

March 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 2	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying 2 - 3 Expressive Art Workshop 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 3	10:30 - 11:30 Gentle Yoga 1 - 2 True Life: I Want a Fresh Start 4	10 - 10:45 Ballet and Gentle Stretching 11 - 12:30 Breast Cancer Group 12:30 - 2 Still Life Art 4 - 5:30 Your Story Matters 5	10 - 11 Tai Chi 12:30 - 1:30 Community Meal 6
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 2 - 3 Chair Pilates 5:30 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group 9	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Managing Fear and Uncertainty 12 - 4 Card Club 5:30 - 6:30 New Member Community Meal 10	10:30 - 11:30 Gentle Yoga (Off-site) 10:30 - 1:30 Quilting Club 11:45 - 12:45 Coffee Talk 12 - 1 Family Connection Group 12 - 1 Orientation Session 2:00 - 3:00 MELT Method 11	11 - 12 Cancer Related Lymphedema 12:30 - 2 Craft-a-palooza 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group 6 - 7:30 Breast Cancer Group 12	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group 13
10:30 - 12:30 Cancer Support Group 4:30 - 6 Watercolor Painting: Pears and Collage 6 - 7 Orientation Session 6 - 8 Family Support Group 16	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6 - 7:30 Life After Loss Series 6:30 - 8 Life After Loss Group 17	10:30 - 11:30 Gentle Yoga 11- 12:30 Multiple Myeloma Group 1 - 2 Brain Cancer Meet Up 3:00 - 4:00 Bedazzled Buttons with The Country Music Hall of Fame 18	11 - 11:45 Walking Club 11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio 6 - 7 Cyber Security and Online Safety 7 - 8 Nighttime Yoga & Meditation 19	10 - 11 Tai Chi 10 - 11 LGBTQ+ Group 11 - 1:30 Cooking Demonstration with Mark and Community Meal 1 - 2 Book Club 1 - 2 Therapeutic Drum Circle 20
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound 4 - 5 Basic Functional Nutrition Tips 6 - 7:30 Head & Neck Cancers Group 5:30 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group 23	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 5:30 - 6:30 Community Meal 6 - 7:30 Life After Loss Series 6:30 - 8 Sisters Network 24	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 25	1:00 - 2:30 Writing Workshop with The Porch 1:30 - 3 Springtime Card Making 5:30 - 7 Sip n' Paint Social  26	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group  27
	 Feeling Sick? 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!		 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!	

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

COMMUNITY MEALS

Friday, March 6 | 12:30 - 1:30 PM

Tuesday, March 10 & 24 | 5:30 - 6:30 PM

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

NOTE: Mar. 10 is a New Member Community Meal.

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 Want a Fresh Start | Liz Geller, LPC-MHSP

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

For anyone ready to begin again—healing, rebuilding, or choosing a new direction. We'll support one another as we let go of what no longer serves us and take small, meaningful steps forward.

Your Story Matters Writing Workshop

Jenni Dawn Muro, Writer, Speaker, Consultant

Thursday, March 5 | 4:00 - 5:30 PM

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

Cancer Related Lymphedema | Kirsty Livingston, OT/L, CLT

Thursday, March 5 | 4:00 - 5:30 PM

Managing lymphedema after cancer treatment can be challenging. Learn what it is, risk factors, treatment options, and practical ways to lower your risk.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, March 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, March 26 | 1:00 - 2:30 PM

Engage your creative spirit through the written word.

HYBRID OFFERINGS

Gentle Yoga | *Small World Yoga*

Wednesday, March 4, 18, 25 | 10:30 - 11:30 AM

Tai Chi | James Schriver

Fridays | 10:00 - 11:00 AM

Chair Yoga | Melissa Carr

Monday, March 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, March 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.

Ballet & Gentle Stretching | Hadley Williamson

Thursday, March 5, 10:00 - 10:45 AM

A ballet-inspired movement and stretching class for all abilities!

Chair Pilates | Luci Crow, Certified Pilates Instructor

Monday, March 9 | 2:00 - 3:00 PM

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

Mental Health Workshop: Managing Fear and Uncertainty | Taylor Born, LMSW

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

This psychoeducation workshop explores practical strategies to support mental well-being during fearful or uncertain times.

Open Art Studio | Gilda's Club Members

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

Share in creative community with any self-guided art. Join virtually or come into the clubhouse to use our supplies!

Book Club | Ralph Friedrichsen

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

Email RSVP@gildasclubmiddletn.org for information.

Basic Functional Nutrition Tips | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor

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

This practical session covers basic nutrition, healthy eating patterns, the updated food pyramid, and how food can act as medicine. You'll leave with clear, usable guidance—including dietary recommendations for those living with cancer.

IN-PERSON OFFERINGS

Expressive Art Workshop | Hayden Goode

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

Create meaningful, expressive art with Belmont OT intern Hayden—your work will be included in an educational video for the Gilda's Club community.

Still Life Art | Martha Hjorth

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

Create paint a still life creation- a simple setup for you to sketch and paint with watercolor or acrylics! And companionship to boot!

Card Club | Donna Boyington

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

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

Gentle Yoga | *Small World Yoga*

Wednesday, March 11 | 10:30 - 11:30 AM

Please note: This class will be offered off-site at Small World Yoga's studio (1119 12th Ave. South)

Quilting Club | Diane Booth

Wednesday, March 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, March 11 | 11:45 - 12:45 PM

Join a casual social hour with coffee and treats.

MELT Method | Luci Crow, Certified MELT Instructor

Thursday, March 11 | 2:00 - 3:00 PM

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

Craft-a-palooza! | Tambrea Egan

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

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

Watercolor Painting: Pears & Collage | Marie Hindman

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

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

Brain Cancer Meet Up | Juli & Earl Fitz

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

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

Bedazzled Buttons with *The Country Music Hall of Fame*

Wednesday, March 18 | 3:00 - 4:00 PM

Come make your own button celebrating an artist that you love! Which iconic musician will adorn your button?

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, March 19 | 11:00 - 11:45 AM

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

Cooking Demonstration & Community Meal | Mark Daemon

Friday, March 20 | 11:00 - 1:30 PM

Mark is back to teach us how to make Spring Salsas and Super Nachos, which we will enjoy together in the community meal afterwards.

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

Friday, March 20 | 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.

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

Monday, March 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.

Springtime Card Making | Gilda's Club Members

Thursday, March 26 | 1:30 - 3:00 PM

Create your own spring holiday cards in a fun, creative session. We'll provide plenty of supplies, and you're welcome to bring your favorite materials from home. A relaxed, cozy space to make something bright and cheerful.

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

SOCIAL EVENT OF THE MONTH:

SIP N' PAINT SOCIAL!

Thursday, March 26, 5:30 PM - 7:00 PM

Join us for a relaxed evening of creativity and connection. Sip on refreshing "mocktails," enjoy tasty refreshments, and paint sunset-themed portraits with friends, family, or fellow members. No experience needed—just come ready to unwind, try something new, and have a great time. All ages welcome.



FEATURED PROGRAMS:

BETTER TOGETHER: A COMMUNITY HEALTH & SCREENING FAIR | Casa Azafrán

Saturday, March 28, 10:00 AM - 2:00 PM

Join us at Casa Azafrán for a free Community Health & Screening Fair featuring cancer and wellness screenings, helpful resources, education, and delicious food. Presented in partnership with Conexión Américas and Vanderbilt-Ingram Cancer Center.

GENTLE YOGA | Small World Yoga Studio

Wednesday, March 11, 10:30 - 11:30 AM

Join us for a calming Gentle Yoga session designed to build strength, flexibility, and ease in both mind and body. This special off-site class at the Small World Yoga studio offers a peaceful space to move at your own pace, reconnect with yourself, and support your healing journey. All experience levels welcome.

CYBERSECURITY & ONLINE SAFETY FOR INDIVIDUALS AFFECTED BY CANCER | Nadine Shillingford

Thursday, March 19, 6:00 - 7:00 PM

Learn how to spot common email, text, phone, medical, and charity scams that target people facing cancer. We'll cover simple ways to protect your accounts and devices, plus what to do if something suspicious happens. A practical, supportive session to help you stay safer online.

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.

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

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)
BIPOC Group (Daytime & Evening)
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