

May 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 <u>all</u> are welcome!</p>	 <p>Feeling Sick?</p> <p><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></p>			<p>10 - 11 Tai Chi 12:00 - 1:00 Community Meal 1 - 2:30 Therapeutic Drum Circle</p> <p style="text-align: right;">1</p>
<p>10:30 - 12:30 Cancer Support Group 6 - 8 Family Support Group</p> <p style="text-align: right;">4</p>	<p>10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living and Dying 12 - 4 Card Club 5:30 - 7 Taco Tuesday & Karaoke Social 6 - 7:30 Men's Group</p>  <p style="text-align: right;">5</p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 12 - 1 Family Connection Group 12 - 1 Orientation Session</p> <p style="text-align: right;">6</p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio 4 - 5:30 Your Story Matters 6 - 7 Cancer Connection Group</p> <p style="text-align: right;">7</p>	<p>10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group</p> <p style="text-align: right;">8</p>
<p>9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 1 - 2 Chair Pilates 5:30 - 7:30 Young Adults with Cancer 6 - 7 Orientation Session 6 - 8 Family Support Group</p> <p style="text-align: right;">11</p>	<p>10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Navigating Loss During Cancer 2 - 3 MELT Method 6 - 7:30 BIPOC Group</p> <p style="text-align: right;">12</p>	<p>10:30 - 11:30 Gentle Yoga 11:45 - 12:45 Coffee Talk 1 - 2 True Life: Scanxiety is Burdening Me</p> <p style="text-align: right;">13</p>	<p>11 - 12 Pelvic Floor Cancer Rehab 12:30 - 2 Craft-a-palooza: Spring Open Art 5:30 - 7:30 LGBTQ+ Social: Totes Ready for Pride! 6 - 7:30 Breast Cancer Group</p> <p style="text-align: right;">14</p>	<p>10 - 11 Tai Chi 10 - 11 LGBTQ+ Group 11:00 - 1:30 Cooking Demo with Mark and Community Meal</p> <p style="text-align: right;">15</p>
<p>10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound 4 - 5 Basic Functional Nutrition Tips 4:30 - 6 Watercolor Painting: Florals and Funky Vases 6 - 7:30 Head and Neck Cancers Group 6 - 8 Family Support Group</p> <p style="text-align: right;">18</p>	<p>10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 5:30 - 6:30 Life After Loss Series/Group Community Meal 6 - 7:30 Men's Group 6:30 - 7:30 Play Session w/ Unscripted Improv 6:30 - 8:30 Tough Friends Art Club for Young Adults</p> <p style="text-align: right;">19</p>	<p>10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 12:30 Multiple Myeloma Group 12 - 1 Family Connection Group 12 - 1 Orientation Session 1 - 2 Brain Cancer Meet Up 3:00 - 4:00 Friendship Bracelets with The Country Music Hall of Fame and Museum 6:30 - 8:30 Tough Friends Art Club for Young Adults</p> <p style="text-align: right;">20</p>	<p>10:30 - 11:15 Walking Club 11 - 12:30 Breast Cancer Group 1:30 - 3 Neurographic Art 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group 7 - 8 Nighttime Yoga & Meditation</p> <p style="text-align: right;">21</p>	<p style="text-align: center;">Clubhouse Closed</p> <p style="text-align: right;">22</p>
<p style="text-align: center;">Clubhouse Closed</p> <p style="text-align: right;">25</p>	<p>10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 1:00 - 2:30 Writing Workshop with The Porch 6:00 - 7:30 - Razzle Bedazzle Night 6:30 - 8 Sisters Network</p> <p style="text-align: right;">26</p>	<p>10:30 - 11:30 Gentle Yoga</p> <p style="text-align: right;">27</p>	<p>12:30 - 2 Gelli Printing: Botanicals</p> <p style="text-align: right;">28</p>	<p>10 - 11 Tai Chi 11 - 12 Bird Collage 1 - 2 Book Club</p> <p style="text-align: right;">29</p>

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

Class & Workshop Arrival Policy:

To keep our sessions running smoothly and honor everyone's time, we offer a 5-minute grace period at the start of each class. After that, the session will be closed. Thank you for helping us create a focused, respectful, and welcoming space for all.

COMMUNITY MEALS

Friday, May 1 | 12:00 - 1:00 PM
Tuesday, May 19 | 5:30 - 6:30 PM *Life After Loss Series/Group Community Meal

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.

Your Story Matters Writing Workshop

Jenni Dawn Muro, Writer, Speaker, Consultant

Thursday, May 7 | 4:00 - 5:30 PM

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

True Life: Scanxiety is Burdening Me | Liz Geller, LPC-MHSP

Wednesday, May 13 | 1:00 PM - 2:00 PM

Waiting for scans can feel overwhelming. This group offers connection, understanding, and simple tools to help ease scan-related anxiety as we support one another through the ups and downs of waiting.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, May 21 | 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

Tuesday, May 26 | 1:00 - 2:30 PM

Engage and explore your creative spirit through guided prompts and supportive writing time with our partners at *The Porch*. No experience needed—just curiosity and a willingness to put pen to paper.

HYBRID OFFERINGS

Tai Chi | James Schriver

Fridays | 10:00 - 11:00 AM

Exploring Purposeful Living & Dying |

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

Tuesday, May 5 | 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.

Gentle Yoga | *Small World Yoga*

Wednesdays | 10:30 - 11:30 AM

Open Art Studio | Gilda's Club Members

Thursday, May 7 | 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 Pilates | Luci Crow, Certified Pilates Instructor

Monday, May 11 | 1:00 - 2:00 PM

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

Mental Health Workshop: Navigating Loss During Cancer | Taylor Born, LMSW

Tuesday, May 12 | 11:30 - 12:30 PM

This is a psychoeducation workshop for learning about the grieving process and developing practical coping tools to navigate grief and loss while on your own journey with cancer.

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

Monday, May 18 | 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.

Book Club | Ralph Friedrichsen

Friday, May 29 | 1:00 - 2:00 PM

Join us for a lively discussion of F. Scott Fitzgerald's *The Great Gatsby*. We'll explore themes, characters, and the novel's lasting impact while enjoying thoughtful conversation in a welcoming, book-loving community.

IN-PERSON OFFERINGS

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

Friday, May 1 | 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.

Card Club | Donna Boyington

Tuesday, May 5 | 12:00 - 4:00 PM

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

Quilting Club | Diane Booth

Wednesday, May 6 & 20 | 10:30 AM - 1:30 PM

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

MELT Method | Luci Crow, Certified MELT Instructor

Tuesday, May 12 | 2:00 - 3:00 PM

Join us as we use MELT balls and soft rollers to help ease treatment-related inflammation, pain, tension, and stress. This gentle session supports mobility and relaxation for all bodies and all energy levels.

Coffee Talk | Gilda's Club Members

Wednesday, May 13 | 11:45 - 12:45 PM

Join a casual social hour with coffee and treats.

Craft-a-palooza: Spring Open Art | Tambrea Egan

Thursday, May 14 | 12:30 - 2:00 PM

Keep building on your flower projects, junk journals, or cardboard creations, bring any other project you're working on, or start something new with our clubhouse supplies.

It's all about creativity, community, and making at your own pace.

LGBTQ+ Social: Totes Ready For Pride! | Lynae Smith, MSSW

Thursday, May 14 | 5:30 - 7:30 PM

Get Pride-ready with a fun, creative tote-painting session. Bring your ideas, your colors, and your community spirit. Leave with a personalized tote you can carry at the Pride March or anytime.

Cooking Demonstration & Community Meal | Mark Daemon

Friday, May 15 | 11:00 - 1:30 PM

Mark is back to teach us how to make a simple and delicious Cuban meal, which we will enjoy together in the community meal afterward.

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

Monday, May 18 | 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.

Watercolor Painting: Spring Flowers | Marie Hindman

Monday, May 18 | 4:30 - 6:00 PM

Come create a one-of-a-kind painting on postcards and notecards featuring florals and funky vases!

Brain Cancer Meet Up | Juli & Earl Fitz

Wednesday, May 20 | 1:00 - 2:00 PM

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

Friendship Bracelets with *The Country Music Hall of Fame*

Wednesday, May 20 | 3:00 - 4:00 PM

Create a friendship bracelet to trade or keep as a reminder of support and connection. All are welcome to join.

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, May 21 | 10:30 - 11:15 AM

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

Neurographic Art | Tambrea Egan

Thursday, May 21 | 1:30 - 3:00 PM

Try a calming drawing practice that uses flowing lines and shapes to help ease stress and support emotional well-being. No art experience needed.

Razzle Bedazzle Night | Meghan Lamb, MAAA

Tuesday, May 26 | 6:00 - 7:30 PM

Beautifully transform everyday essentials—like medication organizers—or anything you'd like to bring! This is your space to experiment, design, and bedazzle without limits.

Gelli Printing: Botanicals | Martha Hjorth

Thursday, May 28 | 12:30 PM - 2:00 PM

Create simple, layered prints using leaves and flowers. A fun, hands-on way to explore color and texture—no experience needed.

Bird Collage | Marie Hindman

Friday, May 29 | 11:00 - 12:00 PM

Use magazines, old books, glue, and paint to create your own quirky, one-of-a-kind bird. All levels welcome.

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.

May Orientation Session dates:

- **12:00 PM | Wednesday, May 6**
- **6:00 PM | Monday, May 11**
- **12:00 PM | Wednesday, May 20**

SOCIAL EVENT OF THE MONTH:

TACO TUESDAY & KARAOKE SOCIAL

Tuesday, May 5, 5:30 PM - 7:00 PM

Spice up your week with tacos, tunes, and plenty of laughter. Join us for a relaxed evening of build-your-own tacos followed by low-pressure karaoke fun. Whether you're here to sing your heart out or cheer from the crowd, it's all about good food, good company, and good vibes.

FEATURED PROGRAMS:

PELVIC FLOOR CANCER REHAB | the Clubhouse

Thursday, May 14, 11:00 AM - 12:00 PM

Join pelvic floor specialist Annie Dean, PT, DPT, ATC, COMT, for a gentle, informative session designed to support pelvic floor health during and after cancer treatment. Annie will guide you through simple exercises, breathwork, and education to help improve strength, reduce discomfort, and support everyday function in a safe, welcoming space.

IMPROV PLAY SESSION with Unscripted Improv | the Clubhouse

Tuesday, May 19, 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)	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