

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 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!	 Feeling Sick? <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>	10:30 - 11:30 Gentle Yoga	11 - 12:30 Breast Cancer Group 12:30 - 2 Flower-palooza 6 - 7 Colorectal Cancer Networking Group	Clubhouse Closed
6	10 -11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living and Dying 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group	10:30 - 11:30 Gentle Yoga 11:45 - 12:45 Coffee Talk 12 - 1 Family Connection Group 12 - 1 Orientation Session 12:30 - 1:30 True Life: I'm Consumed By Worry	11 - 12 Ask A Cancer Rehab Expert 12:30 - 2 Open Art Studio w/ Tambrea 4:30 - 6:30 Works of Whimsy and Wisdom Art Exhibition	10
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 - 7 Orientation Session 6 - 8 Family Support Group	10 -11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Caregiver Stress Management 6:30 - 7:30 Play Session w/ Unscripted Improv 6:30 - 8:30 Tough Friends Art Club for Young Adults	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11 - 12:30 Multiple Myeloma Group 1 - 2 Brain Cancer Meet Up 2 - 3 MELT Method 3 - 4 Leather Making with The Country Music Hall of Fame and Museum 6:30 - 8:30 Tough Friends Art Club for Young Adults	11 - 12:30 Breast Cancer Group 1:30 - 3 Open Art Studio 6 - 7 Lymphedema Support Group 6 - 7:30 Breast Cancer Group 7 - 8 Nighttime Yoga & Meditation	10 - 11 Tai Chi 10 - 11 LGBTQ+ Group 11 - 1:30 Cooking Demo with Mark and Community Meal
13	14	15	16	17
10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound 4 - 5 Pelvic Floor Q & A 5 - 6:30 Resiliency Beads 6 - 8 Family Support Group	10 -11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 11:30 - 12:30 Colorectal Cancer Networking Group 12 - 4 Card Club 5:30 - 6:30 Favorite Summer Sides Potluck Community Meal 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6:30 - 8 Life After Loss Group	10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga 12 - 1 Family Connection Group 12 - 1 Orientation Session 2 - 3:30 Resiliency Beads	11 - 11:45 Walking Club 12:30 - 2 Surrealism Workshop Pt. 2 4 - 5:30 Your Story Matters 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group	10 - 11 Tai Chi 11 - 12:30 Parenting With Cancer Group 12:30 - 1:30 Post Treatment Group 1 - 2 Therapeutic Drum Circle
20	21	22	23	24
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 - 7:30 Head and Neck Cancers Group 6 - 8 Family Support Group	10 -11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 1:00 - 2:30 Writing Workshop with The Porch 6:30 - 8 Sisters Network	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 1 - 2:30 Lunch and Learn: The Heart-Cancer Connection: Protecting Your Health Long Term	12:30 - 2 A Master's Study 6 - 7:30 LGBTQ+ Social: Game Night	10 - 11 Tai Chi 1 - 2 Book Club
27	28	29	30	31

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, July 21 | 5:30 - 6:30 PM

Edley's will provide the main entrees- Bring your favorite summer sides to share! 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'm Consumed By Worry | Liz Geller, LPC-MHSP

Wednesday, July 8 | 12:30 PM - 1:30 PM

Cancer can strip us of our sense of control and security and can create endless feelings of anxiety and worry. Join us in conversation and support around the fears that feel burdensome and ways we can release some of them to cope.

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

Thursday, July 9 | 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.

Chair Pilates | Luci Crow, Certified Pilates Instructor

Monday, July 13 | 2:00 - 3:00 PM

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

Nighttime Yoga & Meditation | Savanna Starko

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

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

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

Thursday, July 23 | 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.

Writing Workshop with The Porch | Sherri Gragg

Tuesday, July 28 | 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

Gentle Yoga | Small World Yoga

Wednesdays | 10:30 - 11:30 AM

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, July 7 | 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: Caregiver Stress Management | Taylor Born, LMSW

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

Learn practical tools to support your own well-being and manage stress and burnout while caring for a loved one with cancer.

Open Art Studio | Gilda's Club Members

Thursday, July 16 | 1:30 - 3:00 PM

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

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

Monday, July 20 | 4:00 - 5:00 PM

Learn about pelvic health and get your questions answered in this informative, supportive Q&A session.

Book Club | Ralph Friedrichsen

Friday, July 31 | 1:00 - 2:00 PM

We'll explore the themes, characters, and impact of "Life: a love story" by Elizabeth Berg, while enjoying thoughtful conversation in a welcoming, book-loving community.

SOCIAL EVENT OF THE MONTH:

WORKS OF WHIMSY AND WISDOM ART EXHIBITION

THURSDAY, JULY 9, 4:30 PM - 6:30 PM

Join us at the Clubhouse as we partner with The Curb Center at Vanderbilt for our 2026 art exhibition! This special show celebrates the role art plays in navigating life and cancer—featuring pieces that reflect personal journeys and creative expressions of joy, hope, and imagination. Come experience the creativity of our community and celebrate the power of art!

FEATURED PROGRAMS:

MELT: Hand and Foot Treatment | Luci Crow, Certified MELT Instructor

WEDNESDAY, JULY 15, 2:00 - 3:00 PM

Feel lighter and more at ease with this gentle, chair-friendly MELT class. Using soft balls and simple techniques, you'll help rehydrate connective tissue, ease stiffness, and support your body's natural lymphatic flow—promoting better circulation, reduced swelling, and overall relaxation. No experience necessary.

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

WEDNESDAY, JULY 29, 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.

IN-PERSON OFFERINGS

Flower-palooza | Tambrea Egan

Thursday, July 2 | 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.

Coffee Talk | Gilda's Club Members

Wednesday, July 8 | 11:45 - 12:45 PM

Join a casual social hour with coffee provided by Gilda's Club and potluck treats.

Open Art Studio | Tambrea Egan

Thursday, July 9 | 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.

Improv Play Session | Unscripted Improv

Tuesday, July 14, 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.

Quilting Club | Diane Booth

Wednesday, July 15 & 29 | 10:30 AM - 1:30 PM

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

Brain Cancer Meet Up | Juli & Earl Fitz

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

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

Leather Making | The Country Music Hall of Fame

Friday, July 15 | 3:00 - 4:00 PM

Explore the history of leatherwork and learn how leather accessories are made, then design your own hand-tooled leather keychain.

Cooking Demonstration & Community Meal | Mark Daemon

Friday, July 17 | 11:00 - 1:30 PM

Mark is back to teach us how to make a simple and delicious dish that we will enjoy together at the community meal afterward.

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

Monday, July 20 | 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.

Resiliency Beads | Anna Bell

Monday, July 20 | 5:00 - 6:30 PM

Wednesday, July 22 | 2:00 - 3:30 PM

Create a personal strand of beads that reflects your cancer experience—each bead representing a moment, milestone, or emotion. Make bracelets, necklaces, zipper pulls, earrings, or anything that inspires you. Open to anyone impacted by cancer, including caregivers and loved ones.

Card Club | Donna Boyington

Tuesday, July 21 | 12:00 - 4:00 PM

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

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, July 23 | 11:00 - 11:45 AM

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

Surrealism Workshop, Part 2 | Meryl Kraft

Thursday, July 23 | 12:30 PM - 2:00 PM

Surrealism is an art movement beyond reality. We'll combine rational images with our unconscious and dreams. Learn more through a discussion of the current exhibit at the Frist Art Museum, and create your own painted piece based on a dream or your thoughts. Having attended Part 1 is not required!

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

Friday, July 24 | 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.

A Master's Study | Martha Hjorth

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

Explore your creativity in this fun and inspiring painting class! Participants will create their own work inspired by a surprise master artist, learning techniques and style along the way—no experience needed.

LGBTQ+ Social: Game Night | Lynae Smith, MSSW

Thursday, July 30 | 6:00 - 7:30 PM

Join us for a relaxed, joy-filled evening of games, laughter, and community. Come play, connect, and unwind in a welcoming space for LGBTQ+ members and allies. No experience needed, just bring your fun spirit.



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

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 just started!**
- **Colorectal Cancer Networking Group just started!**
- **Additional Family Support Groups**
- **Additional Cancer Support Groups**
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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.

July Orientation Session dates:

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

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