

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feeling Sick?  <i>Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.</i>	Look for Gilda to find our Social Event each month! Social Events are a time of casual connection and fun and <i>all</i> are welcome! 			10 - 11 Tai Chi 11 - 12 <i>What Feeds You: Salad Special</i> 12 - 1 Community Meal <div>1</div>
10:30 - 12:30 Cancer Support Group 1 - 3 <i>Food for Life: Discovering Dairy + Meat Alternatives</i> 6 - 7 Orientation Session 6 - 8 Family Support Group <div>4</div>	10 - 11 Guided Imagery & Relaxation 2 - 3 Yoga for Restoration Series 5:30 - 6:30 Lymphedema Support and Connection 6 - 7 <i>Life After Loss Reunion Meal</i> <div>5</div>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 1 Family Support Group 2 - 3:30 <i>Field Notes Series: Exploring Inner Landscapes Through Art</i> <div>6</div>	11 - 12:30 Breast Cancer Group 12:30 - 2 <i>Embroidering with Victoria</i> 2:30 - 3:30 True Life: I'm Tired of Being Tired <div>7</div>	10 - 11 Tai Chi 12 - 1 Post Treatment Group 1 - 2 Planning with Purpose: Legal Tools for Life Planning 4 - 5 Virtual Pet Meet & Greet <div>8</div>
10:30 - 12:30 Cancer Support Group 1 - 2 MELT Method 2 - 3 Ukulele 101 with the Country Music Hall of Fame 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group <div>11</div>	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying 2 - 3 Yoga for Restoration Series 4 - 5 Introduction to Tai Chi with Tai Chi River 5:30 - 6:30 <i>Community Meal with Tablefor2 Catering</i> <div>12</div>	10:30 - 11:30 Gentle Yoga 12 - 1 Orientation Session 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk 1 - 2 Safe & Sound 2 - 3:30 <i>Field Notes Series: Exploring Inner Landscapes Through Art</i> <div>13</div>	12:30 - 2 <i>Summer Still Life</i> 5:30 - 7 Brave Conversations: Talking about Grief with Kids 5:30 - 7 Kid Hangout in Noogieland during Brave Conversations 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group <div>14</div>	10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11- 12 Book Club 11:30 - 12:30 <i>Therapeutic Drum Circle</i> 1 - 2:30 Writing Workshop with The Porch <div>15</div>
9:30 - 10:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 4:30 - 6 <i>Watercolors for Beginners: Roses</i> 6 - 7 Medical Anxiety Management 6 - 7 Orientation Session 6 - 8 Family Support Group <div>18</div>	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 2 - 3 Yoga for Restoration Series 6 - 7 BIPOC Group 6:30 - 8 Life After Loss Group <div>19</div>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 <i>Quilting Club</i> 11 - 12:30 Multiple Myeloma Networking Group 11 - 1 Family Support Group 1 - 2 <i>Brain Cancer Meet Up</i> 2 - 3:30 <i>Field Notes Series: Exploring Inner Landscapes Through Art</i> <div>20</div>	11 - 12:30 Breast Cancer Group 12:30 - 2 Presentation of "Fabric of a Nation: American Quilt Stories from the Museum of Fine Arts" 4 - 5:30 <i>Your Story Matters</i> Writing Workshop 7 - 8 Nighttime Yoga & Meditation 6 - 7:30 TRIVIA NIGHT!  <div>21</div>	<div><i>Restore & Reset Retreat Day</i></div> 10:30 - 11:15 Restorative Yoga 11:30 - 12:30 Safe & Sound 12:30 - 1:15 Refreshing Lunch 1:30 - 2:30 SoulCollage® 2:30 - 3 Homemade Ice Cream 12 - 1 Post Treatment Group <div>22</div>
10:30 - 12:30 Cancer Support Group 6 - 7:30 Young Adults with Cancer 6 - 7:30 Head & Neck Cancers Group 6 - 8 Family Support Group <div>25</div>	10 - 11 Guided Imagery & Relaxation 11 - 12 Building Back after a Health Setback or Surgery 2 - 3 <i>Yoga for Restoration Series</i> 12 - 4 Card Club 5:30 - 6:30 <i>Community Meal</i> 6:30 - 8 Sisters Network <div>26</div>	10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 12 - 1 Orientation Session 12 - 1 CBD Education with Curaci6n 2 - 3:30 <i>Field Notes Series: Exploring Inner Landscapes Through Art</i> <div>27</div>	11:15 - 12 <i>Gilda's Walking Club</i> 11:30 - 1 <i>Your Story Matters</i> Writing Workshop 12:30 - 2 <i>Craft-a-palooza!</i> 2 - 3 Smoothies with The Urban Juicer! <div>28</div>	CLUBHOUSE CLOSED <div>29</div>

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

IN-PERSON OFFERINGS

Community Meals

Friday, August 1 | 12:00 - 1:00 PM

Tuesday, August 12 & 26 | 5:30 - 6:30 PM

Enjoy a family-style meal with friends. RSVP required.

What Feeds You: Salad Special | Sharon Benus, LMSW

Friday, August 1 | 11:00 AM - 12:00 PM

Sharon will prepare and share salad ideas. Feel free to bring and share your favorite recipe!

Food for Life: Discovering Dairy + Meat Alternatives

Ali Wilhelm, Plant Based Nutrition Educator

Monday, August 4 | 1:00 - 3:00 PM

Discover how plant-based foods can support your health through a video and live cooking demo.

Yoga for Restoration Series | Suguna Mukthyala

Tuesday, Aug 5 - Tuesday, Sept 9 | 2:00 - 3:00 PM

Explore gentle yoga postures and supportive breathing techniques in this 6-week series. No prior experience required; postures modified based on your needs.

Field Notes Series: Exploring the Inner Landscape Through Art | Hollin Daniel, Pre-licensed Art Therapist

Each Wednesday in August | 2:00 - 3:30 PM

Explore personal landscapes through creative visual expression. Each session centers around a distinct theme, encouraging observation and reflection.

Life After Loss Reunion Meal | Sharon Benus, LMSW

Tuesday, August 5 | 6:00 - 7:00 PM

Reconnect over dinner with Life After Loss participants.

Quilting Club | Diane Booth

Wednesday, August 6 & 20 | 10:30 AM - 1:30 PM

Bring a project and supplies and quilt in community.

Embroidering with Victoria | Victoria Locke

Thursday, August 7 | 12:30 - 2:00 PM

Practice the art of embroidery in this relaxed and creative session. Supplies provided or bring your own!

MELT Method | Luci Crow, Certified MELT Instructor

Monday, August 11 | 1:00 - 2:00 PM

Use MELT balls and soft rollers to aid with inflammation, pain, tension, and stress relief.

Ukulele 101 with The Country Music Hall of Fame

Monday, August 11 | 2:00 - 3:00 PM

Try your hand at ukulele and play along!

Coffee Talk | Gilda's Club Members

Wednesday, August 13 | 11:45 AM - 12:45 PM

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

Safe & Sound Sound Bath

Scott Owings, The Center for Contemplative Justice

Wednesday, August 13 | 1:00 - 2:00 PM

Rest, reset, and regulate through sound & stillness.

Summer Still Life | Martha Hjorth

Thursday, August 14 | 12:30 - 2:00 PM

Paint a still life to celebrate Summer. All skill levels.

Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP, MT-BC,

ACS, Replenish Counseling

Friday, August 15 | 11:30 AM - 12:30 PM

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

Watercolors for Beginners | Marie Hindman

Monday, August 18 | 4:30 - 6:00 PM

Create a one-of-a-kind painting featuring roses.

Brain Cancer Meet-Up | Juli & Earl Fitz

Wednesday, August 20 | 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.

Restore and Reset Retreat Day

Friday, August 22 | 10:30 AM - 3:00 PM

Please see "Featured Programs" for more details.

Card Club | Donna Boyington & Bob Worley

Tuesday, August 26 | 12:00 - 4:00 PM

Play fun games with simple rules. All are welcome.

Gilda's Walking Club | Laura Leach & Sofia Sabal

Thursday, August 28 | 11:15 AM - 12:00 PM

Meet at the clubhouse and take a 1-mile stroll.

Craft-a-palooza! | Tambrea Egan

Thursday, August 28 | 12:30 - 2:00 PM

Unleash your inner creative with a fun, guided project!

Smoothies with The Urban Juicer!

Thursday, August 28 | 2:00 - 3:00 PM

Join the team from The Urban Juicer as they share their favorite tips and tricks—then stay to enjoy and cool off!

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

Lymphedema Support & Connection Group

Katherine Rauch, OTD, OTR/L, C/PAM, CLT-LANA & Megan Forshey, LCSW

Tuesday, August 5 | 5:30 - 6:30 PM

Gather with others living with lymphedema to discuss the emotional, practical and physical impact of this side effect. Individuals with all cancer diagnoses welcome.

Planning with Purpose: Legal Tools for Life Planning

Katie Clark, Esq., Tree Ring Legal

Friday, August 8 | 1:00 - 2:00 PM

Learn about trusts, wills, powers of attorney, living wills, and more from Katie Clark of Tree Ring Legal.

Exploring Purposeful Living & Dying | Heidi O'Neil,

Health & Wellness Coach; End of Life Coach

Tuesday, August 12 | 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, August 12 | 4:00 - 5:00 PM

Experience a meditative movement practice.

Brave Conversations: Talking about Grief with Kids

Kristin Keiper-Berneman, MEd., Good Grieve Nashville

Thursday, August 14 | 5:30 - 7:00 PM

Please see "Featured Programs" for more details.

Book Club | Laura Leach, LMSW

Friday, August 15 | 11:00 AM - 12:00 PM

Email lauraleach@gildasclubmiddletn.org for more info.

Writing Workshop with The Porch | Sherri Gragg

Friday, August 15 | 1:00 - 2:30 PM

Engage your creative spirit through written word.

Chair Yoga | Melissa Carr, Small World Yoga

Monday, August 18 | 9:30 - 10:30 AM *new time!

Medical Anxiety Management | Taylor Logan, LMSW

Monday, August 18 | 6:00 - 7:00 PM

Explore practical tools and calming techniques to manage anxiety around common healthcare-related fears.

Presentation of "Fabric of a Nation: American Quilt Stories from the Museum of Fine Arts"

Meryl Kraft

Thursday, August 21 | 12:30 - 2:30 PM

Join us for a presentation about this Frist Art Museum exhibit. Feel free to bring a quilt and a story to share!

Building Back after a Health Setback or Surgery

Kirsty Livingston, OT/L, CLT, ReVital Program Director

Tuesday, August 26 | 11:00 AM - 12:00 PM

Gain practical tools and knowledge to help you rebuild strength, balance, stamina, and confidence in daily life. Facilitator joining virtually.

CBD Education with Curación | Curación Company

Tamika Hudson, DNP, APRN, FNP-C, Medical Director

Wednesday, August 27 | 12:00 - 1:00 PM

Learn about CBD products, benefits and safety.

VIRTUAL OFFERINGS

Guided Imagery & Relaxation | Claudia Prange

Tuesdays | 10:00 - 11:00 AM

True Life: I'm Tired of Being Tired

Liz Geller, LPC-MHSP

Thursday, August 7 | 2:30 - 3:30 PM

Participate in an informal discussion about feeling tired (and sick of it!) and share your tricks of the trade.

Virtual Pet Meet & Greet | Lynae Smith, MSSW

Friday, August 8 | 4:00 - 5:00 PM

Bring your animal friends to this virtual hangout!

Your Story Matters Writing Workshop

Jenni Dawn Muro, Writer, Speaker, Consultant

Thursday, August 21 | 4:00 - 5:30 PM

Thursday, August 28 | 11:30 AM - 1:00 PM

Explore the power of stories, writing & community.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, August 21 | 7:00 - 8:00 PM

Enjoy a time of relaxation to prepare the body and mind to sleep. Pajamas are welcome!

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

SOCIAL EVENT OF THE MONTH

TRIVIA NIGHT!

Thursday, August 21, 6:00 - 7:30 PM

As the kids go back to school, we will also put on our thinking caps for a round of trivia! Join us for some fun food and laughs as we put our brains to the test!

FEATURED PROGRAMS

Restore and Reset Retreat Day

Friday, August 22 | 10:30 AM - 3:00 PM

Focus on gentle movement, meditation, creativity, and delight. Join us for one activity or for them all!

10:30 AM - Restorative Yoga with Kim McPhail, MA, PT, ATRet., CertDN

11:30 AM - Safe & Sound Sound Bath with Scott Owings

12:30 PM - Light, refreshing lunch

1:30 PM - SoulCollage® with Claire Coenen, LMSW, M.Ed. M.T.S.

2:30 PM - Homemade Ice Cream with Mary Isenman

Brave Conversations: Talking about Grief with Kids

Kristin Keiper-Berneman, M.Ed., Good Grieve Nashville

Thursday, August 14 | 5:30 - 7:00 PM

Join Kristin as she shares tools and knowledge to help you discuss grief and loss with your children, grandchildren, or other young ones in your life. Pizza dinner served at 5:30; workshop to follow. *Childcare provided with RSVP.*

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.

August Orientation Session dates:

- 6:00 PM | Monday, August 4
- 12:00 PM | Wednesday, August 13
- 6:00 PM | Monday, August 18
- 12:00 PM | Wednesday, August 27



GET CONNECTED

View the Calendar



Give us a follow!



@gildasclubmiddletn

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.

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

BIPOC Group

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

LGBTQ+ Group

Men's 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