

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>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!</p> 		<p>11 - 12:30 Breast Cancer Group 12:30 - 2 Spring Holiday Card Making 2 - 3 Clay Handbuilding with <i>The Country Music Hall of Fame</i></p> <p style="text-align: right;">1</p>	<p>10 - 11 Tai Chi 11 - 12 <i>What Feeds You</i> 11 - 12 Fettuccini Chicken Florentine Cooking Demonstration with Mark 12 - 1 Community Meal</p> <p style="text-align: right;">2</p>
<p>10:30 - 11:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 6 - 8 Family Support Group</p> <p style="text-align: right;">5</p>	<p>10 - 11 Guided Imagery & Relaxation 1 - 2:30 Writing Workshop with <i>The Porch</i> 5:30 - 6:30 <i>Welcome Community Meal for New Members</i></p> <p style="text-align: right;">6</p>	<p>10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 12 - 1 Orientation Session 12 - 1 MELT Method</p> <p style="text-align: right;">7</p>	<p>12:30 - 2 Lotus Books Art Workshop 6 - 7 Cancer Networking Group 6 - 7 Family Networking Group</p> <p style="text-align: right;">8</p>	<p>10 - 11 Tai Chi 12 - 1 Post Treatment Group: Focus on Cancer-Related Cognitive Decline with Kirsty Livingston, OT/L 1:30 - 2:30 Therapeutic Drum Circle</p> <p style="text-align: right;">9</p>
<p>10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound: Sound Bath 6 - 7 Orientation Session 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p> <p style="text-align: right;">12</p>	<p>10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying 2 - 3 Be Pampered by the Mary Kay Dream Builders Unit</p> <p style="text-align: right;">13</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk</p> <p style="text-align: right;">14</p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 2:30 Open Art Studio with The Curb Center 5:30 - 7 SINGO- The Musical BINGO Experience!</p>  <p style="text-align: right;">15</p>	<p>10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club 12 - 1 True Life: I Have Survivor's Guilt</p> <p style="text-align: right;">16</p>
<p>10:30 - 12:30 Cancer Support Group 3 - 4 BeMoved® Dance Workshop 4:30 - 6 Watercolors for Beginners: Exciting Birch Trees 6 - 7:30 Head & Neck Cancers Group 6 - 8 Family Support Group</p> <p style="text-align: right;">19</p>	<p>10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 12 - 4 Card Club 5:30 - 7:00 Community Meal: Summer Picnic Potluck! 6:30 - 8 Life After Loss Group</p> <p style="text-align: right;">20</p>	<p>10:30 - 11:30 Gentle Yoga 11 - 12:30 Multiple Myeloma Networking Group 11 - 1 Family Support Group 12 - 1 Orientation Session 1 - 2 Brain Cancer Meet Up</p> <p style="text-align: right;">21</p>	<p>10:30 - 11:30 Insulin Resistance and Breast Cancer with <i>BRA</i> 12:30 - 2 Color Me Calm: Paint Your Self-Care Wheel 4 - 5:30 <i>Your Story Matters</i> 6 - 7 Cancer Networking Group 6 - 7 Family Networking Group 7 - 8 Nighttime Yoga & Meditation</p> <p style="text-align: right;">22</p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">23</p>
<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">26</p>	<p>10 - 11 Guided Imagery & Relaxation 11 - 12 Pelvic Floor Health & Sexual Health 6:30 - 8 Sisters Network</p> <p style="text-align: right;">27</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group 12 - 2 The Fold Origami Workshop</p> <p style="text-align: right;">28</p>	<p>11:15 - 12 Gilda's Walking Club 12:30 - 2 Spring Still Life 6 - 7:30 LGBTQ+ TOTES Ready for PRIDE</p> <p style="text-align: right;">29</p>	<p>9:30 - 3:00 One Day Fun Day for Kids and Teens!</p>  <p style="text-align: right;">30</p>

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

IN-PERSON OFFERINGS

Spring Holiday Card Making | Gilda's Club Members
Thursday, May 1 | 12:30 - 2:00 PM
Bring supplies or use ours to make one of a kind greeting cards with love.

Clay Handbuilding with The Country Music Hall of Fame
Thursday, May 1 | 2:00 - 3:00 PM
Enjoy a tactile clay handbuilding class and make your own air-dry pot or bowl.

Fettuccini Chicken Florentine Cooking Demonstration
Mark Daemon + Community Meal
Friday, May 2 | 11:00 AM - 12:00 PM; 12:00 - 1:00 PM
Watch and learn as Mark teaches us how to make a delicious meal with Caesar salad and garlic bread to boot.

Welcome Community Meal for New Members
Tuesday, May 6 | 5:30 - 6:30 PM (RSVP required)
New members are invited for dinner and conversation!

MELT Method | Luci Crow, Certified MELT Instructor, Certified Pilates Instructor
Wednesday, May 7 | 12:00 - 1:00 PM
Use MELT balls and soft rollers to aid with inflammation, pain, tension, and stress relief. All fitness levels.

Lotus Books Art Workshop | Christi Kearney
Thursday, May 8 | 12:30 - 2:00 PM
Create a small book with a striking architectural folded interior. Customize your book to make a unique treasure.

Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP, MT-BC, ACS, Replenish Counseling
Friday, May 9 | 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, May 12 | 1:00 - 2:00 PM
Rest, reset, and regulate through sound & stillness.

Be Pampered by the Mary Kay Dream Builders Unit
Tuesday, May 13 | 2:00 - 3:00 PM
Take a moment for YOU, as the *Mary Kay Dream Builders Unit* treats you with Satin Hands & Lips and a face mask. *Those with a diagnosis and loved ones welcome.*

Quilting Club | Diane Booth
Wednesday, May 14 & 28 | 10:30 AM - 1:30 PM
Bring a project and supplies and quilt in community. If you sew and would like to learn to quilt, please join in!

Coffee Talk | Gilda's Club Members
Wednesday, May 14 | 11:45 AM - 12:45 PM
Join a casual social hour with *Just Love Coffee Café* treats.

Open Art Studio at Gilda's Club with The Curb Center
Thursday, May 15 | 12:30 - 2:30 PM
Prepare artwork for our art exhibition in June!

IN-PERSON OFFERINGS, CONTINUED

SINGO- The Musical BINGO Experience!
Thursday, May 15 | 5:30 - 7:00 PM
See "Featured Programs" for event description.

Watercolors for Beginners | Marie Hindman
Monday, May 19 | 4:30 - 6:00 PM
Create a painting celebrating the beauty of birch trees.

Card Club | Donna Boyington & Bob Worley
Tuesday, May 20 | 12:00 - 4:00 PM
Play fun games with simple rules. All are welcome.

Community Meal: Summer Picnic Potluck!
Tuesday, May 20 | 5:30 - 7:00 PM
Bring a favorite summer side, we'll provide the BBQ!

Brain Cancer Meet-Up | Juli & Earl Fitz
Wednesday, May 21 | 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.

Color Me Calm: Paint Your Self-Care Wheel
Sharon Benus, LMSW
Thursday, May 22 | 12:30 - 2:00 PM
Join a playful and reflective class using watercolors to make your own Self-Care Wheel.

The Fold: Origami Workshop | Michael Choate
Wednesday, May 28 | 12:00 - 2:00 PM
Join us for an afternoon of origami & pleasantries. May's theme: Flower Power.

Gilda's Walking Club | Laura Leach & Sofia Sabal
Thursday, May 29 | 11:15 AM - 12:00 PM
Meet at the clubhouse and take a 1-mile stroll with pals!

Spring Still Life | Martha Hjorth
Thursday, May 29 | 12:30 - 2:00 PM
Create a still life to celebrate Spring.

LGBTQ+ TOTES Ready for PRIDE | Lynae Smith, MSW
Thursday, May 29 | 6:00 - 7:30 PM
Decorate and personalize a tote bag for this year's PRIDE Festival with other members of the LGBTQ+ community.

One Day Fun Day for Kids and Teens
Friday, May 30 | 9:30 AM - 3:00 PM
See "Featured Programs" for event description.

VIRTUAL OFFERINGS

Guided Imagery & Relaxation | Claudia Prange
Tuesdays | 10:00 - 11:00 AM
Practice techniques that encourage emotional balance.

Post-Treatment Group: Focus on Cancer-Related Cognitive Decline | Kirsty Livingston, OT/L, CLT and Liz Geller, LPC-MHSP
Friday, May 9 | 12:00 - 1:00 PM
Learn tips on how to manage "chemobrain" challenges.

VIRTUAL OFFERINGS, CONTINUED

True Life: I Have Survivor's Guilt
Liz Geller, LPC-MHSP
Friday, May 16 | 12:00 - 1:00 PM
Participate in conversation about survivor's guilt following the death of a loved one.

Your Story Matters Writing Workshop
Jenni Dawn Muro, Writer, Speaker, Consultant
Thursday, May 22 | 4:00 - 5:30 PM
Explore the power of stories, writing & community.

Nighttime Yoga & Meditation | Savanna Starko
Thursday, May 22 | 7:00 - 8:00 PM
Unwind and prepare your body to sleep.

HYBRID OFFERINGS

Gentle Yoga | Anita Hoerman, Small World Yoga
Wednesdays | 10:30 - 11:30 AM

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

What Feeds You | Sharon Benus, LMSW
Friday, May 2 | 11:00 AM - 12:00 PM
Share and learn ways to nourish mind, body, and soul.

Chair Yoga | Melissa Carr, Small World Yoga
Monday, May 5 | 10:30 - 11:30 AM

Writing Workshop with The Porch | Sherri Gragg
Tuesday, May 6 | 1:00 - 2:30 PM
Engage with your creative spirit with author, Sherri Gragg.

Exploring Purposeful Living & Dying | Heidi O'Neil
Health & Wellness Coach; End of Life Coach
Tuesday, May 13 | 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.

Book Club | Laura Leach, LMSW
Friday, May 16 | 11:00 AM - 12:00 PM
Email lauraleach@gildasclubmiddletn.org for more info.

BeMoved® Dance Workshop | Marcia Berlin
RD, Health Coach, Former Professional Dancer
Monday, May 19 | 3:00 - 4:00 PM
Experience the joy and health benefits of gentle dance.

Insulin Resistance and Breast Cancer with Breast Cancer Recovery in Action (BRA) | Brittany Cardwell, RD
Thursday, May 22 | 10:30 - 11:30 AM
See "Featured Programs" for workshop description.

Pelvic Floor Health & Sexual Health
Kirsty Livingston, OT/L, CLT, ReVital PD & Annie Dean, PT, DPT, ATC
Tuesday, May 27 | 11:00 AM - 12:00 PM
Learn about managing bladder or bowel control issues, pelvic discomfort and changes in sexual function.

SOCIAL EVENT OF THE MONTH

SINGO- The Musical BINGO Experience!

Thursday, May 15, 5:30 - 7:00 PM

Join the fun with **DJ Jane Dupree** as we play SINGO—a musical twist on BINGO! Match song clips to your SINGO card to win. Great music, good vibes, and fun for all ages! *Dinner provided. Please RSVP.*

FEATURED PROGRAMS

One Day Fun Day for Kids and Teens!

Friday, May 30, 9:30 AM - 3:00 PM

Kids and teens are invited to join a drum circle, make an instrument with *The Country Music Hall of Fame*, and more! Parents are welcome to drop kids off or hang out at the clubhouse. *Lunch & snacks provided. Please RSVP.*

Insulin Resistance and Breast Cancer with Breast Cancer Recovery in Action (BRA)

Brittany Cardwell, RDN

Thursday, May 22, 10:30 AM - 11:30 AM (hybrid)

Maintaining a healthy weight and/or losing weight is often easier said than done once the metabolic changes related to hormone therapy, chemotherapy, and other drug-related side effects are factored in, not to mention menopause! In this special *BRA Survivorship Nutrition Session*, learn more about factors leading to insulin resistance and how to improve the body's regulation of this hormone through lifestyle-related intervention. *Facilitator participating virtually. Please email lauraleach@gildasclubmiddletn.org to register.*

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!

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

May Orientation Session dates:

- **12:00 PM | Wednesday, May 7**
- **6:00 PM | Monday, May 12**
- **12:00 PM | Wednesday, May 21**

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

Breast Cancer Group	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