Gilda's Club Minnesota
A community where people impacted by cancer gather, connect, and learn.

July

Monday	Tuesday	Wednesday	Thursday	Friday
Sarcoma & Bone Cancer Awareness Month		1 9:00 - 9:30am Qigong (V) 9:00 - 10:00am Reclaiming Strength (V) 9:30 - 10:30am Gilda's Goes Walking: Lake Harriet (GO) 9:30 - 10:30am Reiki Meditation (C) 10:30 am - 12:00pm Still Here (C) 12:30 - 1:45pm Improv for Life (V) 6:00 - 7:30pm Caregiver Circle (V)	2 ~~6:00 - 7:15pm Integrative Pathways to Healing (V)~~	3 9:00 - 10:00am Coffee Talk (V)
6 10:00am - 12:00pm Open Art Studio (C) ~~4:00 - 5:15pm Integrative Pathways to Healing (C)~~ 5:30 - 6:30pm Gentle Yoga (C) 7:00 - 8:00pm Yoga + Meditation (V)	7 12:00 - 1:00pm Chair Yoga (C) 1:15 - 2:15pm Pick Yourself Up (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C)	8 9:00 - 9:30am Qigong (V) 9:00 - 10:00am Reclaiming Strength (V) 12:30 - 1:45pm Improv for Life (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C) 6:00 - 7:30pm Caregiver Circle (V)	9 10:00 - 11:30am Somatic Flow (C) 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 5:00 - 6:00pm Gentle Hatha Yoga (C) 6:00 - 7:15pm Integrative Pathways to Healing (V)	10 9:00 - 10:00am Coffee Talk (V) 10:00 - 11:00am Equine Experience (GO)
13 10:00am - 12:00pm Open Art Studio (C) 10:00 - 11:30am Euro Café (C) 1:00 - 2:00pm Reiki with Nikki (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C) 7:00 - 8:00pm Yoga + Meditation (V)	14 ~~11:00am - 12:00pm Birds & Brew (C)~~ 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:15 - 2:15pm Pick Yourself Up (C) 3:45 - 5:00pm Improv for Life (C) 6:00 - 7:30pm Creative Journeys (C) 6:00 - 7:00pm Yoga + Meditation (C) 6:00 - 7:30pm Young Survival Coalition (C)	15 9:00 - 9:30am Qigong (V) 9:00 - 10:00am Reclaiming Strength (V) 9:30 - 10:30am Gilda's Goes Walking: Lake Harriet (GO) 9:30 - 10:30am Colleen's Reiki (C) 10:30 am - 12:00pm Still Here (C) 12:30 - 1:45pm Improv for Life (V) 6:00 - 7:30pm Caregiver Circle (V)	16 12:00 - 1:00pm New Member Meeting (V) 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Yoga and Mindfulness (C) 4:00 - 5:00pm Blood Cancer Support Group (H) 6:00 - 7:15pm Integrative Pathways to Healing (V)	17 9:00 - 10:00am Coffee Talk (V)
20 10:00am - 12:00pm Open Art Studio (C) 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) 7:00 - 8:00pm Yoga + Meditation (V)	21 10:00 - 11:00am Dudes & Donuts (C) 12:00 - 1:00pm Chair Yoga (C) 1:15 - 2:15pm Pick Yourself Up (C) 1:30 - 3:00pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	22 ~~9:00 - 9:30am Qigong (V)~~ 9:00 - 10:00am Reclaiming Strength (V) 12:30 - 1:45pm Improv for Life (V) 6:00 - 7:30pm Caregiver Circle (V)	23 6:00 - 7:15pm Integrative Pathways to Healing (V) 6:30 - 7:30pm Gilda's Goes Walking: Lake of the Isles (GO)	24 9:00 - 10:00am Coffee Talk (V)
27 10:00am - 12:00pm Open Art Studio (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 7:00pm Dr. Melissa Mork Author Reception (C) 5:30 - 6:30pm Gentle Yoga (C) 6:30 - 8:00pm Living with Chronic Cancer (V) 7:00 - 8:00pm Yoga + Meditation (V)	28 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:15 - 2:15pm Pick Yourself Up (C) 3:45 - 5:00pm Improv for Life (C) 5:30 - 7:00pm Supper Club (C) 6:00 - 7:00pm Yoga + Meditation (C) 6:00 - 7:30pm Creative Journeys (C)	29 9:00 - 9:30am Qigong (V) 9:00 - 10:00am Reclaiming Strength (V) 10:30 am - 12:00pm Still Here (C) 12:30 - 1:45pm Improv for Life (V) 6:00 - 7:30pm Caregiver Circle (V)	30 6:00 - 7:15pm Integrative Pathways to Healing (V) 6:30 - 7:30pm Gilda's Goes Walking: Lake of the Isles (GO)	31 9:00 - 10:00am Coffee Talk (V)

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August

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am - 12:00pm **Open Art Studio (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**4** 12:00 - 1:00pm **Chair Yoga (C)** 1:30 - 3:00pm **Knit Wits (V)** 3:45 - 5:00pm **Improv for Life (C)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**5** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** ~~9:30 - 10:30am **Reiki Meditation (C)**~~ 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:30pm **Caregiver Circle (V)**	**6** 12:00 - 1:00pm **Sound Healing (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**7** 9:00 - 10:00am **Coffee Talk (V)**
10 10:00 - 11:30am **Euro Café (C)** 10:00am - 12:00pm **Open Art Studio (C)** 1:00 - 2:00pm **Reiki with Nikki (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**11** 11:00am - 12:00pm **Birds & Brew (C)** 12:00 - 1:00pm **Chair Yoga (C)** 1:00 - 2:30pm **Knit Wits (C)** 1:30 - 2:30pm **Food That's Packed (C)** 3:45 - 5:00pm **Improv for Life (C)** 6:00 - 7:00pm **Yoga + Meditation (C)** 6:00 - 7:00pm **Hospice 101 (C)** 6:00 - 7:30pm **Creative Journeys (C)** 6:00 - 7:30pm **Young Survival Coalition (C)**	**12** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 10:30 am - 12:00pm **Still Here (C)** 12:30 - 1:45pm **Improv for Life (V)** 3:00 - 4:00pm **New Member Meeting (C)** 4:00 - 5:00pm **Mocktails & Mingle (C)** 6:00 - 7:30pm **Caregiver Circle (V)**	**13** 1:00 - 4:00pm **Card Making (C)** 4:00 - 5:00pm **Blood Cancer Support Group (H)** 5:00 - 6:00pm **Gentle Hatha Yoga (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**14** 9:00 - 10:00am **Coffee Talk (V)**
17 10:00am - 12:00pm **Open Art Studio (C)** 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)** 6:00 - 7:00pm **Death Cafe (C)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**18** 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)**	**19** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 9:30 - 10:30am **Gilda's Goes Walking: Lake Harriet (GO)** 9:30 - 10:30am **Colleen's Reiki (C)** 12:30 - 1:45pm **Improv for Life (V)** 1:00 - 4:00pm **Healthcare Directives: From Start to Finish (GO)** 6:00 - 7:30pm **Caregiver Circle (V)**	**20** 10:00 - 11:30am **Somatic Flow (C)** 12:00 - 1:00pm **Sound Healing (C)** 12:00 - 1:00pm **New Member Meeting (V)** 4:00 - 5:00pm **Yoga and Mindfulness (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**21** 9:00 - 10:00am **Coffee Talk (V)** 10:00 - 11:00am **Equine Experience (GO)**
24 10:00am - 12:00pm **Open Art Studio (C)** 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)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**25** 12:00 - 1:00pm **Chair Yoga (C)** 1:00 - 2:30pm **Knit Wits (C)** 3:45 - 5:00pm **Improv for Life (C)** 5:30 - 7:00pm **Supper Club (C)** 6:00 - 7:00pm **Listening to Cancer (C)** 6:00 - 7:00pm **Yoga + Meditation (C)** 6:00 - 7:30pm **Creative Journeys (C)**	**26** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 10:30 am - 12:00pm **Still Here (C)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:30pm **Caregiver Circle (V)**	**27** 1:00 - 4:00pm **Card Making (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)** 6:30 - 7:30pm **Gilda's Goes Walking: Lake of the Isles (GO)**	**28** 9:00 - 10:00am **Coffee Talk (V)**
31 10:00am - 12:00pm **Open Art Studio (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)** 7:00 - 8:00pm **Yoga + Meditation (V)**				

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September

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:00 - 1:00pm **Chair Yoga (C)** 1:30 - 3:00pm **Knit Wits (V)** 3:45 - 5:00pm **Improv for Life (C)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**2** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 9:30 - 10:30am **Reiki Meditation (C)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:30pm **Caregiver Circle (V)**	**3** 12:00 - 1:00pm **Sound Healing (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**4** 9:00 - 10:00am **Coffee Talk (V)**
7 **Clubhouse Closed Labor Day**	**8** 12:00 - 1:00pm **Chair Yoga (C)** 1:00 - 2:30pm **Knit Wits (C)** 3:45 - 5:00pm **Improv for Life (C)** 5:00 - 6:00pm **Robb Hiller Author Reception (C)** 5:30 - 7:00pm **Supper Club (C)** 6:00 - 7:00pm **Yoga + Meditation (C)** 6:00 - 7:30pm **Creative Journeys (C)** 6:00 - 7:30pm **Young Survival Coalition (C)**	**9** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 10:30 am - 12:00pm **Still Here (C)** 12:30 - 1:45pm **Improv for Life (V)** 3:00 - 4:00pm **New Member Meeting (C)** 4:00 - 5:00pm **Mocktails & Mingle (C)** 6:00 - 7:30pm **Caregiver Circle (V)**	**10** 11:00am - 2:00pm **Tie-Dye Social (C)** 4:00 - 5:00pm **Blood Cancer Support Group (H)** 5:00 - 6:00pm **Gentle Hatha Yoga (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**11** 9:00 - 10:00am **Coffee Talk (V)**
14 10:00 - 11:30am **Euro Café (C)** 10:00am - 12:00pm **Open Art Studio (C)** 1:00 - 2:00pm **Reiki with Nikki (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**15** 10:00 - 11:00am **Dudes & Donuts (C)** 11:00am - 12:00pm **Birds & Brew (C)** 12:00 - 1:00pm **Chair Yoga (C)** 1:30 - 3:00pm **Knit Wits (V)** 3:45 - 5:00pm **Improv for Life (C)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**16** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 9:30 - 10:30am **Gilda's Goes Walking: Lake Harriet (GO)** 9:30 - 10:30am **Colleen's Reiki (C)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:30pm **Caregiver Circle (V)**	**17** 10:00 - 11:30am **Somatic Flow (C)** 12:00 - 1:00pm **Sound Healing (C)** 12:00 - 1:00pm **New Member Meeting (V)** 1:00 - 4:00pm **Card Making (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**18** 9:00 - 10:00am **Coffee Talk (V)**
21 10:00am - 12:00pm **Open Art Studio (C)** 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)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**22** 12:00 - 1:00pm **Chair Yoga (C)** 1:00 - 2:30pm **Knit Wits (C)** 3:45 - 5:00pm **Improv for Life (C)** 4:00 - 6:00pm **Louise Harris Artist Reception (C)** 5:30 - 7:00pm **Supper Club (C)** 6:00 - 7:00pm **Death Cafe (C)** 6:00 - 7:00pm **Yoga + Meditation (C)** 6:00 - 7:30pm **Creative Journeys (C)**	**23** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 10:30 am - 12:00pm **Still Here (C)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:30pm **Caregiver Circle (V)**	**24** 1:00 - 4:00pm **Card Making (C)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)** 6:30 - 7:30pm **Gilda's Goes Walking: Lake of the Isles (GO)**	**25** 9:00 - 10:00am **Coffee Talk (V)**
28 10:00am - 12:00pm **Open Art Studio (C)** 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)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**29** 12:00 - 1:00pm **Chair Yoga (C)** 1:30 - 3:00pm **Knit Wits (V)** 3:45 - 5:00pm **Improv for Life (C)**	**30** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:30pm **Caregiver Circle (V)**	Childhood Cancer Awareness Month Gynecologic Cancer Awareness Month Ovarian Cancer Awareness Month Prostate Cancer Awareness Month	Thyroid Cancer Awareness Month World Leukemia Day Lymphoma Awareness Day

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Healthy Lifestyle July - September 2026

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Candlelight Yoga - Online with DeAnn Hoff
First and third Tuesday of each month from 5:30 - 6:30 pm
No sessions July 7 or August 18
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 the Yoga Center Retreat
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
(July 9 & 16, August 13 & 27, September 17 & 24)
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!

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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, atendees 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, August 11 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!

NEW

Gentle Hatha Yoga - In person with Sandy Stoffel
Second Thursday of each month from 5:00 - 6:00 pm
Unwind and reconnect in this gentle, stress-relieving gentle Hatha yoga class designed to calm the mind and relax the body. Through slow, mindful movement, grounding postures, and breathwork that emphasizes long, soothing exhales, you'll release tension and settle your nervous system. The practice flows at an easy pace with moments of stillness, allowing you to fully arrive in each pose without strain or pressure. We'll close with a deeply restful meditation, leaving you feeling centered, supported, and at ease. This class is suited for all levels, especially anyone seeking relaxation and reset.

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!

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NEW

Pick Yourself Up - In person with Dawn Jenkins

Tuesdays in July from 1:15 - 2:15 pm

Join Dawn in working on strength and strategies to make getting up from and down to the floor better. This will be an active class where attendees will work gently on strength and flexibility. There will be some up and down off the floor.

Qigong - Online with Susan Flannigan

Wednesdays from 9:00 - 9:30 am

No session July 22

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.

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.

NEW

Reiki Meditation - In Person with Colleen Beggan

First Wednesday of the month from 9:30 - 10:30 am

(No session August 5)

In this safe, supportive group attendees will experience a combination of reiki and meditation, relaxing and calming the mind to allow healing to happen.

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Reiki with Nikki - In Person **with Nikki Massa**
Various Mondays from 1:00 - 2:00 pm
(July 13, August 10, September 14)
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.

Somatic Flow - In person **with Steph Strauss**
Various Thursdays from 10:00 -11:30 am
(July 9, August 20, September 17)
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.

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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

(July 9 & 16, August 6 & 20, September 3 & 17)

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.

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NEW

Yoga + Meditation - In person and Online with Honest Yoga

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

Online: Mondays from 7:00 - 8:00 pm

Slow down and settle in! Gentle + Meditation combines easy, intentional movement with guided meditation to help you feel more present and connected. This class supports flexibility, mobility, and relaxation without feeling intimidating or overly complicated. Expect gentle yoga, simple breath awareness, and meditation practices that leave you feeling refreshed and grounded. This class is suited for all levels.

Offered in partnership with Honest Yoga.

NEW

Yoga and Mindfulness - In person with Megan Betterman and Michele Haaland

Third Thursday of each month from 4:00 - 5:00 pm, July - August

This class will combine integrative modalities to help promote balance, harmony, healing, and mental clarity.

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

Social Opportunities July - September 2026

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Birds and Brew - In Person with Lisa Keitel
Various Tuesdays from 11:00 am - 12:00 pm
July 14, August 11, September 15
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 Staff & Volunteers
Every 2nd Monday of the month from 10:00 - 11:30 am
Join us once a month for brunch with a European flair! 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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Dr. Melissa Mork Author Reception - In Person

Monday, July 27 from 5:30 - 7:00 pm

Connect with clinical and forensic psychologist, professor, grief expert, and Certified Humor Professional (and Gilda's Club Minnesota Board Member) Dr. Melissa Mork as she shares excerpts from her book *Laugh? Cry? Yes: A Survival Guide to Grief*.

Robb Hiller Author Reception - In Person

Tuesday, September 8 from 5:00 - 6:00 pm

Connect with author and performance and leadership expert Robb Hiller as he discusses his book *Running with Joy*.

Tie-Dye Social - In Person with Gilda's Club Staff and Volunteers

Thursday, September 10 from 11:00 am - 2:00 pm

Get creative and add some color to your wardrobe at our Tie-Dye Social! Stop by the clubhouse between 11:00 am and 2:00 pm to design your own vibrant creation. Be sure to set aside at least 30 minutes to tie and dye your item.

A limited supply of white Walk for Gilda's shirts will be available (one per member, sizes are limited). You are also encouraged to bring your own white, natural-fiber item (100% cotton, rayon, or silk) to dye, and a plastic a bag to take your creation home in.

Louise Harris Artist Reception - In Person

Tuesday, September 22 from 4:00 - 6:00 pm

Celebrate the work of GCMN featured artist and former GCMN Board Chair Louise Harris.

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GILDA'S CLUB MINNESOTA
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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 sessions July 2 & July 6

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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NEW

Death Café - In person with Michael Sala

Monday, August 17 and Tuesday, September 22 from 6:00 - 7:00 pm

What happens - physically and spiritually - when we die? How can I be more prepared for this natural life event? What practical things do I need to know when my loved one dies? Why is this so scary?

Death Café is an international movement that promotes and provides a comfortable space in which to explore hopes, fears, and questions related to death. Although our culture conditions us to be fearful, end of life can be a time of clarity about what is important and other deeply meaningful personal and spiritual lessons. Contemplating our own impermanence at any stage of life can help us to live more consciously. This discussion group has no agenda, no planned presentation, and no prerequisite other than being a mortal human. Simply come as you are to join a relaxed community conversation about a profound topic that is relevant to all of us.

NEW

Hospice 101 - In person with St. Croix Hospice

Tuesday, August 11 from 6:00 - 7:00 pm

This educational session provides an overview of hospice care, with a focused comparison between palliative care and hospice services. Participants will gain a clearer understanding of key differences, eligibility criteria, and the unique support systems available within each model of care.

The session will also explore specialized services offered through hospice that are not typically included in palliative care. A highlight of the presentation will be an introduction to music therapy as a supportive service in hospice care. A guest music therapist from St. Croix Hospice will join to share insights into their work with patients, demonstrate therapeutic techniques, and provide a live musical experience to illustrate the impact of this modality.

Offered in partnership with St. Croix Hospice.

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NEW

Listening to Cancer - In person with Steve Buechler

Tuesday, August 25 from 6:00 - 7:00 pm

In this talk, author and sociologist Steve Buechler will summarize his successful treatment for acute myeloid leukemia. He will then share the coping strategies that helped him through his experience with acute myeloid leukemia, drawing on sociological concepts of identity and identity change to discuss the myriad ways cancer may change our identity and how to understand and manage these changes.

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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.

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.

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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
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.

NEW

Renewing Life - In person with Liza Allen and Robin Hartwell
Mondays from 5:30 - 7:30 pm, August 17 - October 12
No sessions September 7 & 21
This seven-session program is designed to provide support, techniques, and tools for cancer survivors as they navigate a cancer diagnosis and life afterward.

Course objectives include:

- Becoming an active agent in the healing and restorative process
- Learning communication techniques to enhance relationships
- Utilizing stress recognition and reduction techniques
- Recognizing how the mind, body, and spirit connection affects well-being and healing
- Enhancing individual problem-solving skills and developing a peer support system
- Becoming aware of and seeking out additional support services as needed
- Developing a wellness lifestyle that includes purpose, satisfaction in living, and a sense of joy
- Discovering inner wisdom and self-authenticity

This is a closed course for those in a post-treatment stage. If you would like to attend Renewing Life, please email Program@GildasClubMN.org to request to join. Please only join if you can attend every session.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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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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Children, Teen, & Family Programming
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Gilda's Supper Club - In person with GCMN Volunteers

Various Tuesdays from 5:30 - 7:00 pm
July 28, August 25, September 8 & 22

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 July - September 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!

NEW

Education on the Go: Healthcare Directives from Start to Finish - In person at Rosemount's Steeple Center
Wednesday, August 19 from 1:00 - 4:00 pm
Steeple Center (14375 S. Robert Trail, Rosemount)
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/Free-Healthcare-Directive-Workshop-Rosemount.

Offered in partnership with Cancer Legal Care and Minnesota Hospice.

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Gilda's On the Go July - September 2026

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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
Various Wednesdays from 9:30 - 10:30 am
July 1, July 15, August 19, September 16
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
Various Thursdays from 6:30 - 7:30 pm
July 23, July 30, August 27, September 24
This walking group will meet at the north end of Lake of the Isles, at St. Paul's Episcopal Church (1917 Logan Ave, Minneapolis).

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Gilda's On the Go July - September 2026

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Equine Experience - In-person

Friday, July 10 and Friday, August 21 from 10:00 - 11:00 am
Woodloch Stable (5676 170th St N, Hugo)

Gilda's Club members will have the opportunity to visit Three Little Burdes, a unique equine-assisted experience rooted in connection, presence, and healing. Founded with a mission to bring people and horses together in meaningful ways, Three Little Burdes creates space for individuals to slow down, connect, and experience the quiet, powerful support that animals offer.

During our visit, members will engage with the horses in a gentle, non-riding environment through activities such as observing, grooming, and simply being. Horses are deeply intuitive animals, often reflecting human emotions and offering immediate, nonjudgmental feedback. This creates an opportunity for increased self-awareness, emotional regulation, and a sense of calm. Rather than focusing on traditional therapy, the experience emphasizes connection to self, to others, and to the natural world. Many participants find that time spent with horses fosters feelings of grounding, peace, and renewed perspective.

This visit is part of Gilda's Club's ongoing commitment to offering integrative, experiential pathways to healing - meeting individuals where they are and honoring the many ways healing can unfold.

Offered in partnership with Three Little Burdes Pony Company.

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New Member Meetings July - September 2026

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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
****July's session will take place on Thursday, July 16***
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.

Young Survival Coalition - In person with Dr. Tasha Carlson
Second Tuesday of each month 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 emailing YoungSurvivalCoalitionMN@gmail.com.

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All classes and programs are offered FREE of charge.