

June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 12:30 Cancer Support Group 1 - 2 Chair Pilates 6 - 8 Family Support Group <div style="text-align: right;">1</div>	10 -11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living and Dying 12 - 4 Card Club 5:30 - 6:30 Community Meal 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group <div style="text-align: right;">2</div>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 12 - 1 Orientation Session 12:30 - 1:30 True Life: I'm Trying to Survive Survival 2 - 3 MELT Method <div style="text-align: right;">3</div>	11 - 12:30 Breast Cancer Group 12:30 - 2 Surrealism Workshop Pt. 1 <div style="text-align: right;">4</div>	<div style="text-align: center;">  Gilda's Club Kids' One Day Fun Day! <i>at the Clubhouse</i> 9:30 am - 3:00 pm  </div> <div style="text-align: right;">5</div>
9 -10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 5:30 - 7:30 Young Adults with Cancer 6 - 7 Orientation Session 6 - 8 Family Support Group <div style="text-align: right;">8</div>	10 -11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Sleep Hygiene 12:30 - 2 Watercolor Florals and Funky Vases: Community Art Show Prep <div style="text-align: right;">9</div>	10:30 - 11:30 Gentle Yoga 11:45 - 12:45 Coffee Talk 12 - 1 Family Connection Group 1 - 2:30 Lunch and Learn: The Heart-Cancer Connection: Protecting Your Health Long Term <div style="text-align: right;">10</div>	11 - 12 "Chemo Brain" - Taking Charge of Cancer Related Cognitive Decline 12:30 - 2 Flower-palooza 4 - 5:30 Your Story Matters 6 - 7 Cancer Connection Group 6 - 7:30 Breast Cancer Group <div style="text-align: right;">11</div>	10 - 11 Tai Chi 10 - 11 LGBTQ+ Group 12 - 1 Community Meal 12:30 - 1:30 Post Treatment Group 1 -2 Book Club <div style="text-align: right;">12</div>
10:30 - 12:30 Cancer Support Group 4:30 - 6 Watercolor Florals and Funky Vases: Community Art Show Prep, Again! 6 - 8 Family Support Group <div style="text-align: right;">15</div>	10 -11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 11:30 - 12:30 Colorectal Cancer Group 5:30 - 6:30 Community Meal 6:30 - 7:30 Play Session w/ Unscripted Improv 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6:30 - 8 Life After Loss Group 6:30 - 8:30 Tough Friends Art Club for Young Adults <div style="text-align: right;">16</div>	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 12:30 Multiple Myeloma Group 11 - 12:30 Parenting With Cancer Group 12 - 1 Orientation Session 1 - 2 Brain Cancer Meet Up 3 - 4 Musical Memories: Songwriting 101 with The Country Music Hall of Fame and Museum 6:30 - 8:30 Tough Friends Art Club for Young Adults <div style="text-align: right;">17</div>	11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio 5:30 - 7 Chopped: Art Edition Social! 7 - 8 Nighttime Yoga & Meditation <div style="text-align: center;"></div> <div style="text-align: right;">18</div>	<div style="text-align: center;">Clubhouse Closed</div> <div style="text-align: right;">19</div>
9 -10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 11:30 Chair Yoga 10:30 - 12:30 Cancer Support Group 4 - 5 Basic Functional Nutrition Tips 5:30 - 7:30 Young Adults with Cancer 6 - 7 Orientation Session 6 - 8 Family Support Group <div style="text-align: right;">22</div>	10 -11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group <div style="text-align: right;">23</div>	10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga 11 - 12 Cancer-Related Cybersecurity and Online Safety 12 - 1 Family Connection Group <div style="text-align: right;">24</div>	11 - 11:45 Walking Club 12:30 - 2 Collaborative Flower Painting 6 - 7 Family Connection Group <div style="text-align: right;">25</div>	10 - 11 Tai Chi 12 - 1 LGBTQ+ Community Meal 12:30 - 1:30 Post Treatment Group 1 - 2 Therapeutic Drum Circle 1 - 3 LGBTQ+ Social: Totes Ready for Pride! <div style="text-align: center;"> NASHVILLE PRIDE FESTIVAL! <i>at Bicentennial Capitol Mall State Park</i> Saturday, June 27, 11 am - 9 pm  </div> <div style="text-align: right;">26</div>
10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound 6 - 7:30 Head and Neck Cancers Group 6 - 8 Family Support Group <div style="text-align: right;">29</div>	10 -11 Guided Imagery & Relaxation 1:00 - 2:30 Writing Workshop with The Porch 6:30 - 8 Sisters Network <div style="text-align: right;">30</div>	<div style="text-align: center;">  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! </div>		<div style="text-align: center;">  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! </div>

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

Tuesday, June 2 & 16 | 5:30 - 6:30 PM

Friday, June 12 & 26* | 12:00 - 1:00 PM

*LGBTQ+ 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.

Chair Pilates | Luci Crow, Certified Pilates Instructor

Monday, June 1 | 1:00 - 2:00 PM

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

True Life: True Life: I'm Trying to Survive Survival | Liz Geller, LPC-MHSP

Wednesday, June 3 | 12:30 PM - 1:30 PM

You finished treatment, you rang the bell, and yet you don't feel like the "survivor" that everyone expects you to be. Discuss the unique experiences of survivorship and navigating life and relationships after treatment.

"Chemo Brain" - Taking Charge of Cancer-Related Cognitive Decline |

Kirsty Livingston, OT/L, CLT

Thursday, June 11 | 11:00 AM - 12:00 PM

Learn about cancer-related cognitive decline, including how it affects daily life and practical tips to improve focus, memory, and function.

Your Story Matters Writing Workshop | Jenni Dawn Muro, Writer, Speaker, Consultant

Thursday, June 11 | 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.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, June 18 | 7:00 - 8:00 PM

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

Cancer-Related Cybersecurity and Online Safety | Nadine Shillingford

Wednesday, June 24, 11:00 AM - 12:00 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.

Writing Workshop with *The Porch* | Sherri Gragg

Tuesday, June 30 | 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

Gentle Yoga | *Small World Yoga*

Wednesdays | 10:30 - 11:30 AM

Exploring Purposeful Living & Dying |

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

Tuesday, June 2 | 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.

Mental Health Workshop: Sleep Hygiene | Taylor Born, LMSW

Tuesday, June 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.

Watercolor: Flowers and Funky Vases | Marie Hindman

Tuesday, June 9 | 12:30 - 2:00 PM

Monday, June 15 | 4:30 - 6:00 PM

Join us to create a new piece or finish where you left off last time. For creative exploration or to prep for the Community Art show. At-home watercolor kits available, ask us!

Book Club | Ralph Friedrichsen

Friday, June 12 | 1:00 - 2:00 PM

We'll explore themes, characters, and impact while enjoying thoughtful conversation in a welcoming, book-loving community.

Open Art Studio | Gilda's Club Members

Thursday, June 18 | 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, June 22 | 10:30 - 11:30 AM

Promote flexibility and mindfulness from your chair.

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

Yoga Instructor

Monday, June 22 | 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

Card Club | Donna Boyington

Tuesday, June 2 | 12:00 - 4:00 PM

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

Quilting Club | Diane Booth

Wednesday, June 3 & 17 | 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

Wednesday, June 3 | 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.

Surrealism Workshop, Part 1 | Meryl Kraft

Thursday, June 4 | 12:30 PM - 2:00 PM

Discover surrealism by mixing familiar images with dreamlike, unconscious elements. We'll chat about the Frist's current exhibit and then create a surreal collage and drawing inspired by what we explore.

Coffee Talk | Gilda's Club Members

Wednesday, June 10 | 11:45 - 12:45 PM

Join a casual social hour with coffee and potluck treats.

Flower-palooza | Tambrea Egan

Thursday, June 11 | 12:30 - 2:00 PM

Continue growing your beautiful crepe-paper blooms previously created. Together, we'll shape and assemble large, vibrant flowers that will brighten Gilda's Clubhouse.

Improv Play Session | *Unscripted Improv*

Tuesday, June 16, 6:30 - 7:30 PM

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

Brain Cancer Meet Up | Juli & Earl Fitz

Wednesday, June 17 | 1:00 - 2:00 PM

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

Musical Memories: Songwriting 101 | *The Country Music Hall of Fame*

Wednesday, June 17 | 3:00 - 4:00 PM

Work with a teaching artist to learn the fundamentals of songwriting, brainstorm ideas, and write an original song as a group based on an essential question and collective experience.

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, June 25 | 11:00 - 11:45 AM

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

Collaborative Flower Painting | Martha Hjorth

Thursday, June 25 | 12:30 PM - 2:00 PM

Help create one shared floral artwork as we paint bright, joyful flowers together. Fun, simple, and open to all.

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

Replenish Counseling

Friday, June 26 | 1:00 - 2:00 PM

Experience the physical and emotional health benefits of participating in a drum circle led by a professional counselor and music therapist. Drums provided.

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

Friday, June 26 | 1:00 - 3:00 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.

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

Monday, June 29 | 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.

June Orientation Session dates:

- 12:00 PM | Wednesday, June 3
- 6:00 PM | Monday, June 8
- 12:00 PM | Wednesday, June 17
- 6:00 PM | Monday, June 22

SOCIAL EVENT OF THE MONTH:

CHOPPED: ART EDITION SOCIAL

Thursday, June 18, 5:30 PM - 7:00 PM

Get ready for a creative twist on the Chopped reality show—art edition. In this playful, low-stakes challenge, members will receive a surprise bundle of "mystery materials" pulled from the clubhouse's wonderfully random art stash. Your mission: turn those unexpected supplies into something imaginative, expressive, delightfully weird, and/or ready for the July Art Show!

FEATURED PROGRAMS:

Gilda's Club Kids' One Day Fun Day! with *Unscripted Improv and Country Music Hall of Fame and Museum*

Friday, June 5, 9:30 AM - 3:00 PM

Join us for our annual "summer camp style" day packed full of creativity, connection, and fun for kids ages 5-17! Drop off between 9:30 and 10:30 AM, and they'll enjoy hands-on activities, games, and play. Lunch and sweet treats included.

Lunch and Learn: The Heart-Cancer Connection, Protecting Your Health Long Term | Dr. David Slosky, MD

Wednesday, June 10, 1:00 - 2:30 PM

Join David Slosky, M.D., a board-certified cardiovascular oncologist with Tennessee Oncology, for a clear, supportive look at how cancer treatments can affect the heart over time. Dr. Slosky will explain what to watch for, how cardiac care and oncology work together, and the steps survivors can take to protect their long-term heart health. Lunch will be served.

Nashville Pride Festival! | Bicentennial Capitol Mall State Park

Saturday, June 27, 11:00 AM - 9:00 PM

Come celebrate community, joy, and Pride with us, and make sure you pop by the Gilda's Club table to say hi!

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:

- **Parenting with Cancer Group starting this month!**
- **Colorectal Cancer Networking Group starting this month!**
- **Additional Family Support Groups**
- **Additional Cancer Support Groups**
-

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](https://www.instagram.com/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