

October 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>	11 - 12:30 Breast Cancer Group 12:30 - 2 B.Y.O.L. Leaf Decorating 1 - 2 Safe & Sound 4 - 5:30 Your Story Matters 6 - 7 Colorectal Cancer Group 7 - 8 Nighttime Yoga & Meditation 1	10 - 11 Tai Chi 12 - 1 Community Meal 2
10:30 - 12:30 Cancer Support Group 10:30 - 11:30 Strength, Hope and Healing Through Taekwondo 4 - 5 Pelvic Floor Q & A 6 - 7 Orientation Session 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann 5	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living and Dying 5:30 - 6:30 Young Adults Community Meal 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6	10:30 - 11:30 Gentle Chair Yoga with <i>Small World Yoga</i> 10:30 - 1:30 Quilting Club 11:30 - 1 Rooted in Remembrance: Creating an Ancestral Altar with <i>Larkspur</i> 1 - 2:30 Breathwork for Healing & Resilience 7	12:30 - 2 Collage Party 101 5 - 6:30 The Basics of Cancer Symptom Management 6 - 7 Cancer Connection Group 7 - 8 Mindful Journaling 8	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group 9
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 4:30 - 6 Watercolor: A Fall Walk In the Woods 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 12	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Tools for Managing Life 1 - 2 Chair Pilates 5 - 7:30 LGBTQ+ Social: Halloween Movie Night! 6:30 - 8:30 Tough Friends Art Club for Young Adults 13	10:30 - 11:30 Gentle Yoga with <i>Small World Yoga</i> 12 - 1 Family Connection Group 2 - 3 MELT Method 6:30 - 8:30 Tough Friends Art Club for Young Adults 14	11 - 12:30 Breast Cancer Group 12:30 - 2 Matting Magic Workshop 7 - 8 Nighttime Yoga & Meditation 15	10 - 11 LGBTQ+ Group 10 - 11 Tai Chi 1 - 2 Therapeutic Drum Circle 16
10:30 - 12:30 Cancer Support Group 6 - 7:30 Head and Neck Cancers Group 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann 19	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 with <i>Unscripted Improv</i> 6:30 - 8 Life After Loss Group 20	10:30 - 11:30 Gentle Yoga at <i>Small World Yoga Studio</i> 10:30 - 1:30 Quilting Club 11 - 12 Spanish Speaking Cancer Support Group (Casa Azafran) 11 - 12:30 Multiple Myeloma Group 1 - 2 Brain Cancer Meet Up 3 - 4 Mandolin 101 with <i>The Country Music Hall of Fame and Museum</i> 21	11 - 11:45 Walking Club 12:30 - 2 Gelli Printing: Botanicals 6 - 7 Cancer Connection Group 7 - 8 Mindful Journaling 22	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group 1 - 2 Book Club Red Door Bash! <i>The Omni Nashville Hotel</i> Saturday, October 24, 6:00 PM Interested in Member Tickets? Contact meghanlamb@gildasclubmiddletn.org 23
Clubhouse Closed 26	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 1 - 2:30 Writing Workshop with <i>The Porch</i> 6:30 - 8 Sisters Network 27	10:30 - 11:30 Gentle Yoga with <i>Small World Yoga</i> 12 - 1 Family Connection Group 12 - 1 Orientation Session 1 - 2 True Life: Navigating the Seasonal Shift 28	12:30 - 2 Thanksgiving / Friendsgiving Card Making 5:30 - 7 Spook-tacular Souptober Halloween Social!  29	10 - 11 Tai Chi 30

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

COMMUNITY MEALS

Friday, October 2 | 12:00 - 1:00 PM
Tuesday, October 6 | 5:30 - 6:30 PM: Young Adults Community Meal

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

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, October 1 | 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 | Dr. Savanna Starko, RYT-500

Thursday, October 1 & 15 | 7:00 - 8:00 PM

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

Mindful Journaling | Dr. Savanna Starko, RYT-500

Thursday, October 8 & 22 | 7:00 - 8:00 PM

A calm end-of-week pause with three optional prompts and 20-25 minutes of writing, followed by a group discussion to share reflections and build connection.

Chair Pilates | Luci Crow, Certified Pilates Instructor

Monday, October 13 | 1:00 - 2:00 PM

Gentle, seated movement to build core strength, improve posture, and support flexibility. It's low-impact, steady, and adaptable for many abilities. Participants attending virtually will need a steady armless chair or ottoman, and a TheraBand or towel.

Writing Workshop with The Porch | Sherri Gragg

Tuesday, October 27 | 1:00 - 2:30 PM

Engage and explore your creative spirit through guided prompts and supportive writing time. No experience needed, just curiosity and a willingness to put pen to paper.

True Life: Navigating the Seasonal Shift | Liz Geller, LPC-MHSP

Wednesday, October 28 | 1:00 - 2:00 PM

Settling into a new season can be both exciting and challenging. Participants will explore transitions, changing routines, self-care, and ways to embrace new beginnings while letting go of what is no longer serving us in this new chapter.

HYBRID OFFERINGS

Tai Chi | James Schriver

Fridays | 10:00 - 11:00 AM

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

CertDN, Yoga Instructor

Monday, October 5 | 4:00 - 5:00 PM

Get clear, practical answers to your pelvic health questions in a supportive, judgment-free session designed to help you better understand and care for your pelvic floor.

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

Tuesday, October 6 | 12:00 - 1:30 PM

Join us monthly in a time of contemplation as we honor and open to the emotional side of dying in order to live more fully.

Gentle Yoga | Small World Yoga

Wednesday, October 7*, 14, & 28 | 10:30 - 11:30 AM

Join us for a calm, accessible practice to help you stretch, breathe, and unwind. A soothing hour of movement designed for all bodies and experience levels. (*1st Wednesday is Chair Yoga)

Rooted in Remembrance: Creating an Ancestral Altar | Meg Wade, Interfaith Chaplain, Grief Doula, Larkspur

Wednesday, October 7 | 11:30 - 1:00 PM

Join us for a meaningful gathering to explore how different cultures honor ancestors and how we can create our own personal spaces of remembrance. We'll learn, reflect, and create together—no experience or specific tradition needed.

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

Wednesday, October 7 | 1:00 - 2:30 PM

Intentional breathwork to help you reconnect with your body's natural capacity for healing and resilience. Through guided breathing, nervous system education, and gentle mindfulness, you'll learn simple techniques to ease stress, support emotional regulation, and cultivate calm, clarity, and self-compassion. Beginners welcome.

Mental Health Workshop: Tools For Managing Life | Taylor Born, LMSW

Tuesday, October 13 | 11:30 - 12:30 PM

Explore practical tools for managing tasks and responsibilities when life feels overwhelming. Learn strategies to break tasks into manageable steps, prioritize what matters most, work within your available energy, and reduce the pressure to do it all.

Book Club | Ralph Friedrichsen

Friday, October 23 | 1:00 - 2:00 PM

Join us as we discuss "The Dog Stars" by Peter Heller. Explore themes, characters, and impact, and enjoy thoughtful conversation in a welcoming, book-loving community.

IN-PERSON OFFERINGS

B.Y.O.L. Leaf Decorating | Nell Hearington

Thursday, October 1 | 12:30 - 2:00 PM

Celebrate autumn's colors in a simple, creative leaf-decorating session. Bring fresh or dried leaves and transform them with paint, markers, or metallic accents. A relaxed, playful way to enjoy the beauty of fall.

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

Thursday, October 1 | 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.

Quilting Club | Diane Booth

Wednesday, October 7 & 21 | 10:30 AM - 1:30 PM

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

Collage Party 101 | Finn Basil

Thursday, October 8 | 12:30 PM - 2:00 PM

Come curious for a low-pressure guided collage experience. Supplies will be available; bring old magazines, books, writing, stickers, printouts, or anything else that inspires!

Watercolor Painting: A Fall Walk in the Woods | Marie Hindman

Monday, October 12 | 4:30 - 6:00 PM

Come simple techniques for painting an autumn scene, experiment with color blending, and create pieces to keep or share. No experience needed.

LGBTQ+ Social: Halloween Movie Night! | Lynae Smith, MSSW

Tuesday, October 13 | 5:00 - 7:30 PM

Join us for a spooky-fun evening as we celebrate Halloween with a movie, treats, and good company. Expect light scares, lots of laughs, and plenty of community spirit.

MELT Method | Luci Crow, Certified MELT Instructor

Wednesday, October 14 | 2:00 - 3:00 PM

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.

Matting Magic Workshop | David Wilson, MFA, Curb Center

Thursday, October 15 | 12:30 - 2:00 PM

Learn how to use our new mat-board cutting machine, create a custom mat for a meaningful picture you bring from home, and add decorative touches to make it uniquely yours.

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

Friday, October 16 | 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.

Improv Play Session | Unscripted Improv

Tuesday, October 20, 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.

Gentle Yoga | Small World Yoga Studio

Wednesday, October 21 | 10:30 - 11:30 AM

Small World Yoga invites you to their studio for a calming, accessible practice focused on breath, gentle movement, and relaxation—welcoming all bodies and experience levels.

Brain Cancer Meetup | Juli & Earl Fitz

Wednesday, October 21 | 1:00 - 2:00 PM

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

Mandolin 101 | The Country Music Hall of Fame

Wednesday, October 21 | 3:00 - 4:00 PM

Learn the basics of holding, strumming, and playing simple mandolin chords with a professional musician. You'll try out familiar tunes and play along by the end—perfect for beginners or anyone new to the instrument.

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, October 22 | 11:00 - 11:45 AM

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

Gelli Printing: Botanicals | Martha Hjorth

Thursday, October 22 | 12:30 - 2:00 PM

Explore the textures and shapes of nature through playful, hands-on gelli printing. Using leaves, flowers, and other botanical elements, you'll create beginner-friendly layered prints full of color, pattern, and organic detail.

Thanksgiving/Friendsgiving Card Making | Gilda's Club Members

Thursday, October 29 | 12:30 - 2:00 PM

Make simple, heartfelt cards to mail out in time for the holiday season. Enjoy autumn-themed supplies, easy creativity, and a cozy space to craft notes of gratitude for the people you love.

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

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.

SOCIAL EVENT OF THE MONTH:

Spook-tacular Souptober Halloween Social!

Thursday, October 29, 5:30 - 7:00 PM

Join us for a family-friendly Halloween potluck to share favorite soups, enjoy festive treats, and celebrate the season together. Come dressed in your Halloween best, bring a soup to share, and join us for a warm and welcoming evening of community, creativity, and a little spooky fun!

FEATURED PROGRAMS:

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

Mondays | 6:30 - 7:15 PM

A guided mindfulness meditation to ease stress and cultivate calm. Practice includes breath awareness, body scan, gratitude, and loving-kindness. Beginners welcome.

Strength, Hope and Healing Through Taekwondo | Thuy Rocco, Master Instructor, Taekwondo Anywhere

Monday, October 5, 10:30 - 11:30 AM

A gentle, adaptive Taekwondo workshop designed for anyone impacted by cancer. Led by Master Instructor and survivor Thuy Rocco, this session blends mindful breathing, stretching, balance work, and simple martial arts movements to support confidence, reduce stress, and build inner strength. All activities are fully adaptable—no experience needed. Participants also explore core Taekwondo values as tools for resilience and connect with others in a supportive community.

The Basics of Cancer Symptom Management | Heidi Bradley, FNP-BC, Tennessee Oncology

Thursday, October 8, 5:00 - 6:30 PM

A practical, supportive class designed to help cancer patients understand and manage common treatment-related symptoms. Learn simple strategies to ease side effects, recognize red-flag symptoms, and know when to call your care team or seek emergency help.

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.

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.

October Orientation Session dates:

- **6:00 PM | Monday, October 5**
- **6:00 PM | Monday, October 12**
- **12:00 PM | Wednesday, October 28**

GET CONNECTED

View the Calendar



Give us a follow!



@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

Cancer Support Group*

Colorectal Cancer Group

Family Support Group*

Gynecologic Cancers Group

Head & Neck Cancers Group

Life After Loss Group

LGBTQ+ Group

Lymphedema Support Group

Men's Group

Metastatic Group

Multiple Myeloma Group

Parenting With Cancer Group

Post-Treatment Group

Sisters Network

Spanish Speaking Cancer Group

Young Adults with Cancer

*requires a commitment to attend on a regular basis

