a message to</i> <i>lauraleach@gildasclubmiddletn.org to share your gratitude for our volunteers!</i>	 Look for Gilda to find our Social Event each month! Social Events are a time of casual connection and fun and <u>all</u> are welcome!
28	29	30		

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

HYBRID OFFERINGS

Gentle Yoga | Anita Hoerman & Melissa Carr
Small World Yoga
Wednesdays | 10:30 - 11:30 AM

Tai Chi | Jim Schriver
Fridays | 10:00 - 11:00 AM

Exploring Purposeful Living & Dying | Heidi O'Neil, Health & Wellness Coach, End of Life Coach
Tuesday, April 1 | 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.

Introduction to Tai Chi | Peter Hodes, *Tai Chi River*
Thursday, April 3 | 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
Friday, April 4 | 11:00 AM - 12:00 PM
Share and learn about ways to nourish mind, body, and soul with a community of others seeking to do the same.

Writing Toward the Light | Sherri Gragg, *The Porch*
Friday, April 4 | 1:00 - 2:30 PM
Engage with your creative spirit in this writing workshop.

Chair Yoga | Melissa Carr, *Small World Yoga*
Monday, April 7 | 10:30 - 11:30 AM
Promote flexibility and mindfulness from your chair!

Pelvic Floor Yoga | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor
Monday, April 14 | 3:30 - 4:30 PM
Focus on the muscles of the pelvic floor to improve strength and functioning through gentle yoga.

Book Club | Laura Leach, LMSW
Friday, April 18 | 11:00 AM - 12:00 PM
Email lauraleach@gildasclubmiddletn.org for details.

BeMoved® Dance Workshops | Marcia Berlin RD, Health Coach, Former Professional Dancer
Monday, April 21 | 1:00 - 2:00 PM
Experience the joy of dance with this fun full-body workout that is gentle and easy to follow.

Managing Cancer Related Pain & Neuropathy
Kirsty Livingston, OT/L, CLT, *ReVital PD*
Tuesday, April 22 | 11:00 AM - 12:00 PM
Learn more about these challenging side effects and how to manage them. *Facilitator joining virtually.*

Songwriting 101 with *The Country Music Hall of Fame*
Tuesday, April 22 | 4:00 - 5:00 PM
See description in "Featured Programs."

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 and discomfort.

***The Artist's Way* Book Club Series | Melissa Carr**
Monday, April 7 | 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.

Your Story Matters Writing Workshop
Jenni Dawn Muro, Writer, Speaker, Consultant
Thursday, April 10 | 4:00 - 5:30 PM
Explore the power of personal stories and writing.

Nighttime Yoga & Meditation | Savanna Starko
Thursday, April 17 | 7:00 - 8:00 PM
Unwind and prepare your body to sleep.

True Life: I'm Lonely | Liz Geller, LPC-MHSP
Tuesday, April 29 | 1:00 - 2:00 PM
Participate in an informal discussion about the experience of loneliness, which can be compounded by a cancer diagnosis or the diagnosis of a loved one.

IN-PERSON OFFERINGS

Quilting Club | Diane Booth
Wednesday, April 2, 16 & 30 | 10:30 AM - 1:30 PM
Bring a project and supplies. *Space limited, please RSVP.*

Spring Card-Making "Potluck" | Gilda's Members
Thursday, April 3 | 12:30 - 2:00 PM
Create greeting cards to celebrate Spring holidays. Bring your card making supplies, "potluck" style, if you wish!

Community Meals
Friday, April 4 & 18 | 12:00 - 1:00 PM
Tuesday, April 8 & 22 (potluck) | 5:30 - 6:30 PM
Enjoy a family-style meal with friends. *RSVP required.*

Game Time: Card Club | Donna & Bob
Tuesday, April 8 | 12:00 - 4:00 PM
Play fun games with simple rules. New players welcome!

Coffee Talk | Gilda's Club Members
Wednesday, April 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!*

MELT Method | Luci Crow, Certified MELT Instructor, Certified Pilates Instructor
Thursday, April 10 | 10:30 - 11:30 AM
Use MELT balls and soft rollers to aid with inflammation, pain, tension, and stress relief. *All fitness levels.*

Craft-a-palooza | Tambrea Egan
Thursday, April 10 | 12:30 - 2:00 PM
Thursday, April 17 | 12:30 - 2:00 PM
Unleash your inner creative with a fun, guided craft project! Feel free to bring projects in process.

Ukulele 101 with *The Country Music Hall of Fame*
Friday, April 11 | 1:00 - 2:00 PM
Join an instructor from *The Country Music Hall of Fame* to try your hand at ukulele.

Safe & Sound Sound Bath
Scott Owings, *The Center for Contemplative Justice*
Tuesday, April 15 | 1:00 - 2:00 PM
Rest, reset, and regulate through sound & stillness.

Brain Cancer Meet-Up | Juli & Earl Fitz
Wednesday, April 16 | 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.

Table for 2 Charcuterie Class | Shivonne Hood, Chef & Founder of *Table for 2*
Thursday, April 17 | 5:30 - 7:00 PM
Learn the intricacies of building a charcuterie spread with all you need to build one during class! *Two may attend together and share one board- one RSVP per pair.*

Watercolors for Beginners | Marie Hindman
Monday, April 21 | 4:30 - 6:00 PM
Explore brush techniques and create your own painting.

Gilda's Walking Club | Laura Leach & Sofia Sabal
Thursday, April 24 | 11:15 AM - 12:00 PM
Meet at the clubhouse and take a 1-mile stroll together.

Open Art Studio at Gilda's Club with *The Curb Center*
Thursday, April 24 | 12:30 - 2:30 PM
Share in creative community with any self-guided art. Join us as we prepare artwork for a community art exhibit!

Surprise Art Workshop | Meghan Lamb, MAAA
Thursday, April 24 | 6:00 - 7:30 PM
Be pleasantly surprised during this art workshop with Gilda's Club's own, Meghan Lamb!

Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP, MT-BC, ACS, Replenish Counseling
Friday, April 25 | 1:30 - 2:30 PM
Experience the physical and emotional health benefits of participating in a drum circle! Drums provided.

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

Dinner and a Show: *Sleeping Beauty* Storytelling with Dancers from Vanderbilt Ballet Theatre

Tuesday, April 1, 5:30-7:30 PM

Join us for a magical Spring evening. Enjoy a delicious meal, followed by a performance by talented dancers from Vanderbilt Ballet Theatre. This student ballet group will be sharing *Sleeping Beauty* through storytelling and graceful movement. All ages welcome, please reserve your seat for what promises to be a wonderful evening. *RSVP Required.*

Community Meal - Family Recipe POTLUCK!

Tuesday, April 22, 5:30 - 7:00 PM

Bring a dish to share that has been passed down through generations or holds a special place in your heart.

New Cancer and Family Networking Groups begin this month

2nd and 4th Thursday of each month, 6:00 - 7:00 PM (Hybrid)

We are excited to offer two new networking groups which will meet simultaneously to provide support and connection to those with a cancer diagnosis and their families.

No commitment required. Sign up as you are able to attend. Childcare available upon request with advance notice.

Songwriting 101 with The Country Music Hall of Fame

Tuesday, April 22, 4:00 - 5:00 PM (Hybrid)

A music professional will teach the fundamentals of songwriting, including form, theme, and rhyme scheme. Participants will share ideas and write an original song.

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 Group
- Colorectal & Anal Cancer Networking Group
- Evening Breast Cancer Group
- Family 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.

April Orientation Session dates:

- 12:00 PM | Wednesday, April 2
- 6:00 PM | Monday, April 7
- 12:00 PM | Wednesday, April 16
- 6:00 PM | Monday, April 21
- 12:00 PM | Wednesday, April 30



GET CONNECTED

View the Calendar



Give us a follow!



@gildasclubmiddletn

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

Breast Cancer Group
Cancer Networking Group
Cancer Support Group*
Colorectal Cancers Group**
Family Networking Group
Family Support Group*
Gynecologic Cancers Group
Head & Neck Cancers Group

Life After Loss Group
Life After Loss Series
LGBTQ+ Group
Multiple Myeloma Group
Post-Treatment Group
Sister's Network
Young Adults with Cancer

*requires a commitment to attend on a regular basis

**coming soon