

# March 2026

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| 9:30 - 10:30 Chair Yoga<br>10:30 - 12:30 Cancer Support Group<br><b>6 - 7 Orientation Session</b><br>6 - 8 Family Support Group   | 10 - 11 Guided Imagery & Relaxation<br>12 - 1:30 Exploring Purposeful Living & Dying<br><b>2 - 3 Expressive Art Workshop</b><br>6 - 7:30 BIPOC Group<br>6 - 7:30 Men's Group                    | 10:30 - 11:30 Gentle Yoga<br>1 - 2 True Life: I Want a Fresh Start  | 10 - 10:45 Ballet and Gentle Stretching<br>11 - 12:30 Breast Cancer Group<br><b>12:30 - 2 Still Life Art</b><br>4 - 5:30 Your Story Matters   | 10 - 11 Tai Chi<br><b>12:30 - 1:30 Community Meal</b>   |
| <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>  | <b>6</b>  |
| 9 - 10 St. Clair Senior Center Support Group (Murfreesboro)<br>10:30 - 12:30 Cancer Support Group<br>2 - 3 Chair Pilates<br>5:30 - 7:30 Young Adults with Cancer<br>6 - 8 Family Support Group  | 10 - 11 Guided Imagery & Relaxation<br>11:30 - 12:30 Mental Health Workshop: Managing Fear and Uncertainty<br><b>12 - 4 Card Club</b><br>5:30 - 6:30 New Member Community Meal                  | 10:30 - 11:30 Gentle Yoga (Off-site)<br>10:30 - 1:30 Quilting Club<br>11:45 - 12:45 Coffee Talk<br>12 - 1 Family Connection Group<br><b>12 - 1 Orientation Session</b><br>2:00 - 3:00 MELT Method | 11 - 12 Cancer Related Lymphedema<br><b>12:30 - 2 Craft-a-palooza</b><br>6 - 7 Cancer Connection Group<br>6 - 7 Family Connection Group<br>6 - 7:30 Breast Cancer Group   | 10 - 11 Tai Chi<br>12:30 - 1:30 Post Treatment Group  |
| <b>9</b>  | <b>10</b>   | <b>11</b>   | <b>12</b>   | <b>13</b>   |
| 10:30 - 12:30 Cancer Support Group<br>4:30 - 6 Watercolor Painting: Pears and Collage<br><b>6 - 7 Orientation Session</b><br>6 - 8 Family Support Group   | 10 - 11 Guided Imagery & Relaxation<br>10:30 - 12 Gynecologic Cancer Group<br>6 - 7:30 BIPOC Group<br>6 - 7:30 Men's Group<br>6 - 7:30 Life After Loss Series<br>6:30 - 8 Life After Loss Group | 10:30 - 11:30 Gentle Yoga<br>11 - 12:30 Multiple Myeloma Group<br><b>1 - 2 Brain Cancer Meet Up</b><br>3:00 - 4:00 Bedazzled Buttons with <i>The Country Music Hall of Fame</i>                   | <b>11 - 11:45 Walking Club</b><br>11 - 12:30 Breast Cancer Group<br>12:30 - 2 Open Art Studio<br>6 - 7 Cyber Security and Online Safety<br>7 - 8 Nighttime Yoga & Meditation  | 10 - 11 Tai Chi<br>10 - 11 LGBTQ+ Group<br><b>11 - 1:30 Cooking Demonstration with Mark and Community Meal</b><br>1 - 2 Book Club<br>1 - 2 Therapeutic Drum Circle                            |
| <b>16</b>   | <b>17</b>   | <b>18</b>   | <b>19</b>   | <b>20</b>   |
| 9 - 10 St. Clair Senior Center Support Group (Murfreesboro)<br>10:30 - 12:30 Cancer Support Group<br><b>1 - 2 Safe &amp; Sound</b><br>4 - 5 Basic Functional Nutrition Tips<br>6 - 7:30 Head & Neck Cancers Group<br>5:30 - 7:30 Young Adults with Cancer<br>6 - 8 Family Support Group | 10 - 11 Guided Imagery & Relaxation<br>11:30 - 12:30 Metastatic Group<br><b>5:30 - 6:30 Community Meal</b><br>6 - 7:30 Life After Loss Series<br>6:30 - 8 Sisters Network                       | 10 - 11 BIPOC Group<br>10:30 - 11:30 Gentle Yoga<br>10:30 - 1:30 Quilting Club<br>12 - 1 Family Connection Group<br><b>12 - 1 Orientation Session</b>   | 1:00 - 2:30 Writing Workshop with <i>The Porch</i><br>1:30 - 3 Springtime Card Making<br><b>5:30 - 7 Sip n' Paint Social</b>  | 10 - 11 Tai Chi<br>12:30 - 1:30 Post Treatment Group  |
| <b>23</b>   | <b>24</b>   | <b>25</b>   | <b>26</b>   | <b>27</b>   |
| <br><b>Feeling Sick?</b><br>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!                               |   |   | <br>Look for Gilda to find our Social Events each month! Social Events are a time of casual connection and fun and <u>all</u> are welcome! |  <b>COMMUNITY HEALTH &amp; SCREENING FAIR!</b><br>at Casa Azafrán<br>Saturday, March 28,<br>10 am - 2 pm |

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](mailto: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**

Come 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 12<sup>th</sup> 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! | Tambre 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](http://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](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.**

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<br>(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