

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>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!</p>		10:30 - 11:30 Gentle Yoga 1 - 2 True Life: I've Been Ghosted	11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio 4 - 5:30 Your Story Matters	10 - 11 Tai Chi 12:00 - 1:00 Community Meal
9:30 - 10:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 5:30 - 6:30 Community Meal 6 - 7:30 BIPOC Group 6 - 7:30 Life After Loss Series: Wk. 4 6 - 7:30 Men's Group 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	10 - 10:45 Ballet and Gentle Stretching 12:30 - 2 Collage w/ Gelli Prints and Magazines 3:30 - 5 Meditative Sound Journey 5:30 - 7 Swan Lake Social with Vanderbilt Ballet Theatre 6 - 7:30 Breast Cancer Group	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 1 - 3 Food For Life: Foods and Mood 5:30 - 7:30 Young Adults with Cancer 6 - 7 Orientation Session 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Managing Distressing News 6 - 7:30 Life After Loss Series: Wk. 5	10:30 - 11:30 Gentle Yoga 11 - 12:30 Multiple Myeloma Group 1 - 2 Brain Cancer Meet Up 3:00 - 4:00 Guitar 101 Workshop with The Country Music Hall of Fame	11 - 12:30 Breast Cancer Group 12:30 - 2 Spring Still Life Flowers and Fruit 6 - 7 Cancer Connection Group 7 - 8 Nighttime Yoga & Meditation	10 - 11 Tai Chi 10 - 11 LGBTQ+ Group 12:00 - 1:00 Community Meal 1 - 2:30 Therapeutic Drum Circle
10:30 - 12:30 Cancer Support Group 1 - 2 Chair Pilates 4:30 - 6 Watercolor Painting: Spring Flowers 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 2 - 3 MELT Method 5:30 - 6:30 Community Meal 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6 - 7:30 Life After Loss Series: Wk. 6 6:30 - 7:30 Play Session w/ Unscripted Improv 6:30 - 8 Life After Loss Group	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	11 - 11:45 Walking Club 11 - 12 Ask a Cancer Rehab Expert 12:30 - 2 Craft-a-palooza: Big Crepe Paper Flowers, Pt. 1 5:30 - 7:30 LGBTQ+ Social: Queer Movie Night 6 - 7 Family Connection Group	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group 1 - 2 Book Club
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound 4 - 5 Pelvic Floor Yoga 5:30 - 7:30 Young Adults with Cancer 6 - 7 Orientation Session 6 - 7:30 Head & Neck Cancers Group 6 - 8 Family Support Group	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 6:30 - 8 Sisters Network	10:30 - 11:30 Gentle Yoga 1:00 - 2:30 Writing Workshop with The Porch	12:30 - 2 Craft-a-palooza: Big Crepe Paper Flowers, Pt. 2 6 - 7 Cancer Connection Group	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!

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

COMMUNITY MEALS

Friday, April 3 & 17 | 12:30 - 1:30 PM
Tuesday, April 7 & 21 | 5:30 - 6:30 PM

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

NOTE: Most of our Community Meals are generously donated by volunteers. While we strive to offer a range of dietary options, we cannot guarantee that every need can be met or that cross-contamination will be avoided. Please participate at your own discretion.

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've Been Ghosted | Liz Geller, LPC-MHSP

Wednesday, April 1 | 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

Your Story Matters Writing Workshop

Jenni Dawn Muro, Writer, Speaker, Consultant

Thursday, April 2 | 4:00 - 5:30 PM

Explore the power of personal stories, writing, and community using simple, themed prompts for short free-writes with optional sharing.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, April 16 | 7:00 - 8:00 PM

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

Ask A Cancer Rehab Expert | Kirsty Livingston, OT/L, CLT

Thursday, April 23 | 11:00 AM - 12:00 PM

Most people in cancer treatment experience side effects like pain, fatigue, neuropathy, lymphedema, or memory and mobility challenges—yet fewer than 10% get support. Cancer rehabilitation can help you feel and function better at any point in your cancer journey.

Writing Workshop with *The Porch* | Sherri Gragg

Wednesday, April 29 | 1:00 - 2:30 PM

Engage your creative spirit through the written word.

HYBRID OFFERINGS

Gentle Yoga | *Small World Yoga*

Wednesday, April 1, 8, 15, 22, 29 | 10:30 - 11:30 AM

Tai Chi | James Schriver

Fridays, April 3, 10, 17, 24 | 10:00 - 11:00 AM

Open Art Studio | Gilda's Club Members

Thursday, April 2 | 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!

Chair Yoga | Melissa Carr

Monday, April 6 | 9:30 - 10:30 AM

Promote flexibility and mindfulness from your chair.

Ballet & Gentle Stretching | Hadley Williamson

Thursday, April 9, 10:00 - 10:45 AM

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

Mental Health Workshop: Managing Distressing News | Taylor Born, LMSW

Tuesday, April 14 | 11:30 - 12:30 PM

This workshop focuses on coping with distressing news and uncertainty related to world events. Participants will learn about common stress responses and explore practical self-care strategies to support emotional well-being.

Chair Pilates | Luci Crow, Certified Pilates Instructor

Monday, April 20 | 1:00 - 2:00 PM

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

Book Club | Ralph Friedrichsen

Friday, April 24 | 1:00 - 2:00 PM

Email RSVP@gildasclubmiddletn.org for information.

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

Monday, April 27 | 4:00 - 5:00 PM

Strengthen and support your core with a calming pelvic floor yoga class focused on breath, alignment, and mindful movement. A welcoming space to build stability, ease tension, and reconnect with your body at your own pace.

IN-PERSON OFFERINGS

Card Club | Donna Boyington

Tuesday, April 7 | 12:00 - 4:00 PM

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

Quilting Club | Diane Booth

Wednesday, April 8 & 22 | 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, April 8 | 11:45 - 12:45 PM

Join a casual social hour with coffee and treats.

Collage w/ Gelli Prints and Magazines | Martha Hjorth

Thursday, April 9 | 12:30 PM - 2:00 PM

Create a unique mixed-media collage using gelli prints from our last class (remember to bring these!) and provided magazines. Simple, fun, and open to all levels.

Meditative Sound Journey | Rae Ryan

Thursday, April 9 | 3:30 - 5:00 PM

This sound bath blends crystal bowls, chimes, tuning forks, and gentle percussion as Rae guides you into deep relaxation. Sound bathing can ease stress, release tension, and support clarity and calm.

Food for Life: Foods and Mood | Ali Wilhelm, Plant-Based Nutrition Educator

Monday, April 13 | 1:00 - 3:00 PM

Learn how plant-based eating can boost mood and ease anxiety and depression. We'll cover inflammation, gut health, key nutrients, and lifestyle basics, plus a demo of simple mood-supporting recipes.

Brain Cancer Meet Up | Juli & Earl Fitz

Wednesday, April 15 | 1:00 - 2:00 PM

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

Guitar 101 Workshop with *The Country Music Hall of Fame*

Wednesday, April 15 | 3:00 - 4:00 PM

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

Spring Still Life: Flowers and Fruit | Martha Hjorth

Thursday, April 16 | 12:30 - 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!

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

Friday, April 17 | 1:00 - 2:30 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.

Watercolor Painting: Spring Flowers | Marie Hindman

Monday, April 20 | 4:30 - 6:00 PM

Come create a one-of-a-kind painting on postcards and notecards featuring spring flowers!

MELT Method | Luci Crow, Certified MELT Instructor

Tuesday, April 21 | 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.

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, April 23 | 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, April 23 & 30 | 12:30 - 2:00 PM

This is a two-session workshop (Part 2 builds on Part 1), where we will construct large, gorgeous crepe paper flowers to adorn Gilda's clubhouse on loan for Springtime. Makers will be able to take their creations home as we transition from Spring into Summer.

LGBTQ+ Social: Queer Movie Night | Lynae Smith, MSSW

Thursday, April 23 | 5:30 - 7:30 PM

Join us for a relaxed, affirming space to enjoy a queer-centered film together and connect with community. All LGBTQ+ individuals are welcome.

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

Monday, April 27 | 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.

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.

April Orientation Session dates:

- 12:00 PM | Wednesday, April 8
- 6:00 PM | Monday, April 13
- 12:00 PM | Wednesday, April 22
- 6:00 PM | Monday, April 27

SOCIAL EVENT OF THE MONTH:

SWAN LAKE SOCIAL: DINNER AND A SHOW WITH VANDERBILT BALLET THEATRE

Thursday, April 9, 5:30 PM - 7:00 PM

Join Vanderbilt's ballet company as they tell the story of Swan Lake through ballet excerpts! A young maiden is turned into a swan by an evil sorcerer, and her curse can only be broken by an oath of true love. Come experience the magic of this classic ballet! A beautiful, accessible way to enjoy music, movement, a meal, and community together. All ages welcome.

FEATURED PROGRAMS:

LIVING BETTER WITH LYMPHEDEMA | the Clubhouse

Saturday, April 11, 10:00 AM - 1:00 PM

Join Gilda's Club Middle Tennessee and Breast Cancer Recovery in Action (BRA) for this informative event that will provide education, resources, and support for those living with lymphedema - from diagnosis through maintenance - with a focus on empowerment and community. Enjoy snacks, samples, and a chance to win a door prize! RSVP, though, as space is limited.

FAMILY DAY | the Clubhouse

Saturday, April 18, 11:00 AM - 2:00 PM

Bring the whole family for a fun-filled afternoon at the Clubhouse with our friends from the Country Music Hall of Fame and Museum and Kesem. Enjoy hands-on activities, including stained-glass crafting, friendship bracelets, leather-making, and a musical petting zoo.

IMPROV PLAY SESSION with Unscripted Improv | the Clubhouse

Tuesday, April 21, 6:30 - 7:30 PM

Discover the joy of improv in a welcoming, judgment-free space. Unscripted leads this playful session designed to spark connection, build resilience, and invite creativity through accessible, therapeutic theater. No experience needed—just come ready to play.

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.

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