November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 12:30 Cancer Support Group **6 - 7 Orientation Session** 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann **2**	10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 6 - 7:30 BIPOC Group 6 - 7:30 Grief Connection Group 6 - 7:30 Men's Group **3**	10:30 - 11:30 Gentle Chair Yoga with *Small World Yoga* 10:30 - 1:30 Quilting Club 11 - 12 Spanish Speaking Cancer Support Group **4**	11 - 12:30 Breast Cancer Group 12:30 - 2 Mixed Media Community "Quilt" 5 - 7 Smash City Rage Room (offsite) 6 - 7 Colorectal Cancer Group 7 - 8 Nighttime Yoga & Meditation **5**	10 - 11 Tai Chi 12 - 1 New Member Community Meal **6**
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 4 - 5 Pelvic Floor Yoga 5:30 - 7:30 Young Adults with Cancer Group 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann **9**	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Mental Health Workshop: Nervous System Regulation 2 - 3 Chair Pilates 6 - 7 Strength, Hope and Healing Through Taekwondo **10**	12 - 1 Oncology Professional Connection Group **12 - 1 Orientation Session** 1 - 2 Estate and Life Management 2 - 3 MELT Method **11**	12 - 1 Grief Connection Group 12:30 - 2 Open Art Studio 5 - 6:30 The Basics of Cancer Symptom Management 6 - 7 Cancer Connection Group 7 - 8 Mindful Journaling **12**	10 - 11 Tai Chi 12:30 - 1:30 Post Treatment Group 1 - 2 Therapeutic Drum Circle **4th Annual Fall Festival!** **Saturday, November 14** **11:00 AM - 3:00 PM** **13**
10:30 - 12:30 Cancer Support Group 1 - 2 True Life: I Hate the New Normal 4:30 - 6 Watercolor Jewelry **6 - 7 Orientation Session** 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann **16**	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Grp 11 - 12:30 Exploring Purposeful Living and Dying 11:30 - 12:30 Colorectal Cancer Grp 6 - 7:30 BIPOC Group 6 - 7:30 Men's Group 6:30 - 7:30 Play Session with *Unscripted Improv* 6:30 - 8 Life After Loss Group 6:30 - 8:30 Tough Friends Art Club for Young Adults **17**	10:30 - 11:30 Gentle Yoga with *Small World Yoga Studio* 10:30 - 1:30 Quilting Club 11 - 12 Spanish Speaking Cancer Support Group at *Casa Azafran* 11 - 12:30 Multiple Myeloma Group 12 - 1 Prostate Cancer 101 and Questions For Your Provider 3 - 4 Stained Glass Suncatchers with *The Country Music Hall of Fame and Museum* 6:30 - 8:30 Tough Friends Art Club for Young Adults **18**	11 - 12:30 Breast Cancer Group 1:30 - 3 Sketchbook Fun **5:30 - 7 Friendsgiving Social!** 7 - 8 Nighttime Yoga & Meditation  **19**	10 - 11 LGBTQ+ Group 10 - 11 Tai Chi 1 - 2 Book Club **20**
9 - 10 St. Clair Senior Center Support Group (Murfreesboro) 10:30 - 12:30 Cancer Support Group 5:30 - 7:30 Young Adults with Cancer Group 6 - 8 Family Support Group 6:30 - 7:15 Meditation w/ Mary Ann **23**	10 - 11 Guided Imagery & Relaxation 11:30 - 12:30 Metastatic Group 1 - 2:30 Writing Workshop with *The Porch* 6:30 - 8 Sisters Network **24**	**Clubhouse Closed** **25**	**Clubhouse Closed** **26**	**Clubhouse Closed** **27**
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 **30**			 ***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!*	 **Look for Gilda to find our Social Event each month!** **Social Events are a time of casual connection and fun and *all* are welcome!**

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

COMMUNITY MEALS

New Member Community Meal
Friday, November 6 | 12:00 - 1:00 PM
Enjoy a family-style meal and connect with others here at the clubhouse! If you're new to Gilda's and haven't had the chance to attend a Community Meal yet, this is for you! RSVP required; space is limited.

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.

Nighttime Yoga & Meditation | Dr. Savanna Starko, RYT-500
Thursday, November 5 & 19 | 7:00 - 8:00 PM
Take time to unwind and prepare your body to sleep from the comfort of your home. Pajamas welcome!

Chair Pilates | Luci Crow, Certified Pilates Instructor
Tuesday, November 10 | 2:00 - 3:00 PM
Gentle, seated movement to build core strength, improve posture, and support flexibility. It's low-impact, steady, and adaptable for many abilities. Virtual participants will need a steady armless chair or ottoman and a TheraBand or towel.

Mindful Journaling | Dr. Savanna Starko, RYT-500
Thursday, November 12 | 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.

True Life: I Hate the New Normal | Liz Geller, LPC-MHSP
Monday, November 16 | 1:00 - 2:00 PM
One of the hardest parts of having cancer—or supporting someone you love—is adjusting to the "new normal" no one prepares you for. Physical, emotional, and lifestyle changes can reshape your world in ways that feel far from your pre-cancer self. If these shifts feel uncomfortable or unwelcome, you're not alone. Join us as we navigate and process these transitions together.

Exploring Purposeful Living and Dying | Heidi O'Neil, Health & Wellness Coach; End-of-Life Coach
Tuesday, November 17 | 11:00 - 12:30 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.

Writing Workshop with The Porch| Sherri Gragg
Tuesday, November 24 | 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.

HYBRID OFFERINGS

Tai Chi | James Schriver
Fridays | 10:00 - 11:00 AM

Gentle Yoga | Small World Yoga
Wednesdays, November 4* & 18 | 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)

Pelvic Floor Yoga | Kim McPhail, MA, PT, ATRet., CertDN, Yoga Instructor
Monday, November 9 | 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.

Mental Health Workshop: Nervous System Regulation | Taylor Born, LMSW
Tuesday, November 10 | 11:30 - 12:30 PM
Learn how your nervous system responds to stress and explore gentle ways to support regulation and emotional well-being while navigating life with cancer, caregiving, or survivorship.

Book Club | Ralph Friedrichsen
Friday, November 20 | 1:00 - 2:00 PM
Join us as we discuss "The Calamity Club" by Kathryn Stockett. Explore themes, characters, and impact, and enjoy thoughtful conversation in a welcoming, book-loving community.

IN-PERSON OFFERINGS

Card Club | Donna Boyington
Tuesday, November 3 | 12:00 - 4:00 PM
Play fun card games with simple rules. All are welcome.

Quilting Club | Diane Booth
Wednesday, November 4 & 18 | 10:30 AM - 1:30 PM
Bring a project and supplies, and join this intermediate-level club. Space is limited; please RSVP.

Mixed Media Community "Quilt" | Meryl Kraft
Thursday, November 5 | 12:30 PM - 2:00 PM
The group art piece we create in this session will be based on the current show at the Frist Art Museum, "Shimmer: Dreaming the Posthuman." Our artwork will focus on caring for our world. Together, we'll create a "quilt" from paper, fabric, photos, drawings, paintings, and 3D items.

Smash City Rage Room | Gilda's Staff
Thursday, November 5 | 5:00 - 7:00 PM
Enjoy a fun, unique outing at Smash City Rage Room!
Safely release stress, connect with others, and explore a healthy way to process emotions in a supportive group setting. Meet directly at the venue. Space is limited; attendance must be confirmed.

MELT Method | Luci Crow, Certified MELT Instructor
Wednesday, November 11 | 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.

Open Art Studio| Gilda's Club Members
Thursday, November 12 | 12:30 - 2:00 PM
Come make Fall-themed Artist Trading Cards, greeting cards, or work on whatever you bring. Or start something new with our clubhouse supplies. It's all about creativity, community, and making at your own pace.

Therapeutic Drum Circle | Vanessa Davis, LPC-MHSP, MT-BC, ACS, Replenish Counseling
Friday, November 13 | 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.

Watercolor Jewelry| Marie Hindman
Monday, November 16 | 4:30 - 6:00 PM
Paint a miniature watercolor masterpiece and turn it into a unique necklace pendant. Create a wearable piece of art to keep or gift.

Improv Play Session | *Unscripted Improv*
Tuesday, November 17, 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.

Stained Glass Suncatchers | *The Country Music Hall of Fame*
Wednesday, November 18 | 3:00 - 4:00 PM
Create a colorful paper suncatcher inspired by the iconic stained-glass windows at the Ryman Auditorium. This hands-on art activity is great for all ages.

Sketchbook Fun | Martha Hjorth
Thursday, November 19 | 1:30 - 3:00 PM
Bring your own sketchbook and dive into a playful hour of creative prompts and mini-activities. This lighthearted session focuses on experimenting, trying new ideas, and filling your pages with fun, low-pressure sketches. Perfect for all ages and skill levels.

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.

November Orientation Session dates:

- **6:00 PM | Monday, November 2**
- **12:00 PM | Wednesday, November 11**
- **6:00 PM | Monday, November 16**

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:



Gilda's Friendsgiving Social!
Thursday, November 19, 5:30 - 7:00 PM
Celebrate Friendsgiving with us at the Clubhouse as we share a cozy meal together. Gilda's staff will provide the main dishes, and each member is asked to bring a favorite side to contribute to our community table. Come enjoy good food, connection, and a little November gratitude.

FEATURED PROGRAMS:

Strength, Hope and Healing Through Taekwondo | Thuy Rocco, Master Instructor, Taekwondo Anywhere
Tuesday, November 10, 6:00 - 7:00 PM
Join Master Instructor and survivor Thuy Rocco for an adaptable session featuring mindful breathing, stretching, balance, and simple martial arts movements. Build confidence, reduce stress, explore Taekwondo values, and connect with others in a supportive community. No experience required.

Estate and Life Management | Mollie Lacher, Founder, Sunny Care Services
Wednesday, November 11, 1:00 - 2:00 PM
Join Mollie Lacher to learn practical steps for organizing the important information your loved ones may need in the future. This workshop covers essential documents, financial accounts, key contacts, digital assets, household responsibilities, and final wishes, with simple tools to help you get started.

The Basics of Cancer Symptom Management | Heidi Bradley, FNP-BC, Tennessee Oncology
Thursday, November 12, 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.

Prostate Cancer 101 and Questions For Your Provider | Katy Beckermann, MD, PhD, Medical Director, GU Clinical Research, Tennessee Oncology
Wednesday, November 18, 12:00 - 1:00 PM
Join Katy Beckermann, MD, PhD, for an overview of prostate cancer and guidance on making the most of your medical appointments. Learn key questions to ask your healthcare team and feel confident navigating treatment discussions and care decisions.

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:

- **Oncology Professional Connection Group:** A chance for oncology professionals to process the emotional impact of walking with individuals and families through a cancer diagnosis. Open to physicians, nurses, navigators, social workers, support staff, etc. For further information, please email *megan@gildasclubmidletn.org*.

If you are interested in joining a weekly, committed support group or another 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
BIPOC Group
Cancer Connection Group
Cancer Support Group*
Colorectal Cancer Group
Grief Connection Group
Family Connection 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
Oncology Provider 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