


January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Cervical Cancer Awareness Month			1 Clubhouse Closed New Year's Day	2 Clubhouse Closed Admin Week	3
5 Clubhouse Closed Staff Retreat	6 Clubhouse Closed Staff Retreat	7 Clubhouse Closed Staff Retreat	8 Clubhouse Closed Staff Retreat	9 Clubhouse Closed Staff Retreat	10
12 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	13	14 12:30 - 1:45pm Improv for Life (V)	15 12:00 - 1:00pm New Member Meeting (V) 4:00 - 5:00pm Blood Cancer Support Group (H)	16 9:00 - 10:00am Coffee Talk (V)	17
19 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	20 1:30 - 3:00pm Knit Wits (V) 5:30 - 6:30pm Candlelight Yoga (V)	21 12:30 - 1:45pm Improv for Life (V)	22	23 9:00 - 10:00am Coffee Talk (V)	24
26 6:30 - 7:30pm Mindfulness Yoga & Meditation (V) 6:30 - 8:00 pm Living with Chronic Cancer (V)	27	28 12:30 - 1:45pm Improv for Life (V)	29	30 9:00 - 10:00am Coffee Talk (V)	31

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.

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 | www.GildasClubMN.org to learn more



February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	3 1:30 - 3:00pm Knit Wits (V) 5:30 - 6:30pm Candlelight Yoga (V)	4 12:30 - 1:45pm Improv for Life (V)	5	6 9:00 - 10:00am Coffee Talk (V)	7
9 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	10	11 12:30 - 1:45pm Improv for Life (V)	12 4:00 - 5:00pm Blood Cancer Support Group (H)	13 9:00 - 10:00am Coffee Talk (V)	14
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23 6:30 - 7:30pm Mindfulness Yoga & Meditation (V) 6:30 - 8:00 pm Living with Chronic Cancer (V)	24	25 12:30 - 1:45pm Improv for Life (V)	26	27 9:00 - 10:00am Coffee Talk (V)	28



Gallbladder and Bile Duct Cancer Awareness Month

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March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	3 1:30 - 3:00pm Knit Wits (V) 5:30 - 6:30pm Candlelight Yoga (V)	4 12:30 - 1:45pm Improv for Life (V)	5	6 9:00 - 10:00am Coffee Talk (V) 	7
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30 6:30 - 7:30pm Mindfulness Yoga & Meditation (V)	31 1:30 - 3:00pm Knit Wits (V)	 Wear Blue Day for Colorectal Cancer Awareness Month  Kidney Cancer Awareness Month  Multiple Myeloma Action Day			

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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.

Improv for Life™ - Online with Jenni Lilledahl

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!

Mindfulness Yoga and Meditation - Online with Meghan McWilliams

NEW

Mondays from 6:30 - 7:30 pm

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.

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
MINNESOTA**
An Affiliate of the
CANCER SUPPORT COMMUNITY

Social Opportunities January - March 2026



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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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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

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**GILDA'S CLUB
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Support January - March 2026



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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.

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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!

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Community Partners



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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*
(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.

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