

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 12:30 Cancer Support Group 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann 3	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living and Dying 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 4	10:30 - 11:30 Gentle Yoga 12 - 1 Orientation Session 5	11 - 12:30 Breast Cancer Group 12:30 - 2 Linoleum Block Cut Printing 4 - 5:30 Your Story Matters 6 - 7 Colorectal Cancer Group 6	10 - 11 Tai Chi 12 - 1 Community Meal 1 - 2:30 Breathwork for Healing & Resilience 7
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 Group 6 - 7 Orientation Session 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann 10	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Coping with Anxiety 11	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11:45 - 12:45 Coffee Talk 2 - 3 MELT Method 12 - 1 Family Connection Group 12	11 - 12 Cancer Related Fatigue 12:30 - 2 Farmers Market Still Life 6 - 7 Cancer Connection Group 6 - 7:30 Breast Cancer Group 13	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group 14
10:30 - 12:30 Cancer Support Group 6 - 7 Film Screening and Q&A: Alexa to Exa 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann 17	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 11:30 - 12:30 Colorectal Cancer Group 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6:30 - 7:30 Play Session w/ Unscripted Improv 6:30 - 8 Life After Loss Group 18	10 - 11 BIPOC Group 10:30 - 11:30 Gentle Yoga 11 - 12:30 Multiple Myeloma Group 12 - 1 Orientation Session 1 - 2 Brain Cancer Meet Up 3 - 4 Fiddle / Violin 101 with The Country Music Hall of Fame and Museum 19	11 - 12:30 Breast Cancer Group 12:30 - 2 Fabric Block Printmaking - Part 1 5:30 - 7:30 LGBTQ+ Ice Cream Social 6 - 7 Lymphedema Support Group 7 - 8 Nighttime Yoga & Meditation 20	10 - 11 Tai Chi 10 - 11 LGBTQ+ Group 12 - 1 Community Meal 1 - 2 Therapeutic Drum Circle 21
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 Group 6 - 7 Orientation Session 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann 24	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 1:00 - 2:30 Writing Workshop with The Porch 5:30 - 6:30 Breast Cancer Group Community Meal 6 - 7:30 Life After Loss Series Wk. 1 6:30 - 8 Sisters Network 25	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 12 - 1 Family Connection Group 1 - 2 True Life: I Wish I Could Sleep 2 - 3:30 From A Dot: Exploring Creativity Through Abstract Painting 26	11 - 11:45 Walking Club 12:30 - 2 Watercolor Notecards 6 - 7 Cancer Connection Group 6 - 7 Family Connection Group 27	10 - 11 Tai Chi 11 - 12:30 Parenting With Cancer Group 12:30 - 1:30 Post Treatment Group 1 - 2 Book Club 28
10:30 - 12:30 Cancer Support Group 12 - 4 Card Club 6 - 7:30 Head and Neck Cancers Group 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann 31				 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>

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, August 7 & 21 | 12:00 - 1:00 PM

Tuesday, August 25* | 5:30 - 6:30 PM

**Breast Cancer Group Community Meal is for anyone who is currently or has been in the group.*

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

Meditation w/Mary Ann | Mary Ann Zelinsky, CHC, RYT-200, CWMF

Mondays | 6:30 - 7:15 PM

Join us for a guided mindfulness meditation designed to reduce stress, cultivate calm, and support emotional well-being. Practice includes awareness of breath, body scan, gratitude practice, and loving-kindness meditation. Beginners welcome. No meditation experience necessary.

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, August 10 | 1:00 - 2:00 PM

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

Cancer-Related Fatigue | Kirsty Livingston, OT/L, CLT

Thursday, August 13 | 11:00 AM - 12:00 PM

Learn practical fatigue-management tips and explore how cancer rehabilitation may help reduce symptoms and support daily well-being.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, August 20 | 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, August 25 | 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.

True Life: I Wish I Could Sleep | Liz Geller, LPC-MHSP

Wednesday, August 26 | 1:00 - 2:00 PM

Getting good-quality sleep is so important, yet it can be so hard. The group provides education, support, and encouragement in a nonjudgmental environment to help members work toward healthier, more restorative sleep.

HYBRID OFFERINGS

Gentle Yoga | Small World Yoga

Wednesdays | 10:30 - 11:30 AM

Tai Chi | James Schriver

Fridays | 10:00 - 11:00 AM

Breathwork for Healing & Resilience | Sara Syms, Certified Trauma-Informed Breathwork Facilitator

Friday, August 7 | 1:00 - 2:30 PM

Learn how intentional breathing can help you reconnect with your body's innate capacity for healing and resilience. Through guided breathwork, nervous system education, and gentle mindfulness practices, you'll discover simple techniques to reduce stress, increase emotional regulation, and foster greater calm, clarity, and self-compassion. No prior experience is needed.

Mental Health Workshop: Coping with Anxiety | Taylor Born, LMSW

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

Gain practical coping skills to manage anxiety, reduce stress, and build resiliency in daily life.

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

Monday, August 24 | 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.

Book Club | Ralph Friedrichsen

Friday, August 28 | 1:00 - 2:00 PM

Join us as we discuss "The Speed of Souls" by Nick Pirog. We'll explore themes, characters, and impact while enjoying thoughtful conversation in a welcoming, book-loving community.

IN-PERSON OFFERINGS

Linoleum Block Cut Printing | Meryl Kraft

Thursday, August 6 | 12:30 PM - 2:00 PM

Create your own personal design/logo and reproduce it using linoleum block prints that you create. Just bring your ideas and your creativity!

Quilting Club | Diane Booth

Wednesday, August 12 & 26 | 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, August 12 | 11:45 - 12:45 PM

Join a casual social hour with coffee and potluck treats.

MELT Method | Luci Crow, Certified MELT Instructor

Wednesday, August 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.

Farmers Market Still Life | Martha Hjorth

Thursday, August 13 | 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.

Improv Play Session | Unscripted Improv

Tuesday, August 18, 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 Meetup | Juli & Earl Fitz

Wednesday, August 19 | 1:00 - 2:00 PM

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

Fiddle / Violin 101 | The Country Music Hall of Fame

Wednesday, August 19 | 3:00 - 4:00 PM

Work with a teaching artist to explore the similarities and differences between fiddle and violin playing. Through an interactive performance by a professional musician, you'll hear how rhythms, dances, and musical styles shape each instrument's sound—and then try your hand at fiddling yourself. Instruments provided.

Fabric Block Printmaking - Part 1 | Anna Bell

Thursday, August 20 | 12:30 - 2:00 PM

This is a great summer craft activity! We will be block printing (or printmaking) on fabric! Come learn how to carve a design that will then be hand printed onto a tote bag. Feel free to bring other, all natural (ex: 100% cotton) fabrics to be printed on as well! Bandanas and scarves are great! No printmaking experience or artistic skill needed!

LGBTQ+ Social: Ice Cream Social | Lynae Smith, MSSW

Thursday, August 20 | 5:30 - 7:30 PM

Cool off and connect at our summertime Ice Cream Social for LGBTQ+ members. Enjoy sweet treats, easy conversation, and a relaxed space to gather, laugh, and build community.

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

Replenish Counseling

Friday, August 21 | 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.

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

Monday, August 24 | 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.

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, August 27 | 11:00 - 11:45 AM

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

Watercolor Notecards | Lori Collins

Thursday, August 27 | 11:00 - 11:45 AM

Create simple, beautiful note cards using watercolor paints and everyday household materials. This relaxed, hands-on class invites playful experimentation and easy creativity—perfect for all skill levels.

Card Club | Donna Boyington

Tuesday, August 31 | 12:00 - 4:00 PM

Play fun card games with simple rules. All are 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.

August Orientation Session dates:

- **12:00 PM | Wednesday, August 5**
- **6:00 PM | Monday, August 10**
- **12:00 PM | Wednesday, August 19**
- **6:00 PM | Monday, August 24**

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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.

FEATURED PROGRAMS:

Exploring Purposeful Living and Dying | Heidi O'Neil, Health & Wellness Coach, End of Life Coach

Tuesday, August 4, 12:00 - 1:30 PM

Join us each month for a gentle space for reflection led by Heidi O'Neil, Health and Wellness Coach and End-of-Life Coach. Together, we'll explore the emotional side of dying as a pathway to living with greater clarity, connection, and purpose.

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

Thursday, August 6, 4:00 - 5:30 PM

Join writer and speaker Jenni Dawn Muro *in person* for a creative, connection-filled workshop. Using simple, themed prompts, you'll craft short free-writes and—if you choose—share your words in a supportive, creative space.

Film Screening and Q & A: Alexa to Exa | Exa Zim, Filmmaker

Monday, August 17 | 6:00 - 7:00 PM

Join us for a screening of *Alexa to Exa*, followed by a conversation with filmmaker Exa Zim. This thoughtful film invites viewers into a personal journey of identity, transition, and self-discovery.

From A Dot: Exploring Creativity Through Abstract Painting | Rhonda Polen Wernick, Freelance Artist, Dance Illustrator

Wednesday, August 26, 2:00 - 3:30 PM

Join artist Rhonda Polen Wernick for a fun, uplifting acrylic painting class that sparks creativity and self-expression. Begin with a single dot and watch it grow into your own abstract artwork. Leave with a finished piece and a renewed sense of creative confidence.

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**

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)	LGBTQ+ Group
BIPOC Group (Daytime & Evening)	Lymphedema Support Group*
Cancer Support Group*	Men's Group
Colorectal Cancer Group	Metastatic Group
Family Support Group*	Multiple Myeloma Group
Gynecologic Cancers Group	Parenting With Cancer Group
Head & Neck Cancers Group	Post-Treatment Group
Life After Loss Group	Sisters Network
	Young Adults with Cancer

*requires a commitment to attend on a regular basis