

# SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CLUBHOUSE CLOSED</b></p> <p><b>1</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 12 - 1:30 Exploring Purposeful Living &amp; Dying <b>2 - 3 Yoga for Restoration Series</b> 6 - 7 BIPOC Group</p> <p><b>2</b></p>	<p>10:30 - 11:30 Gentle Yoga <b>10:30 - 1:30 Quilting Club</b> 11 - 1 Family Support Group <b>12 - 1 Orientation Session</b> 6:30 - 8:30 Tough Friends Art Club for Young Adults</p> <p><b>3</b></p>	<p>11 - 12:30 Breast Cancer Group <b>12:30 - 2 How to Paint like an Impressionist Painter</b> 3 - 4 Songwriting 101 with The Country Music Hall of Fame 6:30 - 8:30 Tough Friends Art Club for Young Adults</p> <p><b>4</b></p>	<p>10 - 11 Tai Chi 11 - 12 What Feeds You <b>12 - 1 Community Meal</b></p> <p><b>5</b></p>
<p>9:30 - 10:30 Chair Yoga 10:30 - 12:30 Cancer Support Group <b>6 - 7 Orientation Session</b> 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p> <p><b>8</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation <b>12 - 4 Card Club</b> <b>2 - 3 Yoga for Restoration Series</b>  <b>6:00 - 7:30 Dinner and Dancing with The Country Music Hall of Fame and Museum</b></p> <p><b>9</b></p>	<p>10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group <b>11:45 - 12:45 Coffee Talk</b> <b>1 - 2 MELT Method</b></p> <p><b>10</b></p>	<p><b>12:30 - 2 Craft-a-palooza!</b> 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group <b>6 - 7:30 LGBTQ+ Game Night</b></p> <p><b>11</b></p>	<p>10 - 11 Tai Chi <b>12 - 1 Post Treatment Group</b> 1 - 2:30 Writing Workshop with The Porch</p> <p><b>12</b></p>
<p>10:30 - 12:30 Cancer Support Group <b>4:30 - 6 Watercolor Painting- Line and Wash of the Ryman Auditorium</b> 6 - 7 Navigating Body Image in a Changing Body 6 - 8 Family Support Group</p> <p><b>15</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 10:30 - 12 Gynecologic Cancer Group 6 - 7 BIPOC Group 6:30 - 8 Life After Loss Group</p> <p><b>16</b></p>	<p>10:30 - 11:30 Gentle Yoga <b>10:30 - 1:30 Quilting Club</b> 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group <b>12 - 1 Orientation Session</b> <b>1 - 2 Brain Cancer Meet Up</b></p> <p><b>17</b></p>	<p>11 - 12:30 Breast Cancer Group 1:30 - 3 Open Art Studio <b>4 - 5:30 Your Story Matters</b> 6 - 7 Brave Conversations: Talking about Grief with Kids <b>6 - 7 Kid Hangout in Noogieland during Brave Conversations</b> 7 - 8 Nighttime Yoga &amp; Meditation</p> <p><b>18</b></p>	<p>10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group <b>12 - 1 Community Meal</b> 1 - 2 Book Club</p> <p><b>19</b></p>
<p>10:30 - 12:30 Cancer Support Group <b>1 - 2 Safe &amp; Sound</b> <b>6 - 7 Orientation Session</b> 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p> <p><b>22</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 11 - 12 Ask a Cancer Rehab Expert Anything! 11:30 - 12:30 Metastatic Group 12:30 - 2 Finding Your Place: Understanding How the Enneagram Organizes Our Personality <b>5:30 - 6:30 Community Meal</b></p> <p><b>23</b></p>	<p>10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group</p> <p><b>24</b></p>	<p><b>11:15 - 12 Gilda's Walking Club</b> <b>12:30 - 2 Gelli Printing Class</b> 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group <b>6 - 7:30 LGBTQ+ Gour-dgeous &amp; Proud!</b></p> <p><b>25</b></p>	<p>10 - 11 Tai Chi <b>11:30 - 12:30 Therapeutic Drum Circle</b> 12 - 1 Post Treatment Group</p> <p><b>26</b></p>
<p>10:30 - 12:30 Cancer Support Group 4 - 5 Pelvic Floor Yoga 6 - 7:30 Head &amp; Neck Cancers Group 6 - 8 Family Support Group</p> <p><b>29</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 11 - 12 Your Story Matters <b>12 - 1:30 Self-Exploration through Expressive Art</b> 6 - 7 True Life: I'm Living in Limbo 6:30 - 8 Sisters Network</p> <p><b>30</b></p>			<p><b>Feeling Sick?</b> </p> <p><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></p>

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

## IN-PERSON OFFERINGS

### Quilting Club | Diane Booth

**Wednesday, September 3 & 17 | 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!

### Yoga for Restoration Series | Suguna Mukthiyala

**Tuesday, Sept 2 - Tuesday, Sept 9 | 2:00 - 3:00 PM**

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

### How to Paint Like an Impressionist Painter | Meryl Kraft

**Thursday, September 4 | 12:30 - 2:00 PM**

Learn the secrets (dabs, color combinations, etc.) while completing an acrylic painting. Your subject matter and all supplies will be waiting for you!

### Community Meals

**Friday, September 5 & 19 | 12:00 - 1:00 PM**

**Tuesday, September 23 | 5:30 - 6:30 PM**

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

### Card Club | Donna Boyington & Bob Worley

**Tuesday, September 9 | 12:00 - 4:00 PM**

Play fun games with simple rules. All are welcome.

### Coffee Talk | Gilda's Club Members

**Wednesday, September 10 | 11:45 AM - 12:45 PM**

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

### MELT Method | Luci Crow, Certified MELT Instructor

**Wednesday, September 10 | 1:00 - 2:00 PM**

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

### Craft-a-palooza! | Tambrea Egan

**Thursday, September 11 | 12:30 - 2:00 PM**

Tambrea will offer a 30-minute lesson with crafting while you continue working on the projects you've been dreaming about!

### LGBTQ+ Game Night | Lynae Smith, MSSW

**Thursday, September 11 | 6:00 - 7:30 PM**

Come play games with other LGBTQ+ individuals!

### Watercolor Painting | Marie Hindman

**Monday, September 15 | 4:30 - 6:00 PM**

Create a one-of-a-kind painting featuring The Ryman!

### Brain Cancer Meet-Up | Juli & Earl Fitz

**Wednesday, September 17 | 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.

### Kids Hangout during Brave Conversations

**Thursday, September 18 | 6:00 - 7:00 PM**

Kids can hang out in Noogieland while adults attend the Brave Conversations workshop. *RSVP preferred.*

### Safe & Sound Sound Bath | Scott Owings, The Center for Contemplative Justice

**Monday, September 22 | 1:00 - 2:00 PM**

Rest, reset, and regulate through sound & stillness.

### Gilda's Walking Club | Sofia Sabal

**Thursday, September 25 | 11:15 AM - 12:00 PM**

Meet at the clubhouse and take a 1-mile stroll with pals!

### Gelli Painting Class | Martha Hjorth

**Thursday, September 25 | 12:30 - 2:00 PM**

Gelli printing basics and simple botanical printing.

### Gourd-geous & Proud! | Lynae Smith, MSSW

**Thursday, September 25 | 6:00 - 7:30 PM**

Decorate and personalize pumpkins and gourds with other LGBTQ+ individuals as we prepare for Fall.

### Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP,

MT-BC, ACS, Replenish Counseling

**Friday, September 26 | 11:30 AM - 12:30 PM**

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

### Self-Exploration through Expressive Art

Taylor Logan, LMSW

**Tuesday, September 30 | 12:00 - 1:30 PM**

Create art with the materials of your choice that reflects how you see yourself and what helps you feel seen by others. No artistic experience is needed. Supplies are provided.

## SOCIAL EVENT OF THE MONTH

### Dinner and Dancing with The Country Music Hall of Fame

**Tuesday, September 9, 6:00 - 7:30 PM (Dancing 6:30 - 7:30 PM)**

Swing your partner, dosey-do! Come have dinner and follow Country Music Hall of Fame instructors as they lead us in square dancing and clogging!

## FEATURED PROGRAMS

### Brave Conversations: Talking about Grief with Kids (Hybrid)

**Thursday, September 18 | 6:00 - 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 will be served. Childcare provided with *RSVP*.

### Finding Your Place: Understanding How the Enneagram Organizes Our Personality (Hybrid)

**Tuesday, September 23, 12:30 - 2:00 PM**

This first session of the three part series will strengthen your understanding of each of the nine Enneagram types, providing new awareness to fuel your self-knowledge and reflection.

### NEW Monthly Connection Groups

#### Metastatic Group (Hybrid)

Tuesday, September 23, 11:30 AM - 12:30 PM

#### BIPOC Group (Hybrid)

Wednesday, September 24, 10:00 - 11:00 AM

## VIRTUAL OFFERINGS

### Guided Imagery & Relaxation | Claudia Prange

**Tuesdays | 10:00 - 11:00 AM**

Practice techniques that encourage emotional balance.

### Your Story Matters Writing Workshops

Jenni Dawn Muro, Writer, Speaker, Consultant

**Thursday, September 18 | 4:00 - 5:30 PM**

**Tuesday, September 30 | 11:00 AM - 12:00 PM**

Explore the power of stories, writing & community.

### Nighttime Yoga & Meditation | Savanna Starko

**Thursday, September 18 | 7:00 - 8:00 PM**

Unwind and prepare your body to sleep.

### True Life: I'm Living in Limbo | Liz Geller, LPC-MHSP

**Tuesday, September 30 | 6:00 - 7:00 PM**

Join us as we discuss what "living in limbo" means to you, and ways we can learn to live meaningful lives in the midst of uncertainty.

## 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**

### Exploring Purposeful Living & Dying | Heidi O'Neil

Health & Wellness Coach; End of Life Coach

**Tuesday, September 2 | 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.

### Songwriting 101 with Country Music Hall of Fame

**Thursday, September 4 | 3:00 - 4:00 PM**

Learn fundamentals and share ideas to write a song!

### What Feeds You | Sharon Benus, LMSW

**Friday, September 5 | 11:00 AM - 12:00 PM**

Share and learn ways to nourish mind, body, and soul.

### Chair Yoga | Melissa Carr, Small World Yoga

**Monday, September 8 | 9:30 - 10:30 AM**

Promote flexibility and mindfulness from your chair

### Writing Workshop with The Porch | Sherri Gragg

**Friday, September 12 | 1:00 - 2:30 PM**

Engage with your creative spirit with author, Sherri Gragg.

### Navigating Body Image in a Changing Body | Taylor Logan, LMSW

**Monday, September 15 | 6:00 - 7:00 PM**

Gain knowledge and practical tools to cope with body image and body changes using body neutrality.

### Open Art Studio

**Thursday, September 18 | 1:30 - 3:00 PM**

Share in community with any self-guided art!

### Brave Conversations: Talking about Grief with Kids | Kristin Keiper-

Berneman, M.Ed., Good Grieve Nashville

**Thursday, September 18 | 6:00 - 7:00 PM**

See "Featured Programs" for workshop description.

### Book Club

**Friday, September 19 | 1:00 - 2:00 PM**

Email kristen@gildasclubmiddletn.org for more info.

### Ask a Cancer Rehab Expert Anything!

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

**Tuesday, September 23 | 11:00 AM - 12:00 PM**

Ask questions about options to address impairments such as neuropathy, cancer related fatigue, pain, balance deficits, lymphedema or cancer related cognitive decline (formerly chemo brain).

### Finding Your Place: Understanding How the Enneagram Organizes Our

Personality | Christi Kearney

**Tuesday, September 23 | 12:30 - 2:00 PM**

See "Featured Programs" for workshop description.

### Pelvic Floor Yoga | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor

**Monday, September 29 | 4:00 - 5:00 PM**

Focus on the muscles of the pelvic floor to improve strength and functioning through gentle yoga.

## 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](http://GildasClubMiddleTN.org)

## 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

- Daytime and Evening BIPOC Groups
- Cancer Connection Group
- Colorectal & Anal Cancer Connection Group
- Metastatic 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 connection group, please email [RSVP@gildasclubmiddletn.org](mailto: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.**

September Orientation Session dates:

- **12:00 PM** | Wednesday, September 3
- **6:00 PM** | Monday, September 8
- **12:00 PM** | Wednesday, September 17
- **6:00 PM** | Monday, September 22

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

Breast Cancer Group  
(Daytime and Evening Options)

#### **Cancer Support Group\***

Cancer Support Group for Women  
(Spanish Language)

Colorectal Cancers Group\*\*

#### **Family Support Group\***

Gynecologic Cancers Group

Head & Neck Cancers Group

Kids & Teens Group

Life After Loss Group

LGBTQ+ Group

Men's Group

Multiple Myeloma Group

Post-Treatment Group

Sister's Network

Young Adults with Cancer

Young Adults Grieving a Loss

\*requires a commitment to attend on a regular basis

\*\*coming soon