


# OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <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><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>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 12 - 1 Orientation Session</p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 2 Craft-a-palooza! 6 - 7:30 Concert and Cuisine with Vanderbilt University's Magnus Spiritus Trombone Quartet</p>	<p>10 - 11 Tai Chi 12 - 1 Community Meal</p>
<p>9:30 - 10:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group</p>	<p>10 - 11 Guided Imagery &amp; Relaxation 12 - 1:30 Exploring Purposeful Living &amp; Dying 4 - 5 Button Making with The Country Music Hall of Fame 5:30 - 6:30 Community Meal 6 - 7:30 BIPOC Group</p>	<p>10:30 - 11:30 Gentle Yoga 11:45 - 12:45 Coffee Talk 12 - 1 Family Connection Group</p>	<p>12:30 - 2 How to Paint Like an Impressionist Painter - Part 2 6 - 7 Cancer Connection Group 6:30 - 7:30 Breast Cancer Group with TBCC and GCMT</p>	<p>10 - 11 Tai Chi 11 - 12 What Feeds You 12 - 1 Lunch &amp; Learn: Cancer and Mental Health with Matthew Walker Comprehensive Health Center 12:30 - 1:30 Post Treatment Group</p>
<p>10:30 - 12:30 Cancer Support Group 1 - 3 Food For Life: Cancer Fighting Compounds and Immune Boosting Foods 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p>	<p>10 - 11 Guided Imagery &amp; Relaxation 10:30 - 12 Gynecologic Cancer Group 1 - 2 Chair Pilates 6 - 7 Dudes &amp; Dialogue 6 - 7:30 Drawing 101: The Grid Method 6:30 - 8:30 Tough Friends Art Club for Young Adults</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 12:30 Multiple Myeloma Group 1 - 2 Brain Cancer Meet Up 2 - 3 MELT Method 6:30 - 8:30 Tough Friends Art Club for Young Adults</p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio 5:30 - 7 Education and Employment for Young Adults Living with Cancer</p>	<p>10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Stir Fry Cooking Demonstration with Mark 12 - 1 Community Meal 1 - 2 Book Club</p>
<p>10:30 - 12:30 Cancer Support Group 4:30 - 6 Watercolor Painting: Pumpkins 6 - 7 Orientation Session 6 - 7:30 Head &amp; Neck Cancers Group 6 - 8 Family Support Group</p>	<p>10 - 11 Guided Imagery &amp; Relaxation 12 - 4 Card Club 4:30 - 5:30 BeMoved® Dance Workshop 5:30 - 7 Community Meal: Autumn Appetite Potluck! 6 - 7:30 BIPOC Group 6:30 - 8 Life After Loss Group</p>	<p>10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga 12 - 1 Family Connection Group 1 - 2 Safe &amp; Sound</p>	<p>11:15 - 12 Walking Club: Halloween Stroll Edition 12:30 - 2 Craft-a-palooza! 4 - 5:30 Your Story Matters Writing Workshop 6 - 7 Family Connection Group 7 - 8 Nighttime Yoga &amp; Meditation</p>	<p>10 - 11 Tai Chi 11:30 - 12:30 Therapeutic Drum Circle 12:30 - 1:30 Post Treatment Group</p>
<p><b>CLUBHOUSE CLOSED</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 11:30 - 12:30 Metastatic Group 12:30 - 2 We All Belong: Understanding How the Enneagram Influences Us in Groups and Communities 6 - 7 Self-Care for Caregivers 6:30 - 8 Sisters Network</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 12 - 1 Orientation Session 1 - 2 True Life: I Hate the "New Normal"</p>	<p>12:30 - 2 Art Supply Show &amp; Tell 4 - 5 Guitar 101 with The Country Music Hall of Fame</p>	<p>10 - 11 Tai Chi</p>

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

## COMMUNITY MEALS

**Friday, October 3 & 17 | 12:00 - 1:00 PM**

**Tuesday, October 7 | 5:30 - 6:30 PM**

Enjoy a family-style meal and connect with others here at the clubhouse! *RSVP required; space is limited.*

**Tuesday October 21 | 5:30 - 7:00 PM**

Bring your favorite Autumn Dish to share with other members during this Potluck meal!

## 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**

**Chair Yoga | Melissa Carr**

**Monday, October 6 | 9:30 - 10:30 AM**

Promote flexibility and mindfulness from your chair.

**Exploring Purposeful Living & Dying | Heidi O'Neil, Health & Wellness Coach; End of Life Coach**

**Tuesday, October 7 | 12:00 - 1:30 PM**

Join us in a time of contemplation as together we honor and open to the emotional side of dying in order to live more fully.

**What Feeds You | Sharon Benus, LMSW**

**Friday, October 10 | 11:00 AM - 12:00 PM**

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

**Lunch and Learn: Cancer and Mental Health | Dr. Cynthia Jackson, Ph.D.**

**Friday, October 10 | 12:00 - 1:00 PM**

See "Featured Programs" for description

**Chair Pilates | Luci Crow**

**Tuesday, October 14 | 1:00 - 2:00 PM**

Participants attending virtually will need a steady armless chair or ottoman as well as a TheraBand or towel.

**Dudes & Dialogue | Gilda's Club Men**

**Tuesday, October 14 | 6:00 - 7:00 PM**

Gather to talk about what you would like to see on the Gilda's Club Program Calendar as a man living with or supporting someone with cancer.

**Open Art Studio | Gilda's Club Members**

**Thursday, October 16 | 12:30 - 2:00 PM**

Make cards or work on other art projects in community!

**Education and Employment for Young Adults Living with Cancer | Taylor Logan, LMSW**

**Thursday, October 16 | 5:30 - 7:00 PM**

The workshop will provide young adults impacted by cancer with the information, resources, and support to navigate education and employment.

**Book Club**

**Friday, October 17 | 1:00 - 2:00 PM**

Email [rsvp@gildasclubmiddletn.org](mailto:rsvp@gildasclubmiddletn.org) for more info.

**BeMoved® with Marcia | Marcia Berlin, RD, Health Coach, and Former Professional Dancer**

**Tuesday, October 21 | 4:30 - 5:30 PM**

Experience the joy of dance with this fun and effective full-body workout that is gentle and easy to follow. No prior experience necessary. All fitness levels are welcome!

**We All Belong: Understanding How the Enneagram Influences Us in Groups and Communities | Christie Kearney**

**Tuesday October 28 | 12:30 - 2:00 PM**

See "Featured Programs" for description.

**Self-Care for Caregivers | Taylor Logan, LMSW**

**Tuesday, October 28 | 6:00 - 7:00 PM**

A psychoeducation workshop for caregivers of loved ones experiencing cancer to learn simple strategies to reduce stress, find more balance, and care for their own well-being while navigating the challenges of caregiving.

## VIRTUAL OFFERINGS

**Guided Imagery & Relaxation | Claudia Prange**

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

Practice techniques that encourage emotional balance to help with stress, anxiety, depression, pain, and discomfort.

**Your Story Matters Writing Workshop | Jenni Dawn Muro, Writer, Speaker, Consultant**

**Thursday, October 23 | 4:00 - 5:30 PM**

Explore the power of personal stories, writing & community.

**Nighttime Yoga & Meditation | Savanna Starko**

**Thursday, October 23 | 7:00 - 8:00 PM**

Take time to unwind and prepare your body to sleep from the comfort of your home. Pajamas welcome!

**True Life: I Hate the "New Normal" | Liz Geller, LPC-MHSP**

**Wednesday, October 29 | 1:00 - 2:00 PM**

Join us as we process short and long-term physical, emotional, and lifestyle changes that look much different than our pre-cancer selves.

## IN-PERSON OFFERINGS

**Quilting Club | Diane Booth**

**Wednesday, October 1, 15 & 29 | 10:30 AM - 1:30 PM**

Bring a project and supplies and quilt in community.

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

**Thursday, October 2 | 12:30 - 2:00 PM**

Come learn how to craft lovely autumnal themed window hangings of fall foliage!

**Button Making with *The Country Music Hall of Fame***

**Tuesday, October 7 | 4:00 - 5:00 PM**

Design and create your own custom button with an instructor from the Country Music Hall of Fame.

**Coffee Talk | Gilda's Club Members**

**Wednesday, October 8 | 11:45 AM - 12:45 PM**

Join a casual social hour with coffee and treats.

**How to Paint Like an Impressionist Painter - Part 2 | Meryl Kraft**

**Thursday, October 9 | 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!

**Food For Life: Cancer Fighting Compounds and Immune**

**Boosting Foods | Ali Wilhelm, Plant Based Nutrition Educator**

**Monday, October 13 | 1:00 - 3:00 PM**

This class will explore foods that are rich in protective compounds and immune-boosting nutrients such as beta-carotene, lycopene, vitamin C, and zinc. Enjoy a colorful, scrumptious, immune-boosting meal.

**Drawing 101: The Grid Method | Ashley Nicholson**

**Tuesday, October 14 | 6:00 - 7:30 PM**

Bring your favorite picture and learn how to draw!

**Brain Cancer Meet Up | Juli & Earl Fitz**

**Wednesday, October 15 | 1:00 - 2:00 PM**

Enjoy a time of camaraderie. Loved ones are welcome too!

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

**Wednesday, October 8 | 1:00 - 2:00 PM**

Experience a MELT Massage for calming the nervous system, easing both mental and physical "stuck stress" throughout the body. \*\*Members will need to be able to get on the floor with the roller.

**Stir Fry Cooking Demonstration | Mark Daemon**

**Friday, October 17 | 11:00 AM - 12:00 PM**

Mark is back to teach us how to create a delicious Stir Fry (chicken, beef, and vegetarian). Join us for the Community Meal afterwards to enjoy the feast.

**Watercolor Painting: Pumpkins | Marie Hindman**

**Monday, October 20 | 4:30 - 6:00 PM**

Create a one-of-a-kind painting featuring pumpkins!

**Card Club | Donna & Bob**

**Tuesday, October 21 | 12:00 - 4:00 PM**

Play fun games with simple rules. New players welcome!

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

**Wednesday, October 22 | 1:00 - 2:00 PM**

Rest, reset, and regulate through sound & stillness.

**Gilda's Walking Club: Halloween Stroll Edition | Megan Forshey, LCSW**

**Thursday, October 23 | 11:15 AM - 12:00 PM**

Meet at the clubhouse and take a 1-mile roundtrip stroll around the neighborhood with friends in your costume!

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

**Thursday, October 23 | 12:30 - 2:00 PM**

We will be crafting with cardboard and/or tin in celebration of Dia de los Muertos. Bring a photo of your deceased loved one in their honor, or come and make to affix at a later date.

**Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP, MT-BC, ACS, *Replenish Counseling***

**Friday, October 24 | 11:30 AM - 12:30 PM**

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

**Art Supply Show & Tell | Martha Hjorth**

**Thursday, October 30 | 12:30 - 2:00 PM**

Bring your favorite 3 art supplies (or fave tip) to share! This is a participation class! Afterwards we can paint and play!

**Guitar 101 with *The Country Music Hall of Fame***

**Thursday, October 30 | 4:00 - 5:00 PM**

Join an instructor from the Country Music Hall of Fame to try your hand at guitar. *Instruments provided.*

# 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)

## 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.**

October Orientation Session dates:

- **12:00 PM | Wednesday, October 1**
- **6:00 PM | Monday, October 6**
- **6:00 PM | Monday, October 20**
- **12:00 PM | Wednesday, October 29**

## Social Event of the Month

**Concert and Cuisine with Vanderbilt University's Magnus Spiritus Trombone Quartet**

**Thursday, October 2, 6:00 PM**

Join us for dinner and a mix of classical music and classic tunes from Bach, Saint-Saëns, Borodin, Debussy, and a few other tunes that will be easy for you to recognize. Bring your family and friends for a night of food and musical entertainment.

## Featured Programs

**Lunch and Learn: Cancer and Mental Health | Dr. Cynthia Jackson, Ph.D.**

**Friday, October 10 | 12:00 - 1:00 PM**

Join us for lunch and a presentation on Cancer and Mental Health with Dr. Cynthia Jackson, Behavioral Health Manager at the Matthew Walker Comprehensive Health Center.

**Education and Employment for Young Adults Living with Cancer | Taylor Logan, LMSW**

**Thursday, October 16 | 5:30 - 7:00 PM**

The workshop will provide young adults impacted by cancer with the information, resources, and support to navigate education and employment. Dinner will be served.

**We All Belong: Understanding How the Enneagram Influences Us in Groups and Communities | Christie Kearney**

**Tuesday October 28 | 12:30 - 2:00 PM**

This second session of the three part series examines how each type interacts, navigates conflict, and fosters trust. You'll deepen your empathy for others, improve your communication skills, and discover new ways to welcome community into your daily life.

## 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 networking groups are facilitated by licensed clinicians and/or an oncology professional.

## New Groups Forming!

We are currently forming:

- **Family Support Groups**
- **Cancer Support Groups**
- **Colorectal & Anal Cancer Connection Group**
- **Metastatic Connection 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).

## GET CONNECTED

**View the Calendar**



**Give us a follow!**



@gildasclubmiddletn

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

BIPOC Group  
(Daytime and Evening Options)  
Breast Cancer Group  
(Daytime and Evening Options)  
**Cancer Support Group\***  
**Family Support Group\***  
Gynecologic Cancers Group  
Head & Neck Cancers Group

Life After Loss Group  
LGBTQ+ Group  
Men's Group\*\*  
Metastatic 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