

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 11:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 1:00 - 3:00 Food for Life 6 - 7 Orientation Session 6 - 8 Family Support Group <div>2</div>	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying 2 - 3 MELT Method 5:30 - 6:30 Virtual Pet Meet & Greet 6 - 7:30 Life After Loss SERIES <div>3</div>	10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 1 - 2 True Life: I'm Waiting for the Other Shoe to Drop 2 - 3 Guitar 101 with The Country Music Hall of Fame <div>4</div>	11 - 12:30 Breast Cancer Group 5 - 7 Delicious Ambiguity: Annual Art Exhibition in partnership with The Curb Center  <div>5</div>	10 - 11 Tai Chi 11 - 12 What Feeds You 11 - 4 Card Club 12 - 1 Community Meal 1:30 - 3 Yoga & Ghee Making with Suguna <div>6</div>
10:30 - 12:30 Cancer Support Group 1 - 2 Safe and Sound: Sound Bath 4:30 - 6 Watercolors for Beginners: Juicy Watermelon 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group <div>9</div>	10 - 11 Guided Imagery & Relaxation 4 - 5 Introduction to Tai Chi <i>with Tai Chi River</i> 5:30 - 6:30 Welcome Community Meal for New Members 6 - 7:30 Life After Loss SERIES <div>10</div>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk <div>11</div>	12:30 - 2 Jewelry Making with Sara 4 - 5:30 <i>Your Story Matters</i> Writing Workshop 6 - 7 BeMoved® Dance Workshop 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group <div>12</div>	10 - 11 Tai Chi 12 - 1 Post Treatment Group 12 - 1:30 Music Therapy with The Refuge Center <div>13</div>
10:30 - 12:30 Cancer Support Group 3:30 - 4:30 Pelvic Floor Yoga 6 - 7 Orientation Session 6 - 7 Finding Calm in the Storm: Managing Anxiety through Life's Challenges 6 - 8 Family Support Group <div>16</div>	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 1 - 2 A Beginner's Guide to Growing and Enjoying Herbs 6 - 7 BIPOC Group 6 - 7:30 Life After Loss SERIES 6:30 - 8 Life After Loss Group <div>17</div>	10:30 - 11:30 Gentle Yoga 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group 1 - 2 Brain Cancer Meetup 2 - 3:30 Writing Workshop <i>with The Porch</i> <div>18</div>	<div>CLUBHOUSE CLOSED</div> <div>19</div>	10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club 12 - 1 Community Meal 1:30 - 2:30 Therapeutic Drum Circle <div>20</div>
10:30 - 12:30 Cancer Support Group 5 - 6 Q&A with a Registered Dietician and Integrated Nutrition Educator 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group <div>23</div>	10 - 11 Guided Imagery & Relaxation 10:30 - 11:30 Bagels with the Boys 11 - 12 Taking Control of Lymphedema 6:30 - 8 Sisters Network <div>24</div>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group 12 - 1 Orientation Session <div>25</div>	11:15 - 12 Gilda's Walking Club 12:30 - 2 Collaborative Collage 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group 7 - 8 Nighttime Yoga & Meditation <div>26</div>	10 - 11 Tai Chi 11 - 12 Yoga for Queer Bodies 12 - 1 Post Treatment Group 2 - 3 Songwriting 101 <i>with The Country Music Hall of Fame</i> <div>27</div>
10 - 11 Nature Inspired Mindfulness 10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 7:30 Head & Neck Cancers Group 6 - 8 Family Support Group <div>30</div>		<div>Our BIPOC Group begins this month! Tuesday, June 17, 6 - 7 PM. Please join us!</div>	<div>Thank you to the National Council of Jewish Women for providing Community Meals on Fridays this month!</div>	 <div>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!</div>

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

HYBRID OFFERINGS

Gentle Yoga | Anita & Melissa, *Small World Yoga*
Wednesdays | 10:30 - 11:30 AM

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

Chair Yoga | Melissa Carr, *Small World Yoga*
Monday, June 2 | 10:30 - 11:30 AM

Exploring Purposeful Living & Dying | Heidi O'Neil, Health & Wellness Coach, End of Life Coach
Tuesday, June 3 | 12:00 - 1:30 PM
Honor & open to the emotional side of dying to live fully.

What Feeds You | Sharon Benus, LMSW
Friday, June 6 | 11:00 AM - 12:00 PM
Share and learn ways to nourish mind, body, and soul.

Introduction to Tai Chi | Peter Hodes, *Tai Chi River*
Tuesday, June 10 | 4:00 - 5:00 PM

BeMoved® Dance Workshop | Marcia Berlin RD, Health Coach, Former Professional Dancer
Thursday, June 12 | 6:00 - 7:00 PM
Experience the joy and health benefits of gentle dance.

Pelvic Floor Yoga | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor
Monday, June 16 | 3:30 - 4:30 PM
Focus on the muscles of the pelvic floor to improve strength and functioning through gentle yoga.

Finding Calm in the Storm: Managing Anxiety through Life's Challenges | Taylor Logan, LMSW
Monday, June 16 | 6:00 - 7:00 PM
Learn more about anxiety management techniques.

Writing Workshop with *The Porch* | Sherri Gragg
Wednesday, June 18 | 2:00 - 3:30 PM
Express yourself through written word led by Sherri.

Book Club | Laura Leach, LMSW
Friday, June 20 | 11:00 AM - 12:00 PM

Q&A with a Registered Dietician and Integrated Nutrition Educator | Marcia Berlin, RD
Monday, June 23 | 5:00 - 6:00 PM
Bring your nutrition questions and receive practical tips.

Taking Control of Lymphedema
Kirsty Livingston, OT/L, CLT, *ReVital PD*
Tuesday, June 24 | 11:00 AM - 12:00 PM
Learn about lymphedema, risk factors, how it is treated and tips to reduce risk. *Facilitator joining virtually.*

Yoga for Queer Bodies | Sammie Gaynor, SWY
Friday, June 27 | 11:00 AM - 12:00 PM
See description in "Featured Programs."

Songwriting 101 with *The Country Music Hall of Fame*
Friday, June 27 | 2:00 - 3:00 PM
Learn fundamentals and share ideas to write a song!

IN-PERSON OFFERINGS

Food for Life
Ali Wilhelm, Plant Based Nutrition Educator
Monday, June 2 | 1:00 - 3:00 PM Part 1 of 3.
Discover how plant-based foods can support your health through The Food for Life program. View an educational video and enjoy a live cooking demo. *Please RSVP by 5/28.*

MELT Method | Luci Crow, Certified MELT Instructor
Tuesday, June 3 | 2:00 - 3:00 PM
Use MELT balls and soft rollers to aid with inflammation, pain, tension, and stress relief. All fitness levels.

Guitar 101 with *The Country Music Hall of Fame*
Wednesday, June 4 | 2:00 - 3:00 PM
Join an instructor from The Country Music Hall of Fame to try your hand at guitar. *Instruments provided.*

Delicious Ambiguity: Annual Art Exhibition in partnership with *The Curb Center*
Thursday, June 5 | 5:00 - 7:00 PM

Game Time: Card Club | Donna & Bob
Friday, June 6 | 11:00 - 4:00 PM
Play fun games and break at lunch for Community Meal.

Community Meals
Friday, June 6 & 20 | 12:00 - 1:00 PM
Tuesday, June 10 (for new members) | 5:30 - 6:30 PM
Enjoy a family-style meal with friends. *RSVP required.*

Yoga & Ghee Making with Suguna Suguna Mukthiyala | Yoga Therapist
Friday, June 6 | 1:30 - 3:00 PM
Experience a restorative yoga practice and learn to make ghee, an Ayurvedic clarified butter.

Safe & Sound Sound Bath
Scott Owings, *The Center for Contemplative Justice*
Monday, June 9 | 1:00 - 2:00 PM
Rest, reset, and regulate through sound & stillness.

Watercolors for Beginners | Marie Hindman
Monday, June 9 | 4:30 - 6:00 PM
Create your own "Juicy Watermelon" themed painting!

Quilting Club | Diane Booth
Wednesday, June 11 & 25 | 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, June 11 | 11:45 AM - 12:45 PM
Socialize and enjoy treats from *Just Love Coffee Café*!

Jewelry Making with Sara | Sara Riano
Thursday, June 12 | 12:30 - 2:00 PM
Make a beaded bracelet or necklace and learn how to wire wrap a gem to make it into a pendant.

Music Therapy with *The Refuge Center*
Miriam Andersen, LPC-MHSP (temp), MT-BC
Friday, June 13 | 12:00 - 1:30 PM
See description in "Featured Programs."

IN-PERSON OFFERINGS, CONT'D.

A Beginner's Guide to Growing and Enjoying Herbs
The Master Gardener's of Davidson County
Tuesday, June 17 | 1:00 - 2:00 PM
Learn classification, how to grow successfully, and ways to enjoy herbs year-round. Plant your own in jars with us!

Brain Cancer Meet-Up | Juli & Earl Fitz
Wednesday, June 18 | 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.

Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP, MT-BC, ACS, *Replenish Counseling*
Friday, June 20 | 1:30 - 2:30 PM
Experience the physical and emotional health benefits of participating in a drum circle! *Drums provided.*

Bagels with the Boys | Megan Forshey, LCSW
Tuesday, June 24 | 10:30 - 11:30 AM
Come for a men's breakfast and share your thoughts about programs you would like to see at the clubhouse.

Gilda's Walking Club | Laura Leach & Sofia Sabal
Thursday, June 26 | 11:15 AM - 12:00 PM
Meet at the clubhouse and take a 1-mile stroll with us!

Collaborative Collage | Gilda's Club Members
Thursday, June 26 & July 10 | 12:30 - 2:00 PM
Create a collaborative collage celebrating Gilda's Club and Nashville with a possibility of submission to the Call to Artists for the new Nissan Stadium.

Nature Inspired Mindfulness | Megan Forshey, LCSW
Monday, June 30 | 10:00 AM - 11:00 AM
Bring the outdoors inside and learn ways to commune with nature to soothe your soul.

VIRTUAL OFFERINGS

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

Virtual Pet Meet & Greet | Lynae Smith, MSSW
Tuesday, June 3 | 5:30 - 6:30 PM
Introduce your pet to other Gilda's Club pets. Comfort and laughter are sure to follow!

True Life: I'm Waiting for the Other Shoe to Drop
Liz Geller, LPC-MHSP
Wednesday, June 4 | 1:00 - 2:00 PM
Participate in an informal discussion about living with uncertainty about the future. "It's always something!"

Your Story Matters Writing Workshop
Jenni Dawn Muro, Writer, Speaker, Consultant
Thursday, June 12 | 4:00 - 5:30 PM
Explore the power of personal stories and writing.

Nighttime Yoga & Meditation | Savanna Starko
Thursday, June 26 | 7:00 - 8:00 PM
Unwind and prepare your body to sleep.

FEATURED PROGRAMS

Delicious Ambiguity: Annual Art Exhibition in partnership with *The Curb Center*

Thursday, June 5, 5:00 - 7:00 PM

Please plan to attend our annual art show honoring all art does for us in the midst of life and cancer. Gilda's Club member artwork will be displayed while we hobnob and enjoy hors d'oeuvres and wonderful company! Bring family and friends to this celebration of art and community!

Music Therapy with Miriam Anderson of The Refuge Center

Friday, June 13, 12:00 - 1:30 PM

Express yourself through playing instruments, listening or singing. Learn about using music to cope and connect with others.

Yoga for Queer Bodies with Sammie Gaynor of Small World Yoga

Friday, June 27, 11:00 AM - 12:00 PM

Join a welcoming, fun space for LGBTQIA+ individuals to explore movement, breath and connection.

Cancer and Family Connection Groups

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

We are excited to offer two new connection groups which will meet simultaneously to provide support 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.*

PRIDE
MONTH

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 Group**
- **Cancer Connection Group**
- **Colorectal & Anal Cancer Group**
- **Evening Breast Cancer Group**
- **Family Connection Group**
- **LGBTQ+ 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.

June Orientation Session dates:

- **6:00 PM | Monday, June 2**
- **6:00 PM | Monday, June 16**
- **12:00 PM | Wednesday, June 25**
- **6:00 PM | Monday, June 30**

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

Breast Cancer Group

Cancer Connection Group

Cancer Support Group*

Colorectal Cancers Group**

Family Connection Group

Family Support Group*

Gynecologic Cancers Group

Head & Neck Cancers Group

Life After Loss Group

Life After Loss Series

LGBTQ+ Cancer 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