

September 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!	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living and Dying 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6 - 7:30 Life After Loss Series Wk. 2 6:30 - 8:30 Tough Friends Art Club for Young Adults	10:30 - 11:30 Gentle Yoga 1 - 2 True Life: I Wish I Could Sleep 6:30 - 8:30 Tough Friends Art Club for Young Adults	11 - 12:30 Breast Cancer Group 12:30 - 2 Gelli Printing 4 - 5:30 Your Story Matters 6 - 7 Colorectal Cancer Group 7 - 8 Nighttime Yoga & Meditation	Clubhouse Closed
Clubhouse Closed	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Effective Communication 6 - 7:30 Life After Loss Series Wk. 3	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 11:45 - 12:45 Coffee Talk 12 - 1 Family Connection Group 12 - 1 Orientation Session	12:30 - 2 Artist Trading Cards 5 - 6 Let's Talk About It: Palliative Care, Hospice, and Planning Ahead 6 - 7 Cancer Connection Group 7 - 8 Mindful Journaling	10 - 11 LGBTQ+ Group 10 - 11 Tai Chi 12 - 1 Community Meal 12:30 - 1:30 Post Treatment Group
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 1 - 2 Chair Pilates 4:30 - 6 Mini Watercolor Landscapes 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 - 11 Guided Imagery & Relaxation 10:30 - 12:30 Gynecologic Cancer Group 11:30 - 12:30 Colorectal Cancer Group 1 - 2 Safe & Sound 6 - 7:30 BIPOC Group 6 - 7:30 Life After Loss Series Wk. 4 6 - 7:30 Men's Group 6:30 - 7:30 Play Session w/ Unscripted Improv 6:30 - 8 Life After Loss Group	10:30 - 11:30 Gentle Yoga 11 - 12 Spanish Speaking Cancer Support Group (Casa Azafran) 11 - 12:30 Multiple Myeloma Group 1 - 2 Brain Cancer Meet Up 2 - 3 MELT Method 3 - 4 Velvet Art with The Country Music Hall of Fame and Museum	11 - 12:30 Breast Cancer Group 1:30 - 3 Linoleum Block Cut Printing, Pt. 2 5:30 - 7:30 LGBTQ+ Flower Crown Social 6 - 7 Lymphedema Support Group 7 - 8 Nighttime Yoga & Meditation	10 - 11 Tai Chi 11 - 1:30 Cooking Demo with Mark and Community Meal 1 - 2 Therapeutic Drum Circle
10:30 - 12:30 Cancer Support Group 1 - 2:30 Decoding Medicare, Medicaid and Long Term Care 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 1:00 - 2:30 Writing Workshop with The Porch 6 - 7:30 Life After Loss Series Wk. 5	10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Quilting Club 12 - 1 Family Connection Group 12 - 1 Orientation Session 1 - 2 True Life: I Need A Self-Care Reset	11 - 11:45 Walking Club 12:30 - 2 Fabric Block Printmaking - Pt. 2 5:30 - 7 Autumn All-Stars Talent Show 6 - 7 Cancer Connection Group 7 - 8 Mindful Journaling	10 - 11 Tai Chi 11 - 12 When Cancer Isn't the Only Crisis 11 - 12:30 Parenting With Cancer Group 12:30 - 1:30 Post Treatment Group 1 - 2 Book Club
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 4 - 5 Eating Seasonally 5:30 - 7:30 Young Adults with Cancer Group 6 - 7 Orientation Session 6 - 7:30 Head and Neck Cancers Group 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann	10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 6 - 7:30 Life After Loss Series Wk. 6 6:30 - 8 Sisters Network	10:30 - 11:30 Gentle Yoga		 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!

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, September 11 | 12:00 - 1:00 PM
Friday, September 18 | 11:00 - 1:30 PM Combined with Cooking Demo with Mark

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

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

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, September 3 | 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, September 3 & 17 | 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, September 10 & 24 | 7:00 - 8:00 PM

Mindful Journaling offers 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, September 14 | 1:00 - 2:00 PM

Chair Pilates offers 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, September 22 | 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: I Need A Self-Care Reset | Liz Geller, LPC-MHSP

Wednesday, September 23 | 1:00 - 2:00 PM

Explore what truly nourishes you. Reflect on your current self-care habits, identify barriers, and build realistic strategies to support your physical, emotional, mental, and social well-being.

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

Tuesday, September 1 | 12:00 - 1:30 PM

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

Mental Health Workshop: Effective Communication | Taylor Born, LMSW

Tuesday, September 8 | 11:30 - 12:30 PM

Explore practical strategies for setting healthy boundaries, asking for help, and communicating with others with more clarity and confidence.

Book Club | Ralph Friedrichsen

Friday, September 25 | 1:00 - 2:00 PM

Join us as we discuss "My Friends" by Fredrik Bachman. We'll explore themes, characters, and impact while enjoying thoughtful conversation in a welcoming, book-loving community.

Eating Seasonally | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor

Monday, September 28 | 4:00 - 5:00 PM

Discover simple, nourishing ways to eat with the seasons and support overall well-being. Learn how seasonal foods can bring balance, variety, and mindful connection to what you eat throughout the year.

IN-PERSON OFFERINGS

Gelli Printing | Martha Hjorth

Thursday, September 3 | 12:30 PM - 2:00 PM

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

Quilting Club | Diane Booth

Wednesday, September 9 & 23 | 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, September 9 | 11:45 - 12:45 PM

Join a casual social hour with coffee and potluck treats.

Artist Trading Cards | Gilda's Club Members

Thursday, September 10 | 12:30 - 2:00 PM

Create 2.5" x 3.5" artist trading cards using mixed media. Rediscover this playful art form and craft mini works to trade or share with friends and fellow creators.

Watercolor Painting: Mini-Landscapes | Marie Hindman

Monday, September 14 | 4:30 - 6:00 PM

Learn simple techniques for painting tiny scenes with skies, trees, and water, experiment with color blending, and create pieces to keep or share. No experience needed.

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

Tuesday, September 15 | 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.

Improv Play Session | Unscripted Improv

Tuesday, September 15, 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, September 16 | 1:00 - 2:00 PM

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

MELT Method | Luci Crow, Certified MELT Instructor

Wednesday, September 16 | 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.

Velvet Art | The Country Music Hall of Fame

Wednesday, September 16 | 3:00 - 4:00 PM

Make a glowing velvet painting using black velvet, pastels, and black-light paint—an imaginative nod to the 1970s Velvet Art craze.

Linoleum Block Cut Printing - Pt. 2 | Meryl Kraft

Thursday, September 17 | 1:30 PM - 3:00 PM

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

LGBTQ+ Social: Flower Crown Making | Lynae Smith, MSSW

Thursday, September 17 | 5:30 - 7:30 PM

Make your own flower crown with natural materials, enjoy easy conversation, and hang out in a welcoming, low-key environment. Come as you are and craft something beautiful together.

Cooking Demonstration & Community Meal | Mark Daemon

Friday, September 18 | 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.

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

Friday, September 18 | 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.

Gilda's Walking Club | Megan Ingram Forshey, LCSW

Thursday, September 24 | 11:00 - 11:45 AM

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

Fabric Block Printmaking - Pt. 2 | Anna Bell

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

Keep the creativity going in part two as we build on your block-printing skills. You'll refine your carved design, explore new printing techniques, and add fresh layers or colors to your tote or other natural fabrics.

Card Club | Donna Boyington

Tuesday, September 29 | 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.

September Orientation Session dates:

- 12:00 PM | Wednesday, September 9
- 6:00 PM | Monday, September 14
- 12:00 PM | Wednesday, September 23
- 6:00 PM | Monday, September 28

SOCIAL EVENT OF THE MONTH:

Autumn All-Stars Talent Show

Thursday, September 24, 5:30 - 7:00 PM

Join us for a family-friendly showcase celebrating the creativity of our community! Sing, dance, play an instrument, tell a story, share a unique skill, or come cheer on performers. Expect heartfelt moments, laughter, and plenty of autumn spirit as we spotlight the talents that make our community shine. Food will be provided. Sign up and submit your talent by 9/17 through RSVP@gildasclubmiddletn.org



Let's Talk About It: Palliative Care, Hospice, and Planning Ahead | Heidi Bradley, FNP-BC, Tennessee Oncology

Thursday, September 10, 5:00 - 6:00 PM

A welcoming, no-pressure online workshop that untangles the often-mixed-up terms "palliative care" and "hospice," explains how each can support you often *alongside* treatment, and offers practical guidance on goals-of-care conversations and advance directives. Open to members and the loved ones who support them.

Decoding Medicare, Medicaid, and Long-Term Care | Ashley Bright, BSW, MPS, Family Support Specialist, Larkspur Conservation

Monday, September 21, 1:00 - 2:30 PM

Healthcare coverage is confusing by design. This class cuts through the noise: what Medicare covers (and what it doesn't), how Medicaid works, what long-term care really costs, and how to get what you need without losing everything you've built.

When Cancer Isn't the Only Crisis | Sammi Lobenstein King, LPC-MHSP

Friday, September 25, 11:00 - 12:00 PM

Cancer can stop life in its tracks, even as everything else keeps moving. This session offers a brief, supportive look at the stressors that often continue alongside treatment — parenting, caregiving, work changes, and shifting relationships — and explores practical ways to care for yourself while caring for others.

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

*requires a commitment to attend on a regular basis