

# January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Feeling Sick?</b> Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems. Thank you!</p>	 <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>Clubhouse Closed</b></p>	10 - 11 Tai Chi 12 - 1 Community Meal
9:30 - 10:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 11 - 12 Chair Pilates <b>6 - 7 Orientation Session</b> 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying <b>12 - 4 Card Club</b> 5:30 - 6:30 Community Meal 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group	10:30 - 11:30 Gentle Yoga 1:30 - 2:30 MELT Method	12:30 - 2 How to Paint Like an Impressionist Painter- Part 2 6 - 7 Cancer Connection Group 6 - 7:30 Breast Cancer Group	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group
5	6	7	8	9
10:30 - 12:30 Cancer Support Group <b>4:30 - 6 Watercolor Painting: Roses</b> 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Medical Anxiety Management	10:30 - 11:30 Gentle Yoga <b>10:30 - 1:30 Quilting Club</b> <b>11:45 - 12:45 Coffee Talk</b> 12 - 1 Family Connection Group <b>12 - 1 Orientation Session</b> <b>1 - 2 Safe &amp; Sound</b>	11 - 12:30 Breast Cancer Group 1:30 - 3 Open Art Studio 6 - 7 Family Connection Group 6 - 7:30 Your Story Matters 7 - 8 Nighttime Yoga & Meditation	10 - 11 Tai Chi 10 - 11 LGBTQ+ Group <b>11 - 12 Cooking Demonstration with Mark</b> <b>12 - 1 Community Meal</b> 1 - 2 Book Club 2 - 3 Therapeutic Drum Circle
12	13	14	15	16
 <p><b>Clubhouse Closed</b></p>	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 11:30 - 12:30 Metastatic Group 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6:30 - 8 Life After Loss Group	10:30 - 11:30 Gentle Yoga 11- 12:30 Multiple Myeloma Group <b>1 - 2 Brain Cancer Meet Up</b> 3:30 - 4:30 Stained Glass with <i>The Country Music Hall of Fame</i>	<b>11 - 11:45 Walking Club</b> <b>12:30 - 2 Craft-a-palooza</b> <b>5:30 - 7:30 Winter Movie Night!</b> 	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group
19	20	21	22	23
10:30 - 12:30 Cancer Support Group 4 - 5 Pelvic Floor Yoga 6 - 7:30 Head & Neck Cancers Group 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 1 - 2 True Life: I've Been Ghosted 6:30 - 8 Sisters Network	10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga <b>10:30 - 1:30 Quilting Club</b> 12 - 1 Family Connection Group <b>12 - 1 Orientation Session</b>	<b>12:30 - 2 Still Life Art</b> 1:00 - 2:30 Writing Workshop with <i>The Porch</i>	10 - 11 Tai Chi
26	27	28	29	30

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

## COMMUNITY MEALS

**Friday, January 2 & 16 | 12:00 - 1:00 PM**

**Tuesday, January 6 | 5:30 - 6:30 PM**

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

## 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, Entertainment Consultant**

**Thursday, January 15 | 6:00 - 7:30 PM**

Explore the power of personal stories, writing, and community.

**Nighttime Yoga & Meditation | Savanna Starko**

**Thursday, January 15 | 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've Been Ghosted | Liz Geller, LPC-MHSP**

**Tuesday, January 27 | 1:00 PM - 2:00 PM**

A candid look at the hurt of being ghosted after a cancer diagnosis—when support is absent or misunderstood—and the healing that comes from sharing these experiences.

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

**Thursday, January 29 | 1:00 - 2:30 PM**

Engage your creative spirit through the written word.

## 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, January 5 | 9:30 - 10:30 AM**

Promote flexibility and mindfulness from your chair.

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

**Monday, January 5 | 11:00 AM - 12:00 PM**

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

**Exploring Purposeful Living & Dying |**

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

**Tuesday, January 6 | 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

**Mental Health Workshop: Medical Anxiety Management |**

**Taylor (Logan) Born, LMSW**

**Monday, January 13 | 11:30 - 12:30 PM**

This psychoeducation workshop offers practical tools to understand and manage stress and uncertainty related to medical appointments, scans, and treatment decisions.

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

**Thursday, January 15 | 1:30 - 3:00PM**

Share in creative community with any self-guided art. Join virtually or come into the clubhouse to use our supplies! If joining from the clubhouse, bring a device to connect virtually.

**Book Club**

**Friday, January 16 | 1:00 - 2:00 PM**

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

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

**Monday, January 26 | 4:00 - 5:00 PM**

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

## IN-PERSON OFFERINGS

**Game Time: Card Club**

**Tuesday, January 6 | 12:00 - 4:00 PM**

Play fun card games with simple rules. All are welcome.

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

**Wednesday, January 7 | 1:30 - 2:30 PM**

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

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

**Thursday, January 8 | 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!

**Watercolor Painting: Roses | Marie Hindman**

**Monday, January 12 | 4:30 - 6:00 PM**

Come create a one-of-a-kind painting featuring roses!

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

**Wednesday, January 14 & 28 | 10:30 AM - 1:30 PM**

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

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

**Wednesday, January 14 | 11:45 - 12:45 PM**

Join a casual social hour with coffee and treats.

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

**Wednesday, January 14 | 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.

**Cooking Demonstration | Mark Daemon**

**Friday, January 16 | 11:00 - 12:00 PM**

Mark is back to teach us how to make his famous Chicken Noodle Soup. Join us for the community meal afterwards to warm your body and soul with the delicious soup!

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

**Friday, January 16 | 2:00 PM - 3:00 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.

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

**Wednesday, January 21 | 1:00 - 2:00 PM**

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

**Stained Glass with The Country Music Hall of Fame**

**Wednesday, January 21 | 3:30 - 4:30 PM**

Artists will create their own colorful suncatchers, inspired by the Ryman Auditorium's signature stained-glass windows.

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

**Thursday, January 22 | 11:00 - 11:45 AM**

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

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

**Thursday, January 22 | 12:30 - 2:00 PM**

We will explore paper-craft junk journals and concertinas, and, as always, we have the option to keep working on past projects!

**Still Life Art | Martha Hjorth**

**Thursday, January 29 | 12:30 PM - 2:00 PM**

Come paint ...a Winter Still Life afternoon! A simple setup for you to sketch and paint with watercolor or acrylics! And companionship to boot!

# 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.**

January Orientation Session dates:

- 6:00 PM | Monday, January 5
- 12:00 PM | Wednesday, January 14
- 12:00 PM | Wednesday, January 28

## SOCIAL EVENT OF THE MONTH:

### WINTER MOVIE NIGHT!

**Thursday, January 22, 5:30 PM - 7:30 PM**

Bundle up and join us for a cozy Winter Movie Night at Gilda's Club! Enjoy a warm dinner while we watch a movie- the movie is still being determined, but we promise it will be worth the wait. Relax, connect, and enjoy a night of community, comfort, and a little winter magic!



## GET CONNECTED

[View the Calendar](#)



[Give us a follow!](#)



@gildasclubmiddletn

## NEW GROUP OFFERINGS!

We're excited to offer three new networking groups tailored to our community: a Daytime **BIPoC Group**, 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:

- **Additional Family Support Groups**
- **Additional Cancer Support Groups**
- **Colorectal & Anal Cancer 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).

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 & Evening)	Life After Loss Group
BIPoC Group (Daytime & Evening)	LGBTQ+ Group
<b>Cancer Support Group*</b>	Men's Group
<b>Family Support Group*</b>	Metastatic Group
Gynecologic Cancers Group	Multiple Myeloma Group
Head & Neck Cancers Group	Post-Treatment Group
	Sister's Network
	Young Adults with Cancer

\*requires a commitment to attend on a regular basis