

# December 2025

| MONDAY                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:30 - 10:30 Chair Yoga<br>10:30 - 12:30 Cancer Support Group<br>4 - 5 Pelvic Health Info and Q&A<br>6 - 7:30 Acrylic Pouring<br>6 - 8 Family Support Group<br><br><b>1</b>                                                                             | 10 - 11 Guided Imagery & Relaxation<br>12 - 1:30 Exploring Purposeful Living & Dying<br>2 - 3 Yoga for Restoration Series<br>6 - 7:30 BIPOC Group<br>6 - 7:30 Men's Group<br><br><b>2</b>                                                                                                                                                                        | 10:30 - 11:30 Gentle Yoga<br>10:30 - 1:30 Quilting Club<br><b>12 - 1 Orientation Session</b><br>1:30 - 2:30 DIY Ornament & Trinket Making<br><br><b>3</b>                                                           | 11 - 12:30 Breast Cancer Group<br>12:30 - 2 Winter and Holiday Card Making<br>5:30 - 7:00 Education and Employment for Young Adults Living with Cancer<br><br><b>4</b>                                                                | 10 - 11 Tai Chi<br><b>12 - 1 Community Meal</b><br><br><b>5</b>                                                                                                                                                                                      |
| 10:30 - 12:30 Cancer Support Group<br>11 - 12 Chair Pilates<br>1 - 3 Food For Life: Cancer Fighting Compounds and Immune Boosting Foods<br>6 - 7 Orientation Session<br>6 - 7:30 Young Adults with Cancer<br>6 - 8 Family Support Group<br><br><b>8</b> | 10 - 11 Guided Imagery & Relaxation<br>2 - 3 Yoga for Restoration Series<br>6 - 7:30 Evening Art w/ Meghan<br><br><b>9</b>                                                                                                                                                                                                                                       | 10:30 - 11:30 Gentle Yoga<br>12 - 1 MELT Method<br>12 - 1 Family Connection Group<br>1 - 2 True Life: I Struggle With Body Image<br><br><b>10</b>                                                                   | 11 - 11:45 Walking Club<br>12:30 - 2 Seasonal Wreath Making<br>4 - 5:30 Your Story Matters Writing Workshop<br>6 - 7:30 Breast Cancer Group<br><br><b>11</b>                                                                          | 10 - 11 Tai Chi<br>12:30 - 1:30 Post Treatment Group<br>1:00 - 2:30 Writing Workshop with <i>The Porch</i><br>3:30 - 4:30 Songwriting 101 w/ <i>The Country Music Hall of Fame</i><br><br><b>12</b>                                                  |
| 10:30 - 12:30 Cancer Support Group<br>12:30 - 1:30 The Art of Latke Making<br>6 - 7 Mental Health Workshop<br>6 - 8 Family Support Group<br><br><b>15</b>                                                                                               | 10 - 11 Guided Imagery & Relaxation<br>10:30 - 12 Gynecologic Cancer Group<br>12 - 4 Card Club<br>2 - 3 Yoga for Restoration Series<br><b>5:30 - 7:30 Community Meal: Swap &amp; Savor Soirée!</b><br>6 - 7:30 Men's Group<br>6:30 - 8 Life After Loss Group<br><br><b>16</b> | 10:30 - 11:30 Gentle Yoga<br>10:30 - 1:30 Quilting Club<br>11 - 12:30 Multiple Myeloma Group<br><b>12 - 1 Orientation Session</b><br>12:30 - 2 Printmaking w/ Sharon<br>1 - 2 Brain Cancer Meet Up<br><br><b>17</b> | 11 - 12:30 Breast Cancer Group<br>12:30 - 2 Craft-a-palooza!<br>6 - 7 Cancer Connection Group<br>7 - 8 Nighttime Yoga & Meditation<br><br><b>18</b>                                                                                   | 10 - 11 Tai Chi<br>10 - 11 LGBTQ+ Cancer Group<br><b>11:30 - 12:30 Therapeutic Drum Circle</b><br>1 - 2 Book Club<br><br><b>19</b>                                                                                                                   |
| 10:30 - 12:30 Cancer Support Group<br>6 - 7:30 Young Adults with Cancer<br>6 - 8 Family Support Group<br><br><b>22</b>                                                                                                                                  | 10 - 11 Guided Imagery & Relaxation<br>11:30 - 12:30 Metastatic Group<br><b>1 - 2 Safe &amp; Sound</b><br><br><b>23</b>                                                                                                                                                                                                                                          | Clubhouse Closed<br><br><b>24</b>                                                                                                                                                                                   | Clubhouse Closed<br><br><b>25</b>                                                                                                                                                                                                     | Clubhouse Closed<br><br><b>26</b>                                                                                                                                                                                                                    |
| 10:30 - 12:30 Cancer Support Group<br><b>6 - 7 Orientation Session</b><br>6 - 7:30 Head & Neck Cancers Group<br>6 - 8 Family Support Group<br><br><b>29</b>                                                                                             | 10 - 11 Guided Imagery & Relaxation<br><b>6 - 7:30 LGBTQ+ Game Night</b><br><br><b>30</b>                                                                                                                                                                                                                                                                        | Clubhouse Closed<br><br><b>31</b>                                                                                                                                                                                   | <br><b>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!</b> | <b>Feeling Sick?</b> <br><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> |

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

## COMMUNITY MEALS

**Friday, December 5 | 12:00 - 1:00 PM**

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

### SWAP & SAVOR SOIRÉE!

**Tuesday, December 16 | 5:30 - 7:30 PM**

Please see "Featured Programs" for a description of the Monthly Social event!

## 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.

**True Life: I Struggle With Body Image | Liz Geller, LPC-MHSP**

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

Cancer and its treatment can bring lasting physical changes—some visible, some deeply felt. Join us to share how these changes have impacted your life and explore ways to heal, both around the scars and within.

**Your Story Matters Writing Workshop**

**Jenni Dawn Muro, Writer, Speaker, Entertainment Consultant**

**Thursday, December 11 | 4:00 - 5:30 PM**

Explore the power of personal stories, writing & community.

**Nighttime Yoga & Meditation | Savanna Starko**

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

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

## HYBRID OFFERINGS

**Gentle Yoga | Small World Yoga**

**Wednesdays | 10:30 - 11:30 AM**

**Tai Chi | James Schriver**

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

**Chair Yoga | Melissa Carr**

**Monday, December 1 | 9:30 - 10:30 AM**

Promote flexibility and mindfulness from your chair.

**Pelvic Health Info and Q & A | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor**

**Monday, December 1 | 4:00 - 5:00 PM**

Learn about pelvic health and get your questions answered in this informative, supportive Q&A session

**Exploring Purposeful Living & Dying |**

**Heidi O'Neil, Health & Wellness Coach; End of Life Coach**

**Tuesday, December 2 | 12:00 - 1:30 PM**

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

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

**Thursday, December 4, 5:30 PM**

Please see "Featured Programs" for a description

**Chair Pilates | Luci Crow, Certified Pilates Instructor**

**Monday, December 8 | 11:00 AM - 12:00 PM**

Participants attending virtually will need a steady armless chair or ottoman, and a TheraBand or towel.

**Writing Workshop with The Porch | Sherri Gragg**

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

Engage your creative spirit through the written word.

**Mental Health Workshop: Healing Through Creativity: Tips for Using Art to Cope with Stress and Adversity | Taylor (Logan) Born, LMSW**

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

This psychoeducation workshop offers practical tips and strategies to incorporate art and creativity into your daily life, promoting stress management. *No art experience needed!*

**Book Club**

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

Email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org) for information.

## IN-PERSON OFFERINGS

**Acrylic Pouring | Ashley Nicholson**

**Monday, December 1 | 6:00 - 7:30 PM**

Let your creativity flow with this fluid painting technique. Materials provided.

**Yoga for Restoration Series | Suguna Mukthiyala**

**Tuesday, December 2, 9 & 16 | 2:00 - 3:00 PM**

Explore gentle yoga postures and supportive breathing techniques. No prior experience required; postures modified based on your needs.

**Craft Class: Quilting Club | Diane Booth**

**Wednesday, December 3 & 17 | 10:30 AM - 1:30 PM**

Bring a project and supplies, and join this intermediate-level Club. *Space is limited, please RSVP.*

**DIY Ornament and Trinket Making | Savanna Starko and Templeton Academy Students**

**Wednesday, December 3 | 1:30 - 2:30 PM**

Join Templeton Academy's Senior Calculus class for holiday crafting and connection. Materials provided—festive spirit encouraged!

**Winter and Holiday Card Making | Gilda's Club Members**

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

Come create cards for winter and holiday celebrations.

**Food for Life: Cancer-Fighting Compounds and Immune-Boosting Foods | Ali Wilhelm, Plant-Based Nutrition Educator**

**Monday, December 8 | 1:00 - 3:00 PM**

Discover how antioxidant-rich foods and immune-boosting nutrients can help protect against cancer and support your body's defenses—plus, enjoy a vibrant, nourishing meal to inspire your plate.

**Evening Art | Meghan Lamb, MAAA**

**Tuesday, December 9 | 6:00 - 7:30 PM**

Join Meghan for a surprise art activity!

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

**Wednesday, December 10 | 12:00 - 1:00 PM**

Use MELT balls and soft rollers to help alleviate inflammation, pain, tension, and stress. All fitness levels.

**Gilda's Walking Club | Megan Ingram Forshey, LCSW**

**Thursday, December 11 | 11:00 - 11:45 AM**

Meet at the clubhouse and take a 1-mile round-trip stroll around the neighborhood with friends.

**Seasonal Wreath Making | Anna Bell**

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

Create your own festive wreath using natural and decorative materials—no experience needed, just your creativity!

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

**Friday, December 12 | 3:30 - 4:30 PM**

Write a group song in this introductory workshop. A music professional will teach the fundamentals of songwriting, including form, theme, and rhyme scheme. Participants will then share ideas and write an original song.

**The Art of Latke Making | Harriet Shiftan, MSW, MAJCS**

**Monday, December 15 | 12:30 - 1:30 PM**

Whether you're a latke lover or a curious first-timer, this hands-on cooking demo will teach you the secrets to making crispy, delicious potato pancakes that honor tradition.

**Game Time: Card Club**

**Tuesday, December 16 | 12:00 - 4:00 PM**

Play Hand and Foot Canasta and venture into other card games.

**Printmaking | Sharon Benus, LMSW**

**Wednesday, December 17 | 12:30 - 2:00 PM**

Try your hand at printmaking in this fun, beginner-friendly workshop—no experience needed!

**Brain Cancer Meet Up | Gilda's Club Members**

**Wednesday, December 17 | 1:00 - 2:00 PM**

A peer-led time of camaraderie with others impacted by brain cancer. Loved ones welcome!

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

**Thursday, December 18 | 12:30 - 2:00 PM**

Create Winter Stars to brighten your space and lift your spirits this season. Celebrate winter's beauty, share creative joy, and feel free to bring your own handmade project too!

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

**Friday, December 19 | 11:30 AM - 12:30 PM**

Experience the physical and emotional health benefits of participating in a drum circle, led by Vanessa, a professional counselor and music therapist. Drums provided.

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

**Tuesday, December 23 | 1:00 - 2:00 PM**

Rest, reset, and regulate through healing sound & stillness. You will be led through a calming meditation while immersed in sound.

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

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

Come play games with other LGBTQ+ individuals!

## 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)

## SOCIAL EVENT OF THE MONTH:

### COMMUNITY MEAL: SWAP & SAVOR SOIRÉE!

**Tuesday, December 16, 5:30 PM - 7:30 PM**

Join us for a heartwarming evening of connection and cheer at our Swap and Savor Soirée! Gilda's Club staff will be serving up a delicious, home-cooked meal with all the festive sides, while members bring their favorite holiday treats to share and swap. Good food, great company, and festive cheer await!

## FEATURED PROGRAMS:

### Education and Employment for Young Adults Living with Cancer | Taylor (Logan) Born, LMSW

**Thursday, December 4, 5:30 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.*

## NEW GROUP OFFERINGS!

We're excited to offer three new networking groups tailored to our community: a Daytime **BIPOC Group** (continuing in January 2026), a **Men's Group**, and a **Metastatic Group**. If you're interested in joining a weekly, committed support group or a monthly networking group, reach out to learn more—email [RSVP@gildasclubmiddletn.org](mailto:RSVP@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!

We are currently forming:

- **Family Support Groups**
- **Cancer Support Groups**
- **Colorectal & Anal Cancer Networking Group**
- **LGBTQ+ Networking Group**

If you are interested in joining a weekly, committed support group or a monthly networking 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.**

December Orientation Session dates:

- **12:00 PM | Wednesday, December 3**
- **6:00 PM | Monday, December 8**
- **12:00 PM | Wednesday, December 17**
- **6:00 PM | Monday, December 29**

## 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 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