

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - 10:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying 2 - 3 Diamond Art 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group	10:30 - 11:30 Gentle Yoga 1 - 2 True Life: New Year, Same Me	11 - 12:30 Breast Cancer Group 12:30 - 2 DIY Valentine's Card's 6 - 7:30 Your Story Matters	10 - 11 Tai Chi 12 - 1 Community Meal 1 - 2 Therapeutic Drum Circle  STRUM & EXPLORE FIELD TRIP to The Country Music Hall of Fame! Saturday, Feb. 7, 10 am
2	3	4	5	6
9 -10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 11 - 12 Chair Pilates 5:30 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Sleep Hygiene 12 - 4 Card Club 6:30 - 8:30 Tough Friends Art Club for Young Adults	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11:45 - 12:45 Coffee Talk 12 - 1 Family Connection Group 12 - 1 Orientation Session 6:30 - 8:30 Tough Friends Art Club for Young Adults	12:30 - 2 Acrylic Pouring 1:00 - 2:00 MELT Method 6 - 7:30 Breast Cancer Group 5:30 - 7:00 Galentine's/Valentine's Bingo! 	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group
9	10	11	12	13
10:30 - 12:30 Cancer Support Group 1 - 3 Food For Life: Foods For A Healthy Heart 4:30 - 6 Watercolor Painting: Daisies 6 - 7 Orientation Session 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer 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 1 - 2 Brain Cancer Meet Up 3:30 - 4:30 Banjo 101 with <i>The Country Music Hall of Fame</i>	11 - 11:45 Walking Club 11 - 12:30 Breast Cancer Group 12:30 - 2 Craft-a-palooza 7 - 8 Nighttime Yoga & Meditation	10 - 11 Tai Chi 10 - 11 LGBTQ+ Group 12 - 1 Community Meal 1 - 2 Book Club
16	17	18	19	20
9 -10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound 4 - 5 Pelvic Floor Q & A 6 - 7:30 Head & Neck Cancers Group 5:30 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 11:30 - 12:30 Self Exploration Through Art 5:30 - 6:30 Community Meal 6:30 - 8 Sisters Network	10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 12 - 1 Family Connection Group 12 - 1 Orientation Session	12:30 - 2 Gelli Printing 1:00 - 2:30 Writing Workshop with <i>The Porch</i> 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group
23	24	25	26	27
	 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. Thank you!</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!	

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

IN-PERSON OFFERINGS

Diamond Art Workshop | Sara Riano

Tuesday, February 3 | 2:00 - 3:00 PM

Enjoy a relaxed Diamond Art Workshop where beginners can learn the basics and seasoned crafters can jump right in. All materials provided—come create, unwind, and connect.

DIY Valentine's Cards | Gilda's Club Members

Thursday, February 5 | 12:30 - 2:00 PM

Craft your own Valentine's cards in a fun, creative session. We'll have plenty of supplies ready, and you're welcome to bring your favorite materials from home. A simple, cozy space to make something sweet.

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

Friday, February 6 | 1:00 - 2:00 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.

Card Club | Donna Boyington

Tuesday, February 10 | 12:00 - 4:00 PM

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

Quilting Club | Diane Booth

Wednesday, February 11 & 25 | 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, February 11 | 11:45 - 12:45 PM

Join a casual social hour with coffee and treats.

Acrylic Pouring | Ashley Nicholson

Thursday, February 12 | 12:30 - 2:00 PM

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

MELT Method | Luci Crow, Certified MELT Instructor

Thursday, February 12 | 1:00 - 2:00 PM

Join us as we use MELT balls and soft rollers to help alleviate inflammation, pain, tension, and stress. All fitness levels welcome.

Food for Life: Foods for A Healthy Heart | Ali Wilhelm, Plant-Based Nutrition Educator

Monday, February 16 | 1:00 - 3:00 PM

Learn how a plant-based diet can help prevent and even reverse heart disease. This class includes a cooking demo featuring simple recipes that support lower blood pressure, cholesterol, and inflammation. Participants receive recipe handouts to try at home.

Watercolor Painting: Daisies | Marie Hindman

Monday, February 16 | 4:30 - 6:00 PM

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

Brain Cancer Meet Up | Juli & Earl Fitz

Wednesday, February 18 | 1:00 - 2:00 PM

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

Banjo 101 with The Country Music Hall of Fame

Wednesday, February 18 | 3:30 - 4:30 PM

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

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, February 19 | 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, February 19 | 12:30 - 2:00 PM

We will create wooden picture frames, and, as always, we have the option to keep working on past projects! Frame materials provided, but please bring a printed photo (no bigger than 3x5) or a digital photo to be printed on-site.

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

Monday, February 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.

Self Exploration Through Art | Taylor Born, LMSW

Monday, February 24 | 11:30 - 12:30 PM

Create art that reflects how you see yourself and what helps you feel seen by others in this expressive arts workshop. No art experience needed. All supplies provided.

Gelli Printing | Martha Hjorth

Thursday, February 26 | 12:30 - 2:00 PM

Explore playful, layered textures in a hands-on gelli printing session. We'll provide the plates, paints, and tools—just bring your curiosity and enjoy experimenting with color and pattern!

COMMUNITY MEALS

Friday, February 6 & 20 | 12:00 - 1:00 PM

Tuesday, February 24 | 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.

True Life: New Year, Same Me | Liz Geller, LPC-MHSP

Wednesday, February 4 | 1:00 PM - 2:00 PM

There's a lot of pressure to "start fresh," but resolutions don't always fit our needs or energy. Join us for a conversation about finding balance and entering a new year while living with the impact of cancer.

Your Story Matters Writing Workshop

Jenni Dawn Muro, Writer, Speaker, Entertainment Consultant

Thursday, February 5 | 6:00 - 7:30 PM

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

Nighttime Yoga & Meditation | Savanna Starko

Thursday, February 19 | 7:00 - 8:00 PM

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

Writing Workshop with The Porch | Sherri Gragg

Thursday, February 26 | 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, February 2 | 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, February 3 | 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.

Chair Pilates | Luci Crow, Certified Pilates Instructor

Monday, February 9 | 11:00 AM - 12:00 PM

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

Mental Health Workshop: Sleep Hygiene | Taylor Born, LMSW

Monday, February 10 | 11:30 - 12:30 PM

This workshop explores how stress can impact sleep and offers practical sleep hygiene tools to support more restful sleep.

Book Club | Ralph Friedrichsen

Friday, February 20 | 1:00 - 2:00 PM

Email RSVP@gildasclubmiddletn.org for information.

Pelvic Floor Q & A | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor

Monday, February 23 | 4:00 - 5:00 PM

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

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

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.

February Orientation Session dates:

- 6:00 PM | Monday, February 2
- 12:00 PM | Wednesday, February 11
- 6:00 PM | Monday, February 16
- 12:00 PM | Wednesday, February 25

SOCIAL EVENT OF THE MONTH:

GALENTINE'S/PALENTINE'S BINGO!

Thursday, February 12, 5:30 PM - 7:30 PM



Celebrate the power of friendship at our Galentine's/Palentine's Bingo Social—an evening all about connection, support, and community. Bring a friend or "adopt a pal" at your table as we mix, mingle, and cheer each other on through every bingo call. It's the perfect chance to share some laughs, meet new folks, and honor the relationships that lift us up.

FEATURED PROGRAM:

STRUM & EXPLORE FIELD TRIP! / THE COUNTRY MUSIC HALL OF FAME

Saturday, February 7, 10:00 AM

Join us for a hands-on adventure, on-site at the Country Music Hall of Fame! Gilda's Clubhouse Members will enjoy a one-hour Ukulele 101 workshop led by museum educators, then spend the afternoon exploring the exhibits at their own pace. Admission and parking are included. Space is limited—register soon!

NEW GROUP OFFERING!

We're excited to offer a new support group tailored to **older adults living with a cancer diagnosis** in the **Murfreesboro** community, held on the **2nd and 4th Monday** of the month at the St. Clair Senior Center. If you're interested in joining this committed support group, reach out to St. Clair Senior Center to learn more—call (615) 848-2550.

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.

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 & Evening)	Life After Loss Group
BIPOC Group (Daytime & Evening)	LGBTQ+ Group
Cancer Support Group*	Men's Group
Family Support Group*	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