


January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Cervical Cancer Awareness Month			1	2	3
			Clubhouse Closed New Year's Day	Clubhouse Closed Admin Week	
5	6	7	8	9	10
Clubhouse Closed Staff Retreat	Clubhouse Closed Staff Retreat	Clubhouse Closed Staff Retreat	Clubhouse Closed Staff Retreat	Clubhouse Closed Staff Retreat	
12	13	14	15	16	17
10:00am - 12:00pm Art with Heart (C) 10:00 - 11:30am Euro Café (C) 3:00 - 5:00pm Artist Reception: Michelle Schindler (C) 5:30 - 6:30pm Gentle Yoga (C) 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	11:00am - 12:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 5:15 - 6:30pm Feeling Whole (C) 5:30 - 7:00pm Supper Club (C) 5:45 - 6:45pm Reiki with Nikki (C) 6:00 - 7:30pm Creative Journeys (C)	10:30 am - 12:00pm Still Here (C) 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Laugh for the Health of It (C) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C)	12:00 - 1:00pm New Member Meeting (V) 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancer Support Group (H)	9:00 - 10:00am Coffee Talk (V)	
19	20	21	22	23	24
10:00am - 12:00pm Art with Heart (C) 2:00 - 3:00pm Reiki with Sound Healing (C) 5:30 - 6:30pm Gentle Yoga (C) 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	10:00 - 11:00am Dudes & Donuts (C) 12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:15 - 6:30pm Feeling Whole (C) 5:30 - 6:30pm Candlelight Yoga (V)	9:30 - 10:30am Colleen's Reiki (C) 12:30 - 1:45pm Improv for Life (V)	12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C)	9:00 - 10:00am Coffee Talk (V)	
26	27	28	29	30	31
10:00am - 12:00pm Art with Heart (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C) 6:30 - 7:30pm Mindfulness Yoga & Meditation (V) 6:30 - 8:00 pm Living with Chronic Cancer (V)	11:00am - 12:00pm Silent Reading Society (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 5:15 - 6:30pm Feeling Whole (C) 5:30 - 7:00pm Chili Cook-off (C) 6:00 - 7:30pm Creative Journeys (C)	10:30 am - 12:00pm Still Here (C) 12:30 - 1:45pm Improv for Life (V)	12:00 - 1:00pm Sound Healing (C)	9:00 - 10:00am Coffee Talk (V)	

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

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

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 10560 Wayzata Blvd, Minneapolis, MN 55305 | info@GildasClubMN.org | www.GildasClubMN.org to learn more



February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am - 12:00pm Art with Heart (C) 2 1:00 - 4:00pm Healthcare Directives: From Start to Finish (GO) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C) 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	11:00am - 12:00pm Birds & Brew (C) 3 12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:15 - 6:30pm Feeling Whole (C) 5:30 - 6:30pm Candlelight Yoga (V) 6:00 - 7:30pm Young Survival Coalition (C)	12:30 - 1:45pm Improv for Life (V) 4	10:00 - 11:00am Reiki with Nikki (C) 5 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C)	9:00 - 10:00am Coffee Talk (V) 6	7
10:00 - 11:30am Euro Café (C) 9 10:00am - 12:00pm Art with Heart (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C) 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	12:00 - 1:00pm Chair Yoga (C) 10 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 5:15 - 6:30pm Feeling Whole (C) 5:30 - 7:00pm Souper Bowl (C) 5:45 - 6:45pm Reiki with Nikki (C) 6:00 - 7:30pm Creative Journeys (C)	10:30 am - 12:00pm Still Here (C) 11 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Laugh for the Health of It (C) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C)	4:00 - 5:00pm Blood Cancer Support Group (H) 12	9:00 - 10:00am Coffee Talk (V) 13	14
10:00am - 12:00pm Art with Heart (C) 16 2:00 - 3:00pm Reiki with Sound Healing (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C)	10:00 - 11:00am Dudes & Donuts (C) 17 12:00 - 1:00pm Chair Yoga (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:00 - 6:00pm Food That's Packed (C) 5:15 - 6:30pm Feeling Whole (C) 5:30 - 6:30pm Candlelight Yoga (V)	9:30 - 10:30am Colleen's Reiki (C) 18 12:30 - 1:45pm Improv for Life (V)	12:00 - 1:00pm New Member Meeting (V) 19 1:00 - 4:00pm Card Making (C)	9:00 - 10:00am Coffee Talk (V) 20	21
10:00am - 12:00pm Art with Heart (C) 23 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C) 6:30 - 8:00 pm Living with Chronic Cancer (V)	11:00am - 12:00pm Silent Reading Society (C) 24 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 5:15 - 6:30pm Feeling Whole (C) 5:30 - 7:00pm Supper Club (C) 6:00 - 7:30pm Creative Journeys (C)	10:30 am - 12:00pm Still Here (C) 25 12:30 - 1:45pm Improv for Life (V)	12:00 - 1:00pm Sound Healing (C) 26	9:00 - 10:00am Coffee Talk (V) 27	28



Gallbladder and Bile Duct Cancer Awareness Month

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Gilda's Club Minnesota

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

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>4:00 - 5:15pm Integrative Pathways to Healing (C)</p> <p>5:30 - 6:30pm Gentle Yoga (C)</p>	<p>3</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:30 - 2:30pm Yoga Nidra (C)</p> <p>1:30 - 3:00pm Knit Wits (V)</p> <p>3:45 - 5:00pm Improv for Life (C)</p> <p>5:15 - 6:30pm Feeling Whole (C)</p> <p>5:30 - 6:30pm Candlelight Yoga (V)</p> <p>6:00 - 7:30pm Young Survival Coalition (C)</p>	<p>4</p> <p>12:30 - 1:45pm Improv for Life (V)</p>	<p>5</p> <p>10:00 - 11:00am Reiki with Nikki (C)</p>	<p>6</p> <p></p> <p>9:00 - 10:00am Coffee Talk (V)</p>	<p>7</p>
<p>9</p> <p>10:00 - 11:30am Euro Café (C)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>4:00 - 5:15pm Integrative Pathways to Healing (C)</p> <p>5:30 - 6:30pm Gentle Yoga (C)</p>	<p>10</p> <p>11:00am - 12:00pm Birds & Brew (C)</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:30 - 2:30pm Yoga Nidra (C)</p> <p>1:00 - 2:30pm Knit Wits (C)</p> <p>3:45 - 5:00pm Improv for Life (C)</p> <p>5:15 - 6:30pm Feeling Whole (C)</p> <p>5:30 - 7:00pm Supper Club (C)</p> <p>5:45 - 6:45pm Reiki with Nikki (C)</p> <p>6:00 - 7:30pm Creative Journeys (C)</p>	<p>11</p> <p>10:30 am - 12:00pm Still Here (C)</p> <p>12:30 - 1:45pm Improv for Life (V)</p> <p>1:00 - 2:00pm Laugh for the Health of It (C)</p> <p>3:00 - 4:00pm New Member Meeting (C)</p> <p>4:00 - 5:00pm Mocktails & Mingle (C)</p>	<p>12</p> <p>12:00 - 1:00pm Sound Healing (C)</p> <p>1:00 - 4:00pm Card Making (C)</p> <p>1:30 - 2:30pm Drum Circle (C)</p> <p>4:00 - 5:00pm Blood Cancer Support Group (H)</p>	<p>13</p> <p>9:00 - 10:00am Coffee Talk (V)</p>	<p>14</p>
<p>16</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>2:00 - 3:00pm Reiki with Sound Healing (C)</p> <p>4:00 - 5:15pm Integrative Pathways to Healing (C)</p> <p>5:30 - 6:30pm Gentle Yoga (C)</p>	<p>17</p> <p>10:00 - 11:00am Dudes & Donuts (C)</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:30 - 2:30pm Yoga Nidra (C)</p> <p>1:30 - 3:00pm Knit Wits (V)</p> <p>3:45 - 5:00pm Improv for Life (C)</p> <p>5:15 - 6:30pm Feeling Whole (C)</p> <p>5:30 - 6:30pm Candlelight Yoga (V)</p>	<p>18</p> <p>9:30 - 10:30am Colleen's Reiki (C)</p> <p>12:30 - 1:45pm Improv for Life (V)</p>	<p>19</p> <p>12:00 - 1:00pm New Member Meeting (V)</p>	<p>20</p> <p>9:00 - 10:00am Coffee Talk (V)</p>	<p>21</p>
<p>23</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>4:00 - 5:15pm Integrative Pathways to Healing (C)</p> <p>5:30 - 6:30pm Gentle Yoga (C)</p> <p>6:30 - 8:00 pm Living with Chronic Cancer (V)</p>	<p>24</p> <p>11:00am - 12:00pm Silent Reading Society (C)</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:00 - 2:30pm Knit Wits (C)</p> <p>1:30 - 2:30pm Yoga Nidra (C)</p> <p>3:45 - 5:00pm Improv for Life (C)</p> <p>5:15 - 6:30pm Feeling Whole (C)</p> <p>5:30 - 7:00pm Mac and Cheese Madness (C)</p> <p>6:00 - 7:30pm Creative Journeys (C)</p>	<p>25</p> <p>10:30 am - 12:00pm Still Here (C)</p> <p>12:00 - 2:00pm Peace of Mind Planning (C)</p> <p>12:30 - 1:45pm Improv for Life (V)</p>	<p>26</p> <p></p> <p>12:00 - 1:00pm Sound Healing (C)</p> <p>1:00 - 4:00pm Card Making (C)</p>	<p>27</p> <p>9:00 - 10:00am Coffee Talk (V)</p>	<p>28</p>
<p>30</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>4:00 - 5:15pm Integrative Pathways to Healing (C)</p> <p>5:30 - 6:30pm Gentle Yoga (C)</p>	<p>31</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:30 - 3:00pm Knit Wits (V)</p> <p>3:45 - 5:00pm Improv for Life (C)</p> <p>5:15 - 6:30pm Feeling Whole (C)</p>	<p> Wear Blue Day for Colorectal Cancer Awareness Month</p> <p> Kidney Cancer Awareness Month</p> <p> Multiple Myeloma Action Day</p>			

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Candlelight Yoga - Online with DeAnn Hoff

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

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.

Gentle Yoga - In Person with GCMN Volunteers

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.

NEW

Yoga Nidra for Better Sleep - In Person with Dawn Jenkins

Tuesdays from 1:30 - 2:30 pm

Yoga Nidra, sometimes called Yogic Sleep, is like a long form guided meditation. It is extremely useful for those who are not sleeping well. In this class series we will move the body while standing, just a little, to make being on the floor (or in a chair, if you prefer) more comfortable. We will do some breathing and then move attention through the body. All you need to do is be and breathe. No previous experience with yoga or meditation is required.

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

Healthy Lifestyle January - March 2026



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[February](#)
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Card Making - In Person with Wendy Peterson

Various Thursdays from 1:00 - 4:00 pm

(January 15 & 22, February 5 & 19, March 5 & 19)

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!

NEW

Colleen's Reiki - In Person with Colleen Beggan

Third Wednesday of each month from 9:30 - 10:30 am

(January 21, February 18, March 18)

In this safe, supportive small group you will receive gentle Reiki energy work, a guided meditation, healing sound therapy, and aromatherapy. Healing can happen as you relax and calm your mind and body, healing can happen.

NEW

Drum Circle - In Person with Karl Demer

Thursday, March 12 from 1:30 - 2:30 pm

Join us for a joyful, energizing Drum Circle: a supportive, community-based session where rhythm becomes a pathway to healing, connection, and stress relief. No musical talent or drumming experience is required. Just bring yourself - Gilda's club provides all drums and percussion instruments.

In this welcoming and inclusive space, participants explore simple rhythms, group improvisation, guided exercises, and expressive sound-making. The focus is not on performance or skill, but on presence, connection, emotional release, and the collective experience of creating rhythm together.

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

[@Gildas_Club_MN](https://www.instagram.com/Gildas_Club_MN)



Food that's Packed - In person with Dawn Jenkins

Tuesday, February 17 from 5:00 - 6:00 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!

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!

Laugh for the Health of It - In Person with Patty Nelson

Second Wednesday of each month from 1:00 - 2:00 pm

(January 14, February 11, March 11)

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.

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Meditative Feeling Whole - In Person with Ben Hoff

Tuesdays from 5:15 - 6:30 pm

Come together and create a space to let go of the troubles and pressures of life. Through various meditation exercises we will work to cultivate a feeling of peace and wholeness within ourselves. Whether this is your first time meditating or you are a seasoned yogi, this class is welcome to all.

NEW

Mindfulness Yoga and Meditation - Online with Meghan McWilliams

Mondays from 6:30 - 7:30 pm

January 3 - February 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.

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

(January 13, February 5 & 10, March 5 & 10)

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.

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NEW

Sound Healing with Reiki - In person with Annette Hennekens-Sklenar

Third Monday of each month from 2:00 - 3:00 pm

Enjoy a sacred healing space created within the cocoon of the Gilda's clubhouse. Combining guided meditation with the metal singing bowls from Tibet with gentle Reiki energy, this small group session creates a space of rest and healing. This unique combination helps to promote a state of healing and relaxation by activating the parasympathetic nervous system (rest and digest state), whereby the body's natural ability to heal is supported.

Choose to sit or lie down while the healing space is created and held. Bring an eye mask if you wish to lie down, for optimal relaxation.

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

Transformational Sound Healing - In person with Kate Jackson

Various Thursdays from 12:00 - 1:00 pm

(January 22 & 29, February 5 & 26, March 12 & 26)

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.

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Art with Heart - In person with Chaiya Isenberg

Mondays from 10:00 am - 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

Second Tuesday of each month from 11:00 am - 12:00 pm

(January 13, February 10, March 10)

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.

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!

Dudes and Donuts - In Person with Fred Schommer

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

(January 20, February 17, March 17)

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.

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Euro Café - In Person with GCMN

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

(January 12, February 9, March 9)

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

(January 14, February 11, March 11)

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.

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Silent Reading Society - In Person with Renee Anderson

Fourth Tuesday of each month from 11:00 am - 12:00 pm

(January 26, February 23, March 23)

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.

Chili Cook-off - In Person with GCMN Staff & Volunteers

Tuesday, January 27 from 5:30 - 7:00 pm

Get ready to spice things up at our Chili Cook-Off! This fiery social brings together chili enthusiasts, home cooks, and food lovers for a mouthwatering showdown. Participants will showcase their best chili recipes, each packed with bold flavors, hearty ingredients, and a unique personal twist. Whether it's traditional beef chili, a smoky vegetarian version, or an adventurous new take, competitors will bring the heat to win the coveted "People's Choice Award."

Attendees can sample a variety of chili entries, vote for their favorites, and enjoy an unforgettable day dedicated to all things chili. Whether you're competing for the grand prize or just here to taste some incredible chili, this cook-off promises a fun, flavorful experience that will warm your heart and fire up your taste buds.

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Social Opportunities January - March 2026



Go back to:
January
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NEW

Souper Bowl - In Person with GCMN Staff and Volunteers

Tuesday, February 10 from 5:30 - 7:00 pm

Get ready to ladle up some fun at our first-ever Souper Bowl - a friendly soup showdown where members and volunteers bring their best recipes to the table! From cozy classics to creative culinary twists, this event celebrates warmth, community, and a little healthy competition.

Join us as contestants serve their signature soups for everyone to taste and vote on. Whether you're cooking or just sampling, you'll enjoy delicious bowls, great company, and plenty of laughter. In the end, one soup will rise above the rest to be crowned Souper Bowl Champion - but everyone walks away a winner with full hearts and fuller bellies.

NEW

Mac'n'Cheese Madness - In Person with GCMN Staff and Volunteers

Tuesday, March 24 from 5:30 - 7:00 pm

It's game time! Join us for Mac'n'Cheese Madness, our March Madness-themed cook-off where the real competition happens in the kitchen. Members and volunteers will bring their most irresistible mac and cheese creations, from classic comfort bowls to bold, flavor-packed twists, as they battle for the title of Mac'n'Cheese Champion.

Everyone gets to taste, cheer, and vote for their favorites as these cheesy contenders go head-to-head. Whether you're entering the competition or just enjoying the delicious fun, you're in for a slam-dunk of a good time. Bring your appetite and your team spirit, because in this bracket, the cheesiest wins!

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
All classes and programs are offered FREE of charge.

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**GILDA'S CLUB
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Education Sessions January - March 2026



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NEW

Integrative Pathways to Healing - In person with Katherine Todd, DNP, RN, MBA

Mondays from 4:00 - 5:15 pm

Integrative Pathways to Healing is a 6-week, experiential wellness series designed for anyone impacted by cancer who is seeking evidence-based practices to support healing of the body, mind, and spirit. Each week combines education, live guided practices, reflection, and community connection, drawing from leading integrative health programs - including the University of Minnesota's Bakken Center for Spirituality & Healing, the Maryland University of Integrative Health, Southern California University of Health Sciences, the Arizona Center for Integrative Medicine, Duke Integrative Medicine, and UCI's Integrative Health curriculum.

Participants will explore a wide range of whole-person healing approaches such as mindfulness, yoga, energy healing, acupressure, mind-body skills, aromatherapy, nature-based healing, and restorative lifestyle practices. Whether you are newly diagnosed, in treatment, post-treatment, or supporting a loved one, this series provides accessible tools grounded in research and delivered in a supportive community environment.

Each session includes:


- A focused integrative health theme
- Evidence-based insights from reputable integrative medicine programs
- A guided experiential practice
- Space for reflection, discussion, and connection
- A takeaway technique to continue at home

By the end of the 12 weeks, participants will create a personalized integrative plan to support ongoing resilience, meaning, and wellbeing. We welcome you to join us for this journey of healing, curiosity, and restoration.

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Support January - March 2026



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NEW

Creative Journeys: LGBTQ+ Art Therapy Group - In Person with Tiny Proctor

Second and fourth Tuesday of each month from 6:00 - 7:30 pm

This class offers non-verbal, art-based activities to support healing for members of the 2SLGBTQIA+ community who have been affected by cancer. Artistic skill is not required. All participants are invited to engage in creative processes that encourage expression, reflection, and emotional processing. Art therapy provides a supportive space to explore thoughts and feelings that may be difficult to discuss verbally.

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

(January 26, February 23, March 23)

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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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 or call 612-227-2147.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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Children, Teen, & Family Programming January - March 2026



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Gilda's Supper Club - In person with GCMN Volunteers

Various Tuesdays from 5:30- 7:00 pm

January 13, February 24, March 10

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.

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.

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 with the names of each member of your party.

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Gilda's On the Go Support January - March 2026



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"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 Eagan Community Center

Monday, February 2 from 1:00 - 4:00 pm

Eagan Community Center (1501 Central Parkway, Eagan, 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 MinnesotaHospice.com/Event/Healthcare-Directives-From-Start-to-Finish.

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

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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 to get started!

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
All classes and programs are offered FREE of charge.



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*
(January 15*, February 12, March 12)

Blood Cancer United'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 BloodCancerUnited.org/Event/Twin-Cities-All-Blood-Cancers-Group-2025.

Young Survival Coalition - In person with Dr. Tasha Carlson
January 5, February 3, March 3 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.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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Peace of Mind Planning: Talking with Your Family About Your Estate Plan - In person with Brighter Days Grief Center **Wednesday, March 25 from 12:00 - 2:00 pm**


Planning can bring peace of mind, yet conversations about estate planning often feel uncomfortable or emotionally charged. This presentation helps individuals and families learn how to talk through real-life scenarios, share their wishes clearly, and reduce the risk of future conflict. Participants gain practical guidance on communicating effectively, managing emotional reactions, and preserving relationships while addressing important planning decisions.

[Register here](#) or email Brighter Days Grief Center at Info@BDGC.us.

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