

# October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> Wear pink for Breast Cancer Awareness Month</p> <p> Wear green for Liver Cancer Awareness Month</p>		<p>9:00 - 9:30am <b>Qigong (V)</b> <b>1</b></p> <p>10:00am - 1:00pm <b>Healthcare Directives: From Start to Finish (GO)</b></p> <p>10:30am - 11:30am <b>Laugh for the Health of It (C)</b></p> <p>10:30 am - 12:00pm <b>Still Here (C)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p>	<p><b>2</b></p> <p>10:00 - 11:00am <b>Reiki with Nikki (C)</b></p> <p>5:00 - 6:30pm <b>Meditation: Feeling Whole (6/6) (C)</b></p> <p>6:00 - 7:30pm <b>Cribbage Club (C)</b></p>	<p><b>3</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>4</b></p>
<p><b>6</b></p> <p>10:00am - 12:00pm <b>Art with Heart (C)</b></p> <p>5:30 - 6:30pm <b>Yoga Flow (C)</b></p> <p>6:00 - 7:30pm <b>Young Survival Coalition (C)</b></p>	<p><b>7</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:30 - 3:00pm <b>Knit Wits (V)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p>	<p><b>8</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p> <p>3:00 - 4:00pm <b>New Member Meeting (C)</b></p> <p>4:00 - 5:00pm <b>Mocktails &amp; Mingle (C)</b></p>	<p><b>9</b></p> <p>11:30am - 1:00pm <b>Silent Reading Society (C)</b></p> <p>12:00 - 1:00pm <b>Sound Healing (C)</b></p> <p>1:00 - 4:00pm <b>Card Making (C)</b></p> <p>4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b></p> <p>5:00 - 6:30pm <b>Meditation: Feeling Whole (1/6) (C)</b></p>	<p><b>10</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>11</b></p>
<p>10:00am - 12:00pm <b>Art with Heart (C)</b> <b>13</b></p> <p>10:00 - 11:30am <b>Euro Café (C)</b></p> <p>5:30 - 6:30pm <b>Yoga Flow (C)</b></p>	<p><b>14</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:00 - 2:30pm <b>Knit Wits (C)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p> <p>5:30 - 7:00pm <b>Family Night Dinner (C)</b></p> <p>5:45 - 6:45pm <b>Reiki with Nikki (C)</b></p>	<p><b>15</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>10:00am - 1:00pm <b>Healthcare Directives: From Start to Finish (GO)</b></p> <p>10:30 am - 12:00pm <b>Still Here (C)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p>	<p><b>16</b></p> <p>12:00 - 1:00pm <b>New Member Meeting (V)</b></p> <p>5:00 - 6:30pm <b>Meditation: Feeling Whole (2/6) (C)</b></p> <p>6:00 - 7:30pm <b>Cribbage Club (C)</b></p>	<p><b>17</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>18</b></p>
<p><b>20</b></p> <p>10:00am - 12:00pm <b>Art with Heart (C)</b></p> <p>10:00 - 11:30am <b>Understanding Yourself and Others Through the Enneagram Centers (V)</b></p>	<p> <b>21</b></p> <p>10:00 - 11:00am <b>Dudes &amp; Donuts (C)</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:30 - 3:00pm <b>Knit Wits (V)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p>	<p><b>22</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p> <p>6:00 - 7:30pm <b>Tending the Spirit: Grief and Loss (V)</b></p>	<p><b>23</b></p> <p>12:00 - 1:00pm <b>Sound Healing (C)</b></p> <p>1:00 - 4:00pm <b>Card Making (C)</b></p> <p>5:00 - 6:30pm <b>Meditation: Feeling Whole (3/6) (C)</b></p>	<p><b>24</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>25</b></p>
<p><b>27</b></p> <p>10:00am - 12:00pm <b>Art with Heart (C)</b></p> <p>5:30 - 6:30pm <b>Yoga Flow (C)</b></p> <p>6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b></p>	<p><b>28</b></p> <p>11:00am - 12:00pm <b>Birds &amp; Brew (C)</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:00 - 2:30pm <b>Knit Wits (C)</b></p> <p>1:30 - 3:00pm <b>Food That's Packed (C)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p> <p>5:30 - 7:00pm <b>Trunk or Treat (C)</b></p>	<p><b>29</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>10:30 am - 12:00pm <b>Still Here (C)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p>	<p><b>30</b></p> <p>5:00 - 6:30pm <b>Meditation: Feeling Whole (4/6) (C)</b></p> <p>6:00 - 7:30pm <b>Cribbage Club (C)</b></p>	<p><b>31</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>1</b></p>

**ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.**

Registration is required for all classes and monthly groups. To register visit [www.GildasClubMN.org](http://www.GildasClubMN.org) or the My Gilda's Club Twin Cities app. Please see program staff for weekly support group placement.

**Calendar Key**

**Program Areas** ● Support Groups ● Education Sessions ● Healthy Lifestyle Classes ● Social Opportunities ● Children, Teen & Family Programs ● Outside Groups

**Location (V)** - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.  
10560 Wayzata Blvd, Minneapolis, MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org) | [www.GildasClubMN.org](http://www.GildasClubMN.org) to learn more



# Gilda's Club Minnesota

A community where people impacted by cancer gather, connect, and learn.

# November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wear white for Lung Cancer Awareness Month Wear black and white for Neuroendocrine Tumors Awareness Month Wear purple for Pancreatic Cancer Awareness Month Wear periwinkle for Gastric Cancer Awareness Month		29	30	31	1 11:00am - 2:00pm <b>The Power of Storytelling (C)</b>
3 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b> 6:00 - 7:30pm <b>Young Survival Coalition (C)</b> 6:30 - 8:00pm <b>Grief &amp; Intimacy (V)</b>	4 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 2:30pm <b>Meditation: Yes, You Can (1/4) (C)</b> 1:30 - 3:00pm <b>Knit Wits (V)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	5 9:00 - 9:30am <b>Qigong (V)</b> 10:30 - 11:30am <b>Laugh for the Health of It (C)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	6 10:00 - 11:00am <b>Reiki with Nikki (C)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 5:00 - 6:30pm <b>Meditation: Feeling Whole (5/6) (C)</b> 5:30 - 6:30pm <b>Legacy Building: Celebration Plates (C)</b> 6:00 - 7:30pm <b>Cribbage Club (C)</b>	7 9:00 - 10:00am <b>Coffee Talk (V)</b>	8
10 10:00 - 11:30am <b>Euro Café (C)</b> 10:00 - 11:30am <b>Understanding Yourself and Others Through the Enneagram Centers (V)</b> 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b>	11 11:00am - 12:00pm <b>Birds &amp; Brew (C)</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:00 - 2:30pm <b>Knit Wits (C)</b> 1:30 - 2:30pm <b>Meditation: Yes, You Can (2/4) (C)</b> 1:30 - 2:30pm <b>Fizzy and Fresh (C)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b> 5:30 - 7:00pm <b>Family Night Dinner (C)</b> 5:45 - 6:45pm <b>Reiki with Nikki (C)</b> 6:00 - 8:00pm <b>My Cancer Story Book Launch (C)</b>	12 9:00 - 9:30am <b>Qigong (V)</b> 10:30 am - 12:00pm <b>Still Here (C)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 3:00 - 4:00pm <b>New Member Meeting (C)</b> 4:00 - 5:00pm <b>Mocktails &amp; Mingle (C)</b>	13 11:30am - 1:00pm <b>Silent Reading Society (C)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 1:00 - 2:30pm <b>Peace of Mind Planning (C)</b> 4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b> 5:00 - 6:30pm <b>Meditation: Feeling Whole (6/6) (C)</b>	14 9:00 - 10:00am <b>Coffee Talk (V)</b>	15
17 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b>	18 10:00 - 11:00am <b>Dudes &amp; Donuts (C)</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 2:30pm <b>Meditation: Yes, You Can (3/4) (C)</b> 1:30 - 3:00pm <b>Knit Wits (V)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	19 9:00 - 9:30am <b>Qigong (V)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	20 12:00 - 1:00pm <b>New Member Meeting (V)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 6:00 - 7:30pm <b>Cribbage Club (C)</b>	21 9:00 - 10:00am <b>Coffee Talk (V)</b>	22
24 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b> 6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b>	25 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:00 - 2:30pm <b>Knit Wits (C)</b> 1:30 - 2:30pm <b>Meditation: Yes, You Can (4/4) (C)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b> 5:30 - 7:00pm <b>Family Night Dinner (C)</b>	26 9:00 - 9:30am <b>Qigong (V)</b> 10:30 am - 12:00pm <b>Still Here (C)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	27 <b>Clubhouse Closed Thanksgiving</b>	28 9:00 - 10:00am <b>Coffee Talk (V)</b>	29

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

Registration is required for all classes and monthly groups. To register visit [www.GildasClubMN.org](http://www.GildasClubMN.org) or the My Gilda's Club Twin Cities app. Please see program staff for weekly support group placement.

### Calendar Key

**Program Areas** ● Support Groups ● Education Sessions ● Healthy Lifestyle Classes ● Social Opportunities ● Children, Teen & Family Programs ● Outside Groups

**Location (V)** - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.  
 10560 Wayzata Blvd, Minneapolis, MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org) | [www.GildasClubMN.org](http://www.GildasClubMN.org) to learn more



# December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>10:00am - 12:00pm <b>Art with Heart (C)</b></p> <p>5:30 - 6:30pm <b>Yoga Flow (C)</b></p>	<p><b>2</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:30 - 3:00pm <b>Knit Wits (V)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p> <p>5:30 - 6:30pm <b>Candlelight Yoga (V)</b></p>	<p><b>3</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>10:30 - 11:30am <b>Laugh for the Health of It (C)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p>	<p><b>4</b></p> <p>10:00 - 11:00am <b>Reiki with Nikki (C)</b></p> <p>12:00 - 1:00pm <b>Sound Healing (C)</b></p> <p>1:00 - 4:00pm <b>Card Making (C)</b></p> <p>6:00 - 7:30pm <b>Cribbage Club (C)</b></p>	<p><b>5</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>6</b></p>
<p><b>8</b></p> <p>10:00 - 11:30am <b>Euro Café (C)</b></p> <p>10:00 - 11:30am <b>Understanding Yourself and Others Through the Enneagram Centers (V)</b></p> <p>10:00am - 12:00pm <b>Art with Heart (C)</b></p> <p>5:30 - 6:30pm <b>Yoga Flow (C)</b></p> <p>6:00 - 7:30pm <b>Young Survival Coalition (C)</b></p>	<p><b>9</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:00 - 2:30pm <b>Knit Wits (C)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p> <p>5:30 - 7:00pm <b>Cookies and Community (C)</b></p> <p>5:45 - 6:45pm <b>Reiki with Nikki (C)</b></p>	<p><b>10</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>10:30 am - 12:00pm <b>Still Here (C)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p> <p>3:00 - 4:00pm <b>New Member Meeting (C)</b></p> <p>4:00 - 5:00pm <b>Mocktails &amp; Mingle (C)</b></p>	<p><b>11</b></p> <p>11:30am - 1:00pm <b>Silent Reading Society (C)</b></p> <p>4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b></p>	<p><b>12</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>13</b></p>
<p><b>15</b></p> <p>10:00am - 12:00pm <b>Art with Heart (C)</b></p> <p>12:00 - 2:00pm <b>Vision Boards (C)</b></p> <p>5:30 - 6:30pm <b>Yoga Flow (C)</b></p>	<p><b>16</b></p> <p>10:00 - 11:00am <b>Dudes &amp; Donuts (C)</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:30 - 3:00pm <b>Knit Wits (V)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p> <p>5:30 - 6:30pm <b>Candlelight Yoga (V)</b></p>	<p><b>17</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p>	<p><b>18</b></p> <p>12:00 - 1:00pm <b>New Member Meeting (V)</b></p> <p>12:00 - 1:00pm <b>Sound Healing (C)</b></p> <p>1:00 - 4:00pm <b>Card Making (C)</b></p> <p>6:00 - 7:30pm <b>Cribbage Club (C)</b></p>	<p><b>19</b></p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p><b>20</b></p>
<p><b>22</b></p> <p>10:00am - 12:00pm <b>Art with Heart (C)</b></p> <p>5:30 - 6:30pm <b>Yoga Flow (C)</b></p> <p>6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b></p>	<p><b>23</b></p> <p>12:00 - 1:00pm <b>Chair Yoga (C)</b></p> <p>1:00 - 2:30pm <b>Knit Wits (C)</b></p> <p>3:45 - 5:00pm <b>Improv for Life (C)</b></p> <p>5:30 - 7:00pm <b>Family Night Dinner (C)</b></p>	<p><b>24</b></p> <p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>10:30 am - 12:00pm <b>Still Here (C)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></p>	<p><b>25</b></p> <p><b>Clubhouse Closed Christmas Day</b></p>	<p><b>26</b></p> <p><b>Clubhouse Closed Admin Week</b></p>	<p><b>27</b></p>
<p><b>29</b></p> <p><b>Clubhouse Closed Admin Week</b></p>	<p><b>30</b></p> <p><b>Clubhouse Closed Admin Week</b></p>	<p><b>31</b></p> <p><b>Clubhouse Closed Admin Week</b></p>	<p><b>1</b></p> <p><b>Clubhouse Closed New Year's Day</b></p>	<p><b>2</b></p> <p><b>Clubhouse Closed Admin Week</b></p>	<p><b>3</b></p>

**ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.**

Registration is required for all classes and monthly groups. To register visit [www.GildasClubMN.org](http://www.GildasClubMN.org) or the My Gilda's Club Twin Cities app. Please see program staff for weekly support group placement.

**Calendar Key**

**Program Areas** ● Support Groups ● Education Sessions ● Healthy Lifestyle Classes ● Social Opportunities ● Children, Teen & Family Programs ● Outside Groups

**Location (V)** - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online. 10560 Wayzata Blvd, Minneapolis, MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org) | [www.GildasClubMN.org](http://www.GildasClubMN.org) to learn more





**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Healthy Lifestyle October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

### **Candlelight Yoga - Online with DeAnn Hoff**

***First and third Tuesday of each month from 5:30 - 6:30 pm***

***No occurrences in October***

Show yourself a little loving kindness by joining us for this special practice of slowly flowing deep stretches, mindful connection to the breath, and restorative postures followed by guided meditation.

### **Chair Yoga - In-Person with Dawn Jenkins**

***Tuesdays from 12:00 - 1:00 pm***

This chair yoga practice warms the body in preparation to move before easing into flexibility work and relaxation. The addition of a chair in this yoga practice allows for extra support without the need to be on the floor. Classes will include breathwork, intention, bits of yoga lore, and wisdom. Suitable for people seeking relaxation, stress management, comfort in the body, ease back into movement, gentle strength-building, and increased balance and flexibility.

*Please come dressed in clothes in which you can move comfortably.*

### **Yoga Flow - In-Person with Whitney Leming, Sonja Saunders, and Mark Wheat**


***Mondays from 5:30 - 6:30 pm***

Join graduates of the Yoga Center Retreat's teacher training program for Yoga Flow! These weekly yoga classes are suitable for all levels of experience and abilities. Take some time for yourself to experience yoga, move, breathe, and connect. We look forward to spending this time with you.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online:  /GildasClubMN

 @Gildas\_Club\_MN



### Card Making - In-Person with Wendy Peterson

**Various Thursdays from 1:00 - 4:00 pm**

**(October 9 & 23, November 6 & 20, December 4 & 18)**

Enjoy learning the fun of stamping cards! Whatever your skill level, you'll enjoy creating cards with fellow Gilda's Club members. Learn how to use a variety of techniques like stamping, masking, embossing, faux tile, watercolor pencil, and marble effects on various styles of cards including easel, box, criss-cross, diamond fold, gatefold, and waterfall. Come join us to create works of art you can share with friends and family!

### Improv for Life™ - In-Person and Online with Jenni Lilledahl

**In-Person: Tuesdays from 3:45 - 5:00 pm**

**Online: Wednesdays from 12:30 - 1:45 pm**

Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness, and, of course, some laughter. No experience is necessary and all are welcome!

NEW

### Laugh for the Health of It - In-person with Patty Nelson

**First Wednesday of each month from 10:30 - 11:30 am**

**(October 1, November 5, December 3)**

Experience the healing power of laughter in this uplifting session with Patty Nelson, certified health and wellness coach and laughter yoga facilitator. You'll learn the science behind why laughter is so good for your body, mind, and mood, and how it can boost resilience and connection, even in life's most challenging times. Together, participants will explore simple laughter exercises, breathing techniques, and playful ways to connect.

This workshop is open to all Gilda's Club members - no previous experience is needed. You can participate while sitting or standing, and no yoga poses are involved - just shared laughter, gentle movement, and a chance to feel lighter, brighter, and more connected.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



NEW

### Reiki with Nikki - In-Person with Nikki Massa

**First Thursday of each month from 10:00 - 11:00 am**

**Second Tuesday of each month from 5:45 - 6:45 pm**

**(October 2 & 14, November 6 & 11, December 4 & 9)**

This small group session offers a calm space to rest and recharge. Through guided meditation and gentle Reiki energy work, the nervous system is invited into a state of deep relaxation, supporting the body's natural ability to balance and heal itself. Participants are encouraged to simply relax and receive in a safe, supportive environment.

### Qi Gong - Online with Susan Flannigan

**Wednesdays from 9:00 - 9:30 am**

Susan Flannigan is inviting you to join 30 minute drop-in Qi Gong sessions at 9:00 am on Wednesday mornings, where 18 gentle movements are combined with mindfulness imagery. The Qi in this ancient Chinese practice stands for energy and Gong stands for work. Please plan to leave your camera on for the duration of each session.

### Transformational Sound Healing - In-person with Kate Jackson

**Various Thursdays from 12:00 - 1:00 pm**

**(October 9 & 23, November 13 & 20, December 4 & 18)**

Experience soothing self-healing through the gentle vibrations of different instruments designed to relax and balance your nervous system while releasing pain, inflammation, and fatigue to boost your body's natural capacity to heal. Sound healing has also been shown to promote blood and lymph circulation. Choose to sit or lie down while sounds are played around you. Comfortable clothing is encouraged.

*Please note: Sound healing is not suitable for individuals experiencing epilepsy, pregnancy, or anyone with cardiac or brain implants, or severe mental health conditions.*

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



NEW

### **Fizzy and Fresh: A Mocktail Workshop - In-Person with Renee Anderson**

**Tuesday, November 11 from 1:30 - 2:30 pm**

Learn how to craft refreshing, flavorful mocktails in this hands-on workshop. Using simple ingredients like sparkling water, fresh herbs, and sweeteners, you'll explore creative ways to make delicious drinks for yourself or guests. We'll guide you step-by-step, offer tips for customizing recipes with what you have at home, and give you inspiration to elevate your everyday beverages. Fun, interactive, and alcohol-free!

### **Food that's Packed - In-person with Dawn Jenkins**

**Tuesday, October 28 from 1:30 - 3:00 pm**

Join Dawn for some real talk about nutrient density and getting the most from the food you eat, along with samples of nutrient-dense foods!

NEW

### **Vision Boards - In-Person with GCMN Volunteers**

**Monday, December 15 from 12:00 - 2:00 pm**

Join Gilda's Club for a creative and inspiring workshop where you'll design your own vision board - a visual representation of your hopes, dreams, and goals. Using magazines, pictures, and words, you'll craft a personalized collage that reflects what you want to focus on in the months ahead. This class is all about creativity, self-expression, and discovering what matters most to you. Whether you come with clear intentions or simply a desire to explore, you'll leave with a board that can serve as a daily reminder of your strengths, aspirations, and the life you're working toward.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



### **Meditation: Feeling Whole - In-Person with Ben Hoff**

**Thursdays from 5:00 - 6:30 pm**

**October 9 - November 13 (6-class series)**

This is a six class meditation series where we'll come together to create a space where we can let go of all of our troubles and pressures of life. Through various meditation exercises we will work to cultivate a feeling of peace and wholeness within ourselves. Each week you will learn a new seated meditation technique to take home and practice. Whether this is your first time meditating or you are a seasoned yogi, this class is welcome to all!

Please plan to attend each session in this series.

### **Meditation: Yes, You Can - In-Person with Dawn Jenkins**

**Tuesdays in November from 1:30 - 2:30 pm (4-class series)**

Join Dawn for a four week series that introduces some practical tips to approaching and practicing meditation. No experience is necessary! Some movement will happen each class, for which you can be on a chair or on a mat on the floor.

Please plan to attend each session in this series.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Social Opportunities October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

### **Art with Heart - In-person with Chaiya Isenberg**

***Mondays, 10:00am - 12:00 pm***

Art with Heart gives members open art studio time. Your creative process is neither planned nor directed by facilitators. Instead, it's a space for you to simply relax and enjoy the therapeutic aspects of art-making in a space dedicated to the activity. Feel free to use our art supplies and enjoy being creative with other Gilda's Club members.

### **Birds and Brew - In-Person with Lisa Keitel**

***Tuesday, October 28 & Tuesday, November 11 from 11:00 am - 12:00 pm***

Join Master Naturalist Lisa Keitel to observe the birds that frequent our gardens and feeders! On cold days, groups will observe from the warmth of the Clubhouse, venturing out to the gardens on warmer days. You will broaden your knowledge and appreciation of our beautiful world to enhance your recovery and renewal.

### **Cribbage Club - In-Person with Deb Fjeld and Cyndi Graham**

***1st, 3<sup>rd</sup>, and 5<sup>th</sup> Thursday of each month from 6:00 - 7:30 pm***

Join us for fun, friendly competition, and community at our Cribbage Club! Whether you're a seasoned player or brand new to the game, all are welcome to come play, learn, and connect. Cards, pegs, and good company provided!

### **Coffee Talk - Online with GCMN Volunteers**

***Fridays from 9:00 - 10:00 am***

Looking for a chance to informally connect with other members? Join in online Coffee Talk! If inspired, you are welcome to share a poem, a quote, a joke, or anything else that inspires you with the group. All are welcome! So grab a cup o' joe (or tea and a tasty treat) and connect!

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online: [f /GildasClubMN](https://www.facebook.com/GildasClubMN)

[@Gildas\\_Club\\_MN](https://www.instagram.com/Gildas_Club_MN)



### **Dudes and Donuts - In-Person with Fred Schommer**

***Third Tuesday of each month from 10:00 - 11:00 am***

***(October 21, November 18, December 16)***

If you are a guy...if you are impacted by cancer...then you are a guy of Gilda's! Swing by the clubhouse to meet other guys in our community over coffee and donuts.

### **Euro Café - In-Person with Ernie and Bette Ashcroft**

***Every 2nd Monday of the month from 10:00 - 10:30 am, 10:30 - 11:00 am, & 11:00 - 11:30 am***

***(October 13, November 10, December 15)***

Join us once a month for brunch with a European flair! The menu will change every month and will be served up by gourmet experts Ernie and Bette. This is a delicious way to start your week - all you have to do is sign up and then dish up! Sign up for one of three 30-minute sessions.

### **Knit Wits - In-Person and Online**

***In-Person: Every 2nd and 4th Tuesday of the month from 1:00 - 2:30 pm***

***Online: Every 1st, 3rd, and 5th Tuesday of the month from 1:30 - 3:00 pm***

Learn the basics of fiber arts or simply join in on the conversation and laughter! The group works on personal projects while sharing their best knitting tips and tricks. All are welcome!

### **Mocktails and Mingle - In-Person with Paul Gordon**

***Second Wednesday of each month from 4:00 - 5:00 pm***

***(October 8, November 12, December 10)***

New to the club? All new members and their families are invited to mingle over fun mocktails and an interactive light dinner and dessert. Join us for fun conversation and connection!

*Made possible by Corporate Caterers Twin Cities.*

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



NEW

### Silent Reading Society - In-Person with Renee Anderson

**Second Thursday of each month from 11:30 am - 1:00 pm**  
**(October 9, November 13, December 11)**

Join us for a monthly Silent Book Club where you can enjoy reading in a peaceful, social environment. Spend time immersed in your own book, then connect with others in small groups to share insights, recommendations, and your love of reading. It's a perfect opportunity to recharge, discover new books, and connect over stories that inspire, entertain, and enlighten.

NEW

### Cookies & Community - In-Person with GCMN Staff & Volunteers

**Tuesday, December 9 from 5:30 - 7:00 pm**

Gather with friends, family, and fellow members for a sweet and creative evening of cookie decorating! We'll provide delicious sugar cookies along with vanilla frosting, food coloring, sprinkles, and plenty of toppings so you can design your cookies any way you'd like.

Once your masterpieces are complete, sit back, relax, and enjoy your decorated treats with a refreshing glass of milk. This is a fun, casual opportunity to connect with others, get creative, and share some laughter (and cookies!) together.

NEW

### My Cancer Story: Book Launch - In-Person with Ryla Ecker

**Tuesday, November 11 from 6:00 - 8:00 pm**

Join GCMN as we celebrate and spotlight our very own Gilda's Club member and new author, Ryla Ecker, as she releases her inspiring memoir *Faith Through Hard Times: A Brain Cancer Testimony* with a book launch reception and Q&A session.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Social Opportunities October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

### Immunocompromised Clubhouse Sessions - In-Person

**Wednesdays from 9:00 am - 12:00 pm**

Immunocompromised families and individuals are invited to use the GCMN clubhouse on Wednesday mornings from 9:00 am to 12:00 pm. Whether you're looking for a quiet spot to unwind with your family or a chance to meet others in a safe environment, this time is for you.

To keep the clubhouse safe during this time, attendance will be limited to three families at a time. Staff will be masked while members are in the clubhouse.

To reserve time in the clubhouse, please email [Program@Info@GildasClubMN.org](mailto:Program@Info@GildasClubMN.org) with the names of each member of your party.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online: [f](https://www.facebook.com/GildasClubMN)/GildasClubMN

[@Gildas\\_Club\\_MN](https://www.instagram.com/Gildas_Club_MN)



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Education Sessions October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

NEW

### **Understanding Yourself and Others through the Enneagram Center - Online with Kate Jackson and Patty Nelson**

**Monday, October 20 from 10:00 - 11:30 am**

**Monday, November 10 from 10:00 - 11:30 am**

**Monday, December 8 from 10:00 - 11:30 am**

We all experience the world a bit differently which affects how we may understand (or misunderstand) our own needs and the needs of others. The Enneagram Centers help us understand the three main ways we experience life - through our head, heart, and body. Each has its own important needs, and those needs shape how we show up in relationships and how we try to get our needs met. When we understand these needs, it can bring more compassion, patience, and ease to our relationships.

In this workshop, you'll explore simple ways to recognize and express your needs, set healthy boundaries, and take things less personally. Your facilitators, Kate Jackson and Patty Nelson, have both walked their own healing journeys with the help of the Enneagram and will gently guide you in using these insights to support your wellbeing.

No previous knowledge is needed -just curiosity and openness.

NEW

### **Tending the Spirit: Grief and Loss - Online with Nina Guertin**

**Wednesday, October 22 from 6:00 - 7:30 pm**

This course offers a compassionate space to explore the experiences of loss and life transitions, both of which can bring about grief in unique and unexpected ways. Through guided conversation, reflection, and shared dialogue, participants will gain a deeper understanding of how grief shows up in different forms and how to navigate it with resilience and support.

*Presented in partnership with Tending the Spirit.*

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online: [f](https://www.facebook.com/GildasClubMN)/GildasClubMN

[@Gildas\\_Club\\_MN](https://www.instagram.com/Gildas_Club_MN)



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Education Sessions October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

### **The Power of Storytelling - In person with Mary Gossett, MSW, LICSW**

**Saturday, November 1 from 11:00 am - 1:00 pm**

Everyone who walks through the doors of Gilda's Club has a unique story to tell. A cancer diagnosis affects not only the individual but their entire family, and the way we remember and talk about these experiences can sometimes be confusing or different from what actually happened. How we recall our story shapes how we see the world, and sometimes the memories of trauma don't match up with the reality of our experiences.

In this workshop, you'll have the chance to share your cancer story using a "life-line" structure, which helps frame your story in a clear and balanced way — one that includes both the challenges and the moments of hope. You'll be guided through a simple structure to tell your story, experience validation and support and then listen to another member's story, offering the same validation and support. By the end of the workshop, you will have the tools to understand and remember your story, not as a story of trauma, but as a testimony of strength.

This workshop is appropriate for all Gilda's Members - living with cancer, friends and family, and those living with the loss of a loved one to a cancer diagnosis. Lunch will be provided.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online: [f /GildasClubMN](https://www.facebook.com/GildasClubMN)

[@Gildas\\_Club\\_MN](https://www.instagram.com/Gildas_Club_MN)



NEW

### **Empowering Intimacy: Grief and Intimacy - Online with Jen Fecher**

**Monday, November 3 from 6:30 - 8:00 pm**

Grief has the power to change lives, both for the good and for the bad. Grief can change how we connect with others, view the world, view relationships, and plan. Grief is a natural part of life, albeit uncontrolled, but it is as sure to happen as the sun rises and sets each day. Grief can also hinder how we give and receive intimacy in our lives and steers us into new intimate adventures after we lose our loved ones. Intimacy and grief are deeply linked and understanding how these major things can impact our lives is vital to ensuring smooth transitions through the tough moments that are to come.

*Presented in partnership with Empowering Intimacy.*

NEW

### **Peace of Mind Planning: How to Talk with Your Family about Your Estate Plan - In person with Molly Darsow and Dustin Cesarek**

**Thursday, November 13 from 1:00 - 2:30 pm**

Join Gilda's Club for a conversation about creating harmony around your estate plan. We will discuss the roles needed to carry out your plan, real life scenarios within the planning process that can create contention among your love ones, and how to have meaningful conversations to reduce potential conflict and preserve relationships among those impacted by your plan.

*Presented in partnership with North Star Legacy Law and Still Waters Mediation.*

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



### **Nervous System Reboot - Online with Zoe Johnson, MA**

**Wednesdays from 3:00 - 5:00 pm**

In this virtual class, you'll experience a unique blend of deep meditation, and mindful creativity. The sessions begin with a demonstration of a simple, mindful art or creativity technique designed to facilitate inner exploration. Following the demo, you'll be guided through a deeply restful meditation allowing for the release of tension and fostering embodied stillness. As you emerge from your meditation, you're encouraged to engage with creativity, following the earlier demonstration, or your own intuitively guided process in which you're encouraged to focus mostly on the process vs. the outcome. The session concludes with group sharing, where you're invited to share your experiences in a supportive and non-judgmental environment. This class offers a holistic experience, combining creativity, relaxation, and community, leaving you feeling refreshed and creatively inspired.

NEW

### **Still Here - In-Person with GCMN Volunteers**

**Every other Wednesday from 10:30 am - 12:00 pm**

Cancer may no longer be the main challenge - but its effects often linger long after treatment ends. Whether you're facing physical changes, emotional ups and downs, or questions about what's next, you're not alone. Join Mark and Shelley in a welcoming, peer-led space for those navigating life beyond a cancer diagnosis. Together, participants will explore the challenges, celebrate the progress, and support one another through the ongoing journey of healing and rediscovery.

Because surviving cancer is just one part of the story - living after it matters, too.

### **Living with Chronic Cancer Monthly Support Group - Online with Sam North, MA, LPC**

**Fourth Monday of each month from 6:30 - 8:00 pm**

**(October 27, November 24, December 22)**

This monthly drop-in group is meant for members who do not feel the need to attend one of our weekly Living with Cancer groups, but need some support around living their life with the chronic condition of cancer. Members are welcome to attend intermittently or every month for a chance to talk to others in a similar life situation.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Support October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)


### Weekly Support Groups

Our weekly support groups provide a consistent and supportive space for members to connect with others who understand their journey. These small, ongoing groups focus on circumstances rather than diagnoses and require a commitment to regular attendance. To join, members must first attend a New Member Meeting to learn about Gilda's Club programs and then schedule a one-on-one Customized Membership Plan (CMP) session with a licensed mental health professional. Lasting up to an hour, the CMP session allows members to share their experiences, determine the best group fit, explore additional programs, and identify helpful external resources. For more information, visit [GildasClubMN.org/Find-Support/Getting-Started](https://GildasClubMN.org/Find-Support/Getting-Started) or call 612-227-2147.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online:  /GildasClubMN

 @Gildas\_Club\_MN



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Children, Teen, & Family Programming October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

### **Family Night Dinner - In-person with GCMN Volunteers** **Second and fourth Tuesday of each month from 5:30- 7:00 pm** **No occurrence October 28 & December 9**

Join us for a free, family-friendly dinner! This event offers a warm and welcoming space for families to enjoy a delicious meal together, connect with others, and take a break from their daily routine. Come as you are, and let us take care of dinner!

All family members who plan to attend must register. If they don't have an account, they can be registered as a guest.

NEW

### **Building a Family Legacy: Celebration Plate - In-person with Empowered Kids** **Thursday, November 6 from 5:30 - 6:30 pm**

Legacy is often thought of as the impact a person leaves after they have died, but what does legacy really look like? Legacy is built over time through everyday interactions leading to lasting memories. Life is filled with moments that should be acknowledged (a birthday, a positive report card, first lost tooth). The child life specialists of Empowered Kids will facilitate a legacy building group art activity where each family will create a custom celebration plate to be used for special moments, now and in the future. Materials will be provided.

*Presented in partnership with Empowered Kids.*

NEW

### **Trunk or Treat - In-person with GCMN Staff & Volunteers** **Tuesday, October 28 from 5:30 - 7:00 pm**

Join us for a festive evening of fall fun at our Trunk or Treat event! This is a wonderful opportunity for families, friends, and children to come together, celebrate the season, and enjoy time in community. Bring your little ghosts, superheroes, and pumpkins (costumes encouraged, but not required!) and explore cars decorated with creative, fun, and spooky themes. Along the way, enjoy hot cider, caramel apples, candy, and plenty of laughter.

In addition to trunk-or-treating, there will be games, activities, and autumn-inspired fun for all ages. Whether you come in costume or as yourself, we can't wait to share this special event with you! Community members of all ages are welcome to attend.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online: [f /GildasClubMN](https://www.facebook.com/GildasClubMN) [@Gildas\\_Club\\_MN](https://www.instagram.com/Gildas_Club_MN)



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Children, Teen, & Family Programming October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

### **Family Art Exploration - In-person**

***Tuesdays from 10:00 am - 12:00 pm***

GCMN members of all ages and their friends and family are welcome to enjoy open, unstructured time in Gilda's Club Minnesota's art studio! Explore hands-on creativity with different types of media as you laugh, create, and connect with those around you.

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online: [!\[\]\(eca9dca13a2688a2d5e75f35d4cc16aa\_img.jpg\) /GildasClubMN](#)

[!\[\]\(6d4cdef06d803dcd63aa9aa8840a2ace\_img.jpg\) @Gildas\\_Club\\_MN](#)



**GILDA'S CLUB  
MINNESOTA**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

## Gilda's On the Go Support October - December 2025



Go back to:  
[October](#)  
[November](#)  
[December](#)

*"Gilda on the Go" offerings occur in the Twin Cities and surrounding communities. We hope you can join us as we take Gilda's on the go!*

### **Education on the Go: Healthcare Directives from Start to Finish - In-person at Richfield Community Center**

**Wednesday, October 1 from 10:00am - 1:00 pm**

**Richfield Community Center (7000 Nicollet Ave, Richfield, MN)**

Regardless of health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This workshop will include an informational session about Healthcare Directives with experts from medical, legal, social work, and thanatology fields available to answer your questions. Notaries will be on site to legalize finished documents.

To register, call the Richfield Community Center at 612-861-9385.

*In partnership with Cancer Legal Care, Minnesota Hospice, and the City of Richfield.*

### **Education on the Go: Healthcare Directives from Start to Finish - In-person at Burnsville Senior Center**

**Wednesday, October 15 from 1:00 pm - 4:00 pm**

**Burnsville Senior Center (200 W Burnsville Parkway, Burnsville, MN)**

Regardless of health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This workshop will include an informational session about Healthcare Directives with experts from medical, legal, social work, and thanatology fields available to answer your questions. Notaries will be on site to legalize finished documents.


To register, visit <https://zrux.oink/j6v8JN> or call the Burnsville Senior Center at 952-707-4120.

*In partnership with Cancer Legal Care, Minnesota Hospice, and Burnsville Senior Center.*

**RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.**

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online:  /GildasClubMN

 @Gildas\_Club\_MN



## New Member Meeting



Behind the red doors of Gilda's Club is a welcoming community, a place of support for anyone dealing with cancer and its effects. Whether you are living with cancer, moving into post-treatment, a caregiver, or have lost someone to cancer, our program has something for you.

During a New Member Meeting, you will get the opportunity to connect with other new members while learning about the history of Gilda's Club Minnesota, our organization's mission, tips for getting started, and our five-part supportive programming:

1. Support
2. Healthy Lifestyles
3. Education
4. Social Opportunities
5. Information & Referral


And...Children, Teen & Family offerings

New Member Meetings occur both in-person and online via Zoom. Visit [GildasClubMN.org/New-Member-Meeting-Sign-Up](https://GildasClubMN.org/New-Member-Meeting-Sign-Up) to get started!

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.

*Gilda's Club Minnesota is a community where people impacted by cancer gather, connect, and learn.* 10560 Wayzata Boulevard, Minneapolis MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org)

Follow us online:  /GildasClubMN

 @Gildas\_Club\_MN



*Gilda's Club occasionally hosts programming by other community organizations. Learn more about the external organizations hosting support groups and more at Gilda's Club, and find out how you can get involved:*

**Twin Cities All Blood Cancers Group - In-person and Online with Michelle Johnson, LSW, ACM and Kimberly Odden, LSW**  
***Second Thursday of each month from 4:00 - 5:00 pm***  
***(October 9, November 13, December 11)***

The Leukemia & Lymphoma Society's Twin Cities All Blood Cancers group will address specific issues related to a blood cancer diagnosis and will provide an opportunity for attendees to discuss concerns, anxieties, feelings related to illness, treatment and other related issues. The meetings are designed to provide mutual support and education to members by meeting with others whose situations are similar to their own. They are a resource to support coping, in conjunction with your or a loved one's medical treatment.

Participation is free, but pre-registration is required. Learn more and register at [LLS.org/Event/Twin-Cities-All-Blood-Cancers-Group-2025](https://LLS.org/Event/Twin-Cities-All-Blood-Cancers-Group-2025).

**Young Survival Coalition - In-person with Dr. Tasha Carlson**  
***Mondays, October 6, November 3, & December 8 from 6:00 - 7:30 pm***

Young Survival Coalition is a support and networking group for women diagnosed with breast cancer prior to their 41st birthday, dealing with challenges unique to this age group such as such as navigating cancer while having young children or getting started in a career and dealing with survivorship issues which can have long-lived effects on one's life. YSC is a national organization which has local chapters throughout the country. MN YSC - Twin Cities is run by volunteer peer state leaders who themselves have been through breast cancer. YSC meets once a month in person to provide support and maintains an active Facebook group with digital resources, which serves as a place to ask questions, get suggestions, and more.

Learn more by searching Facebook for "MN Young Survival Coalition" or email [YoungSurvivalCoalitionMN@gmail.com](mailto:YoungSurvivalCoalitionMN@gmail.com).

**RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)**  
**All classes and programs are offered FREE of charge.**