


# Gilda's Club Minnesota

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

# April

Monday	Tuesday	Wednesday	Thursday	Friday
<p> Cervical Cancer Awareness Month</p> <p> Head and Neck Cancer Awareness Month</p> <p> Testicular Cancer Awareness Month</p>		<p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>9:00 - 10:00am <b>Reclaiming Strength (V)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>6:00 - 7:30pm <b>Caregiver Circle (V)</b></p>	<p>11:00am - 12:00pm <b>Silent Reading Society (C)</b></p> <p>5:30 - 6:30pm <b>Feeling Whole (V)</b></p> <p>6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b></p>	<p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>
<p>10:00am - 12:00pm <b>Open Art Studio (C)</b></p> <p>4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b></p> <p>5:30 - 6:30pm <b>Gentle Yoga (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>Navigating Grief with Humor and Purpose (C)</b></p>	<p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>9:00 - 10:00am <b>Reclaiming Strength (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 - 4:00pm <b>New Member Meeting (C)</b></p> <p>4:00 - 5:00pm <b>Mocktails &amp; Mingle (C)</b></p> <p>6:00 - 7:30pm <b>Caregiver Circle (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>4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b></p> <p>6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b></p>	<p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>
<p>10:00am - 12:00pm <b>Open Art Studio (C)</b></p> <p>10:00 - 11:30am <b>Euro Café (C)</b></p> <p>4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b></p> <p>5:30 - 6:30pm <b>Gentle Yoga (C)</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>3:45 - 5:00pm <b>Improv for Life (C)</b></p> <p>5:30 - 7:00pm <b>Supper Club (C)</b></p> <p>6:00 - 7:30pm <b>Creative Journeys (C)</b></p> <p>6:00 - 7:30pm <b>Young Survival Coalition (C)</b></p>	<p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>9:00 - 10:00am <b>Reclaiming Strength (V)</b></p> <p>9:30 - 10:30am <b>Colleen's Reiki (C)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>6:00 - 7:30pm <b>Caregiver Circle (V)</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>5:30 - 6:30pm <b>Feeling Whole (V)</b></p> <p>6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b></p>	<p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>
<p>10:00am - 12:00pm <b>Open Art Studio (C)</b></p> <p>2:00 - 3:00pm <b>Reiki with Sound Healing (C)</b></p> <p>4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b></p> <p>5:30 - 6:30pm <b>Gentle Yoga (C)</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>9:00 - 9:30am <b>Qigong (V)</b></p> <p>9:00 - 10:00am <b>Reclaiming Strength (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>6:00 - 7:30pm <b>Caregiver Circle (V)</b></p>	<p><b>Clubhouse Closed</b></p> <p><b>GCMN Gala</b></p>	
<p>10:00am - 12:00pm <b>Open Art Studio (C)</b></p> <p>1:00 - 2:00pm <b>Reiki with Nikki (C)</b></p> <p>3:00 - 4:00pm <b>Navigating Insurance with Cancer Legal Care (V)</b></p> <p>4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b></p> <p>5:30 - 6:30pm <b>Gentle Yoga (C)</b></p> <p>6:30 - 8:00pm <b>Living with Chronic Cancer (V)</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 - 2:30pm <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>Supper Club (C)</b></p> <p>6:00 - 7:30pm <b>Creative Journeys (C)</b></p>	<p>9:00 - 9:30am <b>Qigong (V)</b></p> <p>9:00 - 10:00am <b>Reclaiming Strength (V)</b></p> <p>12:30 - 1:45pm <b>Improv for Life (V)</b></p> <p>6:00 - 7:30pm <b>Caregiver Circle (V)</b></p>	<p>10:00 - 11:30am <b>Somatic Flow (C)</b></p> <p>1:00 - 4:00pm <b>Card Making (C)</b></p> <p>5:30 - 6:30pm <b>Feeling Whole (V)</b></p> <p>6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b></p>	<p>9:00 - 10:00am <b>Coffee Talk (V)</b></p>

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

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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



# May

Monday	Tuesday	Wednesday	Thursday	Friday
 Bladder Cancer Awareness Month  Brain Cancer Awareness Month  Skin Cancer and Melanoma Awareness Month		 National Cancer Research Month		<b>1</b> 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>4</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b>	<b>5</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 2:30pm <b>Meditation: Yes, You Can (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>	<b>6</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 10:00am - 2:00pm <b>Spring Renewal Retreat (C)</b> 10:30am - 12:00pm <b>Still Here (C)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>7</b> 11:00am - 12:00pm <b>Silent Reading Society (C)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b>	<b>8</b> 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>11</b> 10:00 - 11:30am <b>Euro Café (C)</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 1:00 - 2:00pm <b>Reiki with Nikki (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b>	<b>12</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 2:30pm <b>Meditation: Yes, You Can (C)</b> 1:00 - 2:30pm <b>Knit Wits (C)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b> 4:30 - 5:30pm <b>Financial Clarity for Bereaved Families (C)</b> 5:30 - 7:00pm <b>Supper Club (C)</b> 6:00 - 7:30pm <b>Creative Journeys (C)</b> 6:00 - 7:30pm <b>Young Survival Coalition (C)</b>	<b>13</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 3:00 - 4:00pm <b>New Member Meeting (C)</b> 4:00 - 5:00pm <b>Mocktails &amp; Mingle (C)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>14</b> 10:00 - 11:30am <b>Somatic Flow (C)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b> 5:30 - 6:30pm <b>Feeling Whole (V)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b>	<b>15</b> 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>18</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 2:00 - 3:00pm <b>Reiki with Sound Healing (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b>	<b>19</b> 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 (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>	<b>20</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 9:00 - 10:00am <b>Gilda's Goes Walking: St. Anthony (GO)</b> 9:00 - 10:00am <b>Gilda's Goes Walking: Lake Harriet (GO)</b> 9:30 - 10:30am <b>Colleen's Reiki (C)</b> 10:30 am - 12:00pm <b>Still Here (C)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>21</b> 12:00 - 1:00pm <b>New Member Meeting (V)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b> 6:30 - 7:30pm <b>Gilda's Goes Walking: Lake of the Isles (GO)</b>	<b>22</b> 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>25</b> <b>Clubhouse Closed Memorial Day</b>	<b>26</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 (C)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b> 5:00 - 6:00pm <b>Craig Pattberg Author Reception (C)</b> 5:30 - 7:00pm <b>Supper Club (C)</b> 6:00 - 7:30pm <b>Creative Journeys (C)</b>	<b>27</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 4:00pm <b>Healthcare Directives: From Start to Finish (GO)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>28</b> 1:00 - 4:00pm <b>Card Making (C)</b> 5:30 - 6:30pm <b>Feeling Whole (V)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b>	<b>29</b> 9:00 - 10:00am <b>Coffee Talk (V)</b> 10:00 - 11:00am <b>Nature Walkabout (GO)</b>

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# June

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b>	<b>2</b> 12:00 - 1:00pm <b>Chair Yoga (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> 6:00 - 7:30pm <b>Birds &amp; Brew On the Go (GO)</b>	<b>3</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Gilda's Goes Walking: St. Anthony (GO)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 10:30 am - 12:00pm <b>Still Here (C)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>4</b> 10:30am - 12:00pm <b>Birds &amp; Brew On the Go (GO)</b> 11:00am - 12:00pm <b>Silent Reading Society (C)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b>	<b>5</b> 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>8</b> 10:00 - 11:30am <b>Euro Café (C)</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b> 6:00 - 7:30pm <b>Young Survival Coalition (C)</b>	<b>9</b> 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> 3:45 - 5:00pm <b>Improv for Life (C)</b> 4:00 - 6:00pm <b>Timmreck Artist Reception (C)</b> 5:30 - 7:00pm <b>Supper Club (C)</b> 6:00 - 7:30pm <b>Creative Journeys (C)</b>	<b>10</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 3:00 - 4:00pm <b>New Member Meeting (C)</b> 4:00 - 5:00pm <b>Mocktails &amp; Mingle (C)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>11</b> 10:00 - 11:30am <b>Somatic Flow (C)</b> 10:00am - 1:00pm <b>Healthcare Directives: From Start to Finish (C)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b> 5:30 - 6:30pm <b>Feeling Whole (V)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b>	<b>12</b> 9:00 - 10:00am <b>Coffee Talk (V)</b> 9:00- 10:00 am <b>Gilda's Goes Walking: Lake of the Isles (GO)</b>
<b>15</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 2:00 - 3:00pm <b>Reiki with Sound Healing (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b>	<b>16</b> 10:00 - 11:00am <b>Dudes &amp; Donuts (C)</b> 12:00 - 1:00pm <b>Chair Yoga (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>	<b>17</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Gilda's Goes Walking: Lake Harriet (GO)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 9:30 - 10:30am <b>Colleen's Reiki (C)</b> 10:30 am - 12:00pm <b>Still Here (C)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>18</b> 10:00 - 11:30am <b>Somatic Flow (C)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 12:00 - 1:00pm <b>New Member Meeting (V)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b> 6:30 - 7:30pm <b>Gilda's Goes Walking: Lake of the Isles (GO)</b>	<b>19</b> Juneteenth 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>22</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 1:00 - 2:00pm <b>Reiki with Nikki (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b> 6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b>	<b>23</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:00 - 2:30pm <b>Knit Wits (C)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b> 5:30 - 7:00pm <b>Supper Club (C)</b> 6:00 - 7:00pm <b>Evening of Remembrance (C)</b> 6:00 - 7:30pm <b>Creative Journeys (C)</b>	<b>24</b> 9:00 - 9:30am <b>Qigong (V)</b> 9:00 - 10:00am <b>Reclaiming Strength (V)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 6:00 - 7:30pm <b>Caregiver Circle (V)</b>	<b>25</b> 5:30 - 6:30pm <b>Feeling Whole (V)</b> 6:00 - 7:15pm <b>Integrative Pathways to Healing (V)</b>	<b>26</b> 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>29</b> 10:00am - 12:00pm <b>Open Art Studio (C)</b> 4:00 - 5:15pm <b>Integrative Pathways to Healing (C)</b> 5:30 - 6:30pm <b>Gentle Yoga (C)</b>	<b>30</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 3:00pm <b>Knit Wits (V)</b> 3:45 - 5:00pm <b>Improv for Life (C)</b>	 <b>National Cancer Survivors Month</b>		

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

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

***No session April 7***

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.

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

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

***(April 9 & 30, May 14 & 28, June 11 & 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!

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.



### **Colleen's Reiki - In Person with Colleen Beggan**

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

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.

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

***Tuesday, April 28 from 1:30 - 2:30 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!

### **Meditative Feeling Whole - Online with Ben Hoff**

***Every other Thursday from 5:30 - 6:30 pm***

At this virtual class, attendees will learn meditation techniques to connect with their bodies and cultivate peace, wholeness, and a sense of empowerment, even when circumstances feel out of one's control.

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All classes and programs are offered FREE of charge.



NEW

### Reclaiming Strength - Online with Katherine Todd, DNP

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

Reclaiming Strength is a supportive, evidence-informed virtual strength training class designed specifically for people living with or recovering from cancer. Participants will rebuild strength, coordination, and mobility safely, with modifications for all ability levels.

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

**Various Mondays from 1:00 - 2:00 pm**

**(April 27, May 11, June 22)**

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.

### Qigong - Online with Susan Flannigan

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

Start your Wednesday morning with a 30-minute Qigong session, where 18 gentle movements are combined with mindfulness imagery. The *Qi* in this ancient Chinese practice stands for energy and *Gong* stands for work.

NEW

### Somatic Flow - In person with Steph Strauss

**Various Thursdays from 10:00 - 11:30 am**

**(April 30, May 14, June 11, June 18)**

Somatic Flow is a gentle, trauma-informed movement practice that invites you to be fully present with your body exactly as it is. Through soft guided movement, breath, sound, and freeform exploration, it encourages curiosity, self-trust, and ease without needing to change anything. You can move a lot or very little, at your own pace, in a supportive and inclusive space. This practice nurtures nervous system regulation, embodiment, and emotional resilience, offering a slower, tender rhythm to return home to yourself. All bodies and experience levels are welcome.

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.



### **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***

***(April 9 & 16, May 7 & 14, June 11 & 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.*

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## Healthy Lifestyle April - June 2026



Go back to:

[April](#)

[May](#)

[June](#)

NEW

### Spring Renewal Retreat - In person with Katherine Todd, DNP and GCMN Volunteers

**Wednesday, May 6 from 10:00 am - 2:00 pm**

Spring invites us into a sacred pause - a moment to soften, listen, and reconnect with the quiet wisdom within. This 4-hour Spring Renewal Retreat is designed as a gentle yet powerful space for reflection, renewal, and inspiration as we transition into a new season of growth.

Together, we will explore the question: What is ready to be planted in my life right now?

Through guided reflection, mindfulness practices, and creative exploration, participants will reconnect with their inner wisdom—the intuitive knowing that often becomes quiet in the busyness of daily life. Like the earth awakening after winter, we will create space to notice what new ideas, intentions, or dreams are emerging and asking for attention.

The retreat will include guided meditation, reflective journaling, small group sharing, and contemplative exercises designed to awaken creativity and spark inspiration. Participants will leave with a clearer sense of what they want to cultivate this season and practical ways to nurture those intentions moving forward.

Just as gardens flourish when they are tended with care, our inner lives thrive when we offer them attention, nourishment, and time. This retreat is an invitation to plant meaningful seeds, nurture your vision, and step into spring with renewed clarity and vitality.

No prior experience with meditation or reflection practices is required - only a willingness to slow down, listen inward, and welcome the possibilities of a new season.

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

***Second Tuesday of each month 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.

### **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***

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 GCMN**

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

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.

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### 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***

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.*

### Open Art Studio - In person

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

Get creative in the GCMN art studio! 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.

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## Social Opportunities April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

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

***First Thursday of each month from 11:00 am - 12:00 pm***

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.

### **Evening of Remembrance - In Person with GCMN Staff & Volunteers**

***Tuesday, June 23 from 6:00 - 7:00 pm***

Join the Gilda's Club community, along with friends and family, for a heartfelt Evening of Remembrance as we come together to honor the lives of those we have lost to cancer. Guests are invited to bring photos, keepsakes, or cherished mementos to place on Remembrance Tables, creating a shared space of love and reflection. This evening offers a chance to celebrate their memory, connect with others, and find comfort in the strength of community.

### **Craig Pattberg Author Reception - In Person**

***Tuesday, May 26 from 5:00 - 6:00 pm***

Celebrate the work of Craig Pattberg with Gilda's Club.

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## Education Sessions April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

### **Integrative Pathways to Healing - In person and Online with Katherine Todd, DNP, RN, MBA**

***In person: Mondays from 4:00 - 5:15 pm***

***Online: Thursdays from 6:00 - 7:15 pm***

***No session April 23***

Integrative Pathways to Healing is an 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 this series, 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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## Education Sessions April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

NEW

### **Laugh? Cry? Yes. Navigating Grief with Humor and Purpose - In person with Dr. Melissa Mork**

**Tuesday, April 7 from 5:30 - 6:30 pm**

In the course of our lives, we will experience significant losses that cause us to grieve: death, divorce, and hard diagnoses. Embedded in each of these losses, we grieve the end of a dream. This session will explore the types and tasks of grief work. We will look at ways to reconnect with our grief, and with that which we've lost. We might even explore the therapeutic value of humor in the process. Participants will leave with practical strategies to support themselves or those they serve as they navigate the complex journey from grief toward growth.

NEW

### **Navigating Insurance - Online with Cancer Legal Care**

**Monday, April 27 from 3:00 - 4:00 pm**

Learn tips for navigating health insurance and medical bills, including methods to proactively avoid large medical bills and what to do to if insurance denies a claim.

*Offered in partnership with Cancer Legal Care.*

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## Education Sessions April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

NEW

### **Financial Clarity for Bereaved Families - In person with Holly Christenson and Vaughn Kavlie**

**Tuesday, May 12 from 4:30 - 5:30 pm**

Cancer and loss can create financial ripple effects, from employment changes and reduced income to increased everyday expenses and long-term planning concerns. This educational session will address where to start with financial organization, a list of all things financial to think about when facing loss, and the potential of how a reverse mortgage could assist with protecting your financial future while navigating bereavement.

*Offered in partnership with Luminare Bank.*

### **Healthcare Directives from Start to Finish - In person with Cancer Legal Care and Minnesota Hospice**

**Thursday, June 11 from 1:00 - 4:00 pm**

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. Following the information session, attendees will have the opportunity to complete advance care directives to share with their healthcare teams. Notaries will be on site to legalize finished documents.

*Offered in partnership with Cancer Legal Care and Minnesota Hospice.*

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NEW

### Caregiver Circle - Online with Patty Nelson

**Wednesdays from 6:00 - 7:30 pm**

This virtual circle offers caregivers a space to pause, breathe, and be supported. Unlike a traditional support group, this facilitated circle gently weaves guided reflection, simple nervous system-calming practices, and meaningful connection. Caregivers are invited to step out of constant “doing” and into a space of being, where they can be seen, heard, and witnessed without needing to fix, explain, or hold it all together. Together, we cultivate steadiness, compassion, and the reminder that you do not have to carry this alone.

### 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.

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## Support April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

### **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***

***No session May 25***

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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## Support April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)


### 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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## Children, Teen, & Family Programming April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

### **Gilda's Supper Club - In person with GCMN Volunteers**

#### **Second and fourth Tuesday of each month from 5:30 - 7:00 pm**

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](mailto:Program@Info@GildasClubMN.org) with the names of each member of your party.

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## Gilda's On the Go April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

*"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!*

### **Birds & Brew On the Go - In-person with Lisa Keitel**

**Tuesday, June 2 from 6:00 - 7:30 pm**

**Thursday, June 4 from 10:30 am - 12:00 pm**

**Westwood Hills Nature Center (8300 West Franklin Avenue, St. Louis Park)**

Join us for a Birds and Brew field trip to Westwood Hills Nature Center in St. Louis Park, where we'll walk through the nature center and make frequent stops to watch and listen to the birds that call it home. Walking will be paced to meet the needs of attendees.

Please feel free to bring a chair or stool to rest during our stops, as park benches are spaced far apart. Please dress accordingly considering the weather. If you have binoculars, please bring them! If not, we will have some on hand to use.

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

**Wednesday, May 27 from 1:00 - 4:00 pm**

**Lakeville Heritage Center (20110 Holyoke Avenue, Lakeville, 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](https://MinnesotaHospice.com/Event/Healthcare-Directives-From-Start-to-Finish).

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

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## Gilda's On the Go April - June 2026



Go back to:  
[April](#)  
[May](#)  
[June](#)

*"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!*

### **Gilda's Goes Walking**

Join us in various locations around the Twin Cities metro for our weekly walking groups, where we socialize while strolling. We suggest wearing walking shoes and sunscreen. You may want to bring along a water bottle, hat, and a walking stick.

#### **Lake Harriet - In-person with Kasia Koller**

**Wednesday, May 20 & Wednesday, June 17 from 9:00 - 10:00 am**

Gilda's Goes Walking will meet in front of the Lake Harriet Bandshell (4135 West Lake Harriet Parkway, Minneapolis). Paid parking is available at Lake Harriet Regional Park, and free street parking can be found in the surrounding neighborhoods.

#### **Lake of the Isles - In-person with Melissa McWilliams**

**Thursday, May 21 & Thursday, June 18 from 6:30 - 7:30 pm**

**Friday, June 12 from 9:00 - 10:00 am**

Meet at the north end of Lake of the Isles, at St. Paul's Episcopal Church (1917 Logan Ave, Minneapolis).

#### **St. Anthony: Silverwood Park - In-person with Renee Anderson**

**Wednesday, May 20 & Wednesday, June 3 from 9:00 - 10:00 am**

Meet and park at the Silverwood Park Visitor Center (2500 County Road E, St. Anthony) and look for the GCMN staff member in the red T-shirt.

#### **Nature Walkabout - In-person with Katherine Todd, DNP, RN, MBA**

**Friday, May 29 from 10:00 - 11:00 am**

**Goose Lake Park (802 Keats Ave N, Lake Elmo)**

Step away from the hustle and reconnect with nature with Gilda's Club's executive director! This gentle, restorative walk is designed for anyone seeking a peaceful stroll in the fresh air, with plenty of time for conversation, reflection, and enjoying the calming beauty of the lake and tree-lined paths. The loop trail is paved, flat, and accessible, making it perfect for walkers of all abilities - and feel free to bring your dog on leash!

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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!

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 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**

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](https://BloodCancerUnited.org/Event/Twin-Cities-All-Blood-Cancers-Group-2025).

**Young Survival Coalition - In person with Dr. Tasha Carlson**  
**April 14, May 12, June 8**

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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