

# 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>1 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>2 👤</p>	<p>3 9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p>4</p>
<p>6</p>	<p>7 1:30 - 3:00pm <b>Knit Wits (V)</b></p>	<p>8 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>9 4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b></p>	<p>10 9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p>11</p>
<p>13 👤</p>	<p>14</p>	<p>15 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>16 12:00 - 1:00pm <b>New Member Meeting (V)</b></p>	<p>17 9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p>18</p>
<p>20 10:00 - 11:30am <b>Understanding Yourself and Others Through the Enneagram Centers (V)</b></p>	<p>21 1:30 - 3:00pm <b>Knit Wits (V)</b></p>	<p>22 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>23</p>	<p>24 9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p>25</p>
<p>27 6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b></p>	<p>28</p>	<p>29 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>30</p>	<p>31 9:00 - 10:00am <b>Coffee Talk (V)</b></p>	<p>1</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



# 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
3	4	5	6	7	8
6:30 - 8:00pm <b>Grief &amp; Intimacy (V)</b>	1:30 - 3:00pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	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>		9:00 - 10:00am <b>Coffee Talk (V)</b>	
10	11	12	13	14	15
10:00 - 11:30am <b>Understanding Yourself and Others Through the Enneagram Centers (V)</b>		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>	4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b>	9:00 - 10:00am <b>Coffee Talk (V)</b>	
17	18	19	20	21	22
	 1:30 - 3:00pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	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>	12:00 - 1:00pm <b>New Member Meeting (V)</b>	9:00 - 10:00am <b>Coffee Talk (V)</b>	
24	25	26	27	28	29
6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b>		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>	<b>Clubhouse Closed Thanksgiving</b>	9:00 - 10:00am <b>Coffee Talk (V)</b>	

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# December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 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>	4	5 9:00 - 10:00am <b>Coffee Talk (V)</b>	6
8 10:00 - 11:30am <b>Understanding Yourself and Others Through the Enneagram Centers (V)</b>	9	10 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>	11 4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b>	12 9:00 - 10:00am <b>Coffee Talk (V)</b>	13
15	16 1:30 - 3:00pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	17 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>	18 12:00 - 1:00pm <b>New Member Meeting (V)</b>	19 9:00 - 10:00am <b>Coffee Talk (V)</b>	20
22 6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b>	23	24 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>	25 <b>Clubhouse Closed Christmas Day</b>	26 <b>Clubhouse Closed Admin Week</b>	27
29 <b>Clubhouse Closed Admin Week</b>	30 <b>Clubhouse Closed Admin Week</b>	31 <b>Clubhouse Closed Admin Week</b>	1 <b>Clubhouse Closed New Year's Day</b>	2 <b>Clubhouse Closed Admin Week</b>	3

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### **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.

### **Improv for Life™ - Online with Jenni Lilledahl**

***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!

### **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.

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.



### **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!

### **Knit Wits - 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!

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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.*

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## Education Sessions October - December 2025



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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.*

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



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## Support October - December 2025



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### **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.

### **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.

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Follow us online: [!\[\]\(e3f255517d37bb309a3a931ec4849e6a\_img.jpg\) /GildasClubMN](#)

[!\[\]\(2b17f17ebbacc911bb0ff784ab641779\_img.jpg\) @Gildas\\_Club\\_MN](#)



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## Support October - December 2025



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### 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.

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## 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!

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*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).

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