

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Look for Gilda to find our Social Event each month!</p> <p>Social Events are a time of casual connection and fun and <u>all</u> are welcome!</p> <p>1</p>	<p>10 - 11 Guided Imagery & Relaxation</p> <p>6 - 7:30 <i>The British Are Coming!</i> Art Class with Meghan and Ed</p> <p>2</p>	<p>10:30 - 11:30 Gentle Yoga</p> <p>11 - 1 Family Support Group</p> <p>3</p>	<p>CLUBHOUSE CLOSED</p> <p>4</p>	<p>CLUBHOUSE CLOSED</p> <p>4</p>
<p>10:30 - 11:30 Chair Yoga</p> <p>10:30 - 12:30 Cancer Support Group</p> <p>1 - 3 Food for Life: Fueling Up On Low-Fat, High-Fiber Foods</p> <p>6 - 8 Family Support Group</p> <p>7</p>	<p>10 - 11 Guided Imagery & Relaxation</p> <p>12 - 1:30 Exploring Purposeful Living & Dying</p> <p>12 - 4 Card Club</p> <p>4 - 5 Introduction to Tai Chi with Tai Chi River</p> <p>5:30 - 6:30 Community Meal</p> <p>8</p>	<p>10:30 - 11:30 Gentle Yoga</p> <p>10:30 - 1:30 Quilting Club</p> <p>11 - 1 Family Support Group</p> <p>11:45 - 12:45 Coffee Talk</p> <p>12 - 1 Orientation Session</p> <p>9</p>	<p>10:30 - 11:30 Breast Cancer Nutrition with BRA: Eating the Rainbow</p> <p>12:30 - 2 Collaborative Collage</p> <p>6 - 7 Cancer Connection Group</p> <p>6 - 7 Family Connection Group</p> <p>10</p>	<p>10 - 11 Tai Chi</p> <p>10:15 - 11:30 Your Story Matters Writing Workshop</p> <p>12 - 1 Post Treatment Group</p> <p>11</p>
<p>10:30 - 12:30 Cancer Support Group</p> <p>2 - 3 MELT Method</p> <p>3:30 - 4:30 Pelvic Floor Health Q&A</p> <p>6 - 7 Orientation Session</p> <p>6 - 7:30 Young Adults with Cancer</p> <p>6 - 8 Family Support Group</p> <p>14</p>	<p>10 - 11 Guided Imagery & Relaxation</p> <p>10:30 - 12 Gynecologic Cancer Group</p> <p>11:30 - 1 Writing Workshop with The Porch</p> <p>1 - 2 Safe & Sound Sound Bath</p> <p>6 - 7 BIPOC Group</p> <p>6:30 - 8 Life After Loss Group</p> <p>15</p>	<p>10:30 - 11:30 Gentle Yoga</p> <p>11 - 12:30 Multiple Myeloma Group</p> <p>11 - 1 Family Support Group</p> <p>1 - 2 Brain Cancer Meetup</p> <p>16</p>	<p>11 - 12:30 Breast Cancer Group</p> <p>12:30 - 2 Art History Talks: Female Artists Ignored by the History Books</p> <p>5:30 - 6:30 Men's Health Presentation with Michael Belsante, MD</p> <p>7 - 8 Nighttime Yoga & Meditation</p> <p>17</p>	<p>10 - 11 Tai Chi</p> <p>10 - 11 LGBTQ+ Cancer Group</p> <p>11 - 12 Cooking Demonstration with Mark: Red Sauce, Pasta Puttanesca & Pasta with Sausage and Peppers</p> <p>12 - 1 Community Meal</p> <p>1 - 2 Book Club</p> <p>18</p>
<p>10:30 - 12:30 Cancer Support Group</p> <p>4:30 - 6 Watercolors for Beginners: Abstract Sunflowers</p> <p>6 - 7 Setting Boundaries & Communicating Clearly</p> <p>6 - 7 Orientation Session</p> <p>6 - 8 Family Support Group</p> <p>21</p>	<p>10 - 11 Guided Imagery & Relaxation</p> <p>11 - 12 Managing Fatigue</p> <p>5:30 - 6:30 Community Meal</p> <p>6 - 7:30 LGBTQ+ Game Night</p> <p>22</p>	<p>10:30 - 11:30 Gentle Yoga</p> <p>10:30 - 1:30 Quilting Club</p> <p>11 - 1 Family Support Group</p> <p>12 - 1 Leather Keychains with The Country Music Hall of Fame</p> <p>23</p>	<p>10:30 - 11:30 Breast Cancer Nutrition with BRA: Fueling with Fiber</p> <p>12:30 - 2:00 A Second Look at van Gogh</p> <p>5:30 - 7:30 Summer Movie Night</p>  <p>24</p>	<p>10 - 11 Tai Chi</p> <p>11:30 - 12:30 Therapeutic Drum Circle</p> <p>12 - 1 Post Treatment Group</p> <p>1 - 2 Musical Instrument Petting Zoo with The Country Music Hall of Fame</p> <p>25</p>
<p>10:30 - 12:30 Cancer Support Group</p> <p>1 - 2 True Life: I'm Angry</p> <p>6 - 7:30 Head & Neck Cancers Group</p> <p>6 - 7:30 Young Adults with Cancer</p> <p>6 - 8 Family Support Group</p> <p>28</p>	<p>10 - 11 Guided Imagery & Relaxation</p> <p>11 - 12 Flower Gardening and the Color Wheel</p> <p>6:30 - 8 Sisters Network</p> <p>29</p>	<p>10:30 - 11:30 Gentle Yoga</p> <p>11 - 1 Family Support Group</p> <p>12 - 1 Orientation Session</p> <p>12 - 2 Mini Printmaking & Icy Treats</p> <p>30</p>	<p>11:15 - 12 Gilda's Walking Club</p> <p>12:30 - 2:00 Presentation of "Fabric of a Nation: American Quilt Stories from the Museum of Fine Arts"</p> <p>6 - 7 BeMoved® Dance Workshop</p> <p>31</p>	

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, July 7 | 10:30 - 11:30 AM

Exploring Purposeful Living & Dying | Heidi O'Neil, Health & Wellness Coach, End of Life Coach
Tuesday, July 8 | 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
Tuesday, July 8 | 4:00 - 5:00 PM

Breast Cancer Nutrition with BRA: Eating the Rainbow | Brittany Cardwell, RD
Thursday, July 10, 10:30 - 11:30 AM
See "Featured Programs" for more information.

Pelvic Floor Health Q&A | Kim McPhail, MA, PT, ATRet., CertDN, Women's Pelvic Health Specialist
Monday, July 14 | 3:30 - 4:30 PM
Bring your questions about the pelvic floor, including urinary, bowel and sexual concerns, to this gathering.

Writing Workshop with The Porch | Sherri Gragg
Tuesday, July 15 | 11:30 AM - 1:00 PM
Express yourself through writing with Sherri as a guide.

Art History Talks: Female Artists Ignored by the History Books | Christi Kearney
Thursday, July 17 | 12:30 - 2:00 PM
Dive into the rich history of female artists with Christi.

Book Club | Laura Leach, LMSW
Friday, July 18 | 1:00 - 2:00 PM

Setting Boundaries & Communicating Clearly
Taylor Logan, LMSW
Monday, July 21 | 6:00 - 7:00 PM
See "Featured Programs" for more information.

Managing Fatigue | Kirsty Livingston, OT/L, CLT
Tuesday, July 22 | 11:00 AM - 12:00 PM
Learn ways to manage and improve energy levels with ReVital Program Director, Kirsty. *Facilitator joining virtually.*

Breast Cancer Nutrition with BRA: Fueling with Fiber Brittany Cardwell, RD
Thursday, July 24, 10:30 - 11:30 AM
See "Featured Programs" for more information.

Presentation of "Fabric of a Nation: American Quilt Stories from the Museum of Fine Arts" | Meryl Kraft
Thursday, July 31 | 12:30 - 2:00 PM
Join us for a presentation and discussion about this current exhibit at the Frist Art Museum. If you would like, please bring a quilt and a story to share!
BeMoved® Dance Workshops | Marcia Berlin RD, Health Coach, Former Professional Dancer
Thursday, July 31 | 6:00 - 7:00 PM
Experience the joy of dance with this gentle workout.

VIRTUAL OFFERINGS

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

Your Story Matters Writing Workshop
Jenni Dawn Muro, Writer, Speaker, Consultant
Friday, July 11 | 10:15 - 11:30 AM
Explore the power of personal stories and writing.

Men's Health Presentation | Michael Belsante, MD
Thursday, July 17 | 5:30 - 6:30 PM
See "Featured Programs" for more information.

Nighttime Yoga & Meditation | Savanna Starko
Thursday, July 17 | 7:00 - 8:00 PM

True Life: I'm Angry | Liz Geller, LPC-MHSP
Monday, July 28 | 1:00 - 2:00 PM
Participate in an informal discussion about feeling angry after a cancer diagnosis or the diagnosis of a loved one.

IN-PERSON OFFERINGS

The British Are Coming! Art with Meghan and Ed
Tuesday, July 1 | 6:00 - 7:30 PM
Don't miss a smashing night of British-themed art-making and scrummy nosh with Meghan and Ed.

Food for Life: Fueling Up On Low-Fat, High-Fiber Foods | Ali Wilhelm, Plant Based Nutrition Educator
Monday, July 7 | 1:00 - 3:00 PM
Discover how plant-based foods can support your well-being through education and a cooking demonstration.

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

Card Club | Donna & Bob
Tuesday, July 8 | 12:00 - 4:00

Quilting Club | Diane Booth
Wednesday, July 9 & 23 | 10:30 AM - 1:30 PM
Bring a project and supplies and quilt in community.

Coffee Talk | Gilda's Club Members
Wednesday, July 9 | 11:45 AM - 12:45 PM
Join a casual social hour with coffee and scones.

Collaborative Collage | Gilda's Club Members
Thursday, July 10 | 12:30 - 2:00 PM
Create a collaborative collage celebrating Gilda's Club and Nashville (possible submission to the *Call to Artists*).

MELT Method | Luci Crow, Certified MELT Instructor
Monday, July 14 | 2:00 - 3:00 PM
Use MELT balls and soft rollers to aid with inflammation, pain, tension, and stress relief. All fitness levels.

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

Brain Cancer Meet-Up | Juli & Earl Fitz
Wednesday, July 16 | 1:00 - 2:00 PM
Enjoy a time of camaraderie. Loved ones welcome, too!

Cooking Demonstration with Mark: Red Sauce, Pasta Puttanesca & Pasta with Sausage and Peppers
Mark Daemon
Friday, July 18 | 11:00 AM - 12:00 PM
Learn how to make an Italian Feast; stay to eat lunch!

Watercolors for Beginners: Abstract Sunflowers Marie Hindman
Monday, July 21 | 4:30 - 6:00 PM

LGBTQ+ Game Night | Lynae Smith, MSSW
Tuesday, July 22 | 6:00 - 7:30 PM
Beat the heat by enjoying ice cream and playing games with other LGBTQ+ individuals.

Leather Keychains | The Country Music Hall of Fame
Wednesday, July 23 | 12:00 - 1:00 PM
Create a small, hand-tooled leather keychain. All ages!

A Second Look at van Gogh | Martha Hjorth
Thursday, July 24 | 12:30 - 2:00 PM
Explore van Gogh's work and try your hand at a study of one of his masterpieces in paint or pastel.

Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP, MT-BC, ACS, Replenish Counseling
Friday, July 25 | 11:30 AM - 12:30 PM
Experience the physical and emotional health benefits of participating in a drum circle! Drums provided.

Musical Instrument Petting Zoo | The Country Music Hall of Fame
Friday, July 25 | 1:00 - 2:00 PM
Kids and adults alike will enjoy this time to learn about and try out instruments of all kinds!

Flower Gardening and the Color Wheel
Master Gardeners of Davidson County
Tuesday, July 29 | 11:00 AM - 12:00 PM
Learn how the color wheel can help you plan for continuing garden color and interest in your garden.

Mini Printmaking & Icy Treats | Sharon Benus, LMSW
Wednesday, July 30 | 12:00 - 2:00 PM
Make simple, small prints using rubber carving blocks.

Gilda's Walking Club | Laura Leach & Sofia Sabal
Thursday, July 31 | 11:15 AM - 12:00 PM
Meet at the clubhouse and take a 1-mile stroll.

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

Summer Movie Night

Thursday, July 24, 5:30 - 7:30pm

Come enjoy a fun-filled evening at the clubhouse as we celebrate the season with a family-friendly movie screening! Kick back in cool comfort while savoring summertime movie snacks and refreshing drinks. All are welcome!

Men's Health Presentation with Michael Belsante, MD

Thursday, July 17, 5:30 - 6:30 PM

Learn more about continence issues- urinary and bowel, overall pelvic floor health, fatigue caused by treatment, and effects of anti-androgen therapy. *Workshop offered virtually.*

Setting Boundaries & Communicating Clearly with Taylor Logan, LMSW

Monday, July 21, 6:00 - 7:00 PM

Take part in this monthly psychoeducational series led by Taylor Logan, to explore practical strategies for setting healthy boundaries and expressing yourself with clarity and confidence.

Breast Cancer Nutrition with Breast cancer Recovery in Action (BRA), Brittany Cardwell, RD

Eating the Rainbow

Thursday, July 10, 10:30 AM - 11:30 AM

Learn how many fruits and vegetables are recommended daily and how to eat a colorful variety while considering the organic versus conventional choices.

Fueling with Fiber

Thursday, July 24, 10:30 AM - 11:30 AM

Learn about daily fiber goals and the foods you can eat to help reach them.

Facilitator participating virtually. Please register at <https://www.bragroups.org/survivorship-nutrition>

Group Support

Gilda's Club Middle Tennessee offers a number of weekly support groups, as well as a variety of connection groups that meet less frequently.

Our support and connection groups are facilitated by licensed clinicians and/or an oncology professional.

New Groups Forming!

- **BIPOC Group**
- **Cancer Connection Group**
- **Colorectal & Anal Cancers Group**
- **Family Connection Group**
- **LGBTQ+ 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.

July Orientation Session dates:

- **12:00 PM | Wednesday, July 9**
- **6:00 PM | Monday, July 14**
- **6:00 PM | Monday, July 21**
- **12:00 PM | Wednesday, July 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 connection 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+ 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