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)** 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 7:00 - 8:00pm **Yoga + Meditation (V)**	**7** 1:30 - 3:00pm **Knit Wits (V)**	**8** 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)**	**9** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**10** 9:00 - 10:00am **Coffee Talk (V)**
13 7:00 - 8:00pm **Yoga + Meditation (V)**	**14**	**15** 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)**	**16** 12:00 - 1:00pm **New Member Meeting (V)** 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 7:00 - 8:00pm **Yoga + Meditation (V)**	**21** 1:30 - 3:00pm **Knit Wits (V)** 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)**	**24** 9:00 - 10:00am **Coffee Talk (V)**
27 6:30 - 8:00pm **Living with Chronic Cancer (V)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**28**	**29** 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)**	**30** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**31** 9:00 - 10:00am **Coffee Talk (V)**

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

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

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

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

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

August

Monday	Tuesday	Wednesday	Thursday	Friday
3 7:00 - 8:00pm **Yoga + Meditation (V)**	**4** 1:30 - 3:00pm **Knit Wits (V)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**5** 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)**	**6** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**7** 9:00 - 10:00am **Coffee Talk (V)**
10 7:00 - 8:00pm **Yoga + Meditation (V)**	**11**	**12** 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)**	**13** 4:00 - 5:00pm **Blood Cancer Support Group (H)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**14** 9:00 - 10:00am **Coffee Talk (V)**
17 7:00 - 8:00pm **Yoga + Meditation (V)**	**18** 1:30 - 3:00pm **Knit Wits (V)**	**19** 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)**	**20** 12:00 - 1:00pm **New Member Meeting (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**21** 9:00 - 10:00am **Coffee Talk (V)**
24 6:30 - 8:00 pm **Living with Chronic Cancer (V)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**25**	**26** 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)**	**27** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**28** 9:00 - 10:00am **Coffee Talk (V)**
31 7:00 - 8:00pm **Yoga + Meditation (V)**				

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

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

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

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

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

September

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1:30 - 3:00pm **Knit Wits (V)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**2** 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)**	**3** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**4** 9:00 - 10:00am **Coffee Talk (V)**
7 **Clubhouse Closed Labor Day**	**8**	**9** 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)**	**10** 4:00 - 5:00pm **Blood Cancer Support Group (H)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**11** 9:00 - 10:00am **Coffee Talk (V)**
14 7:00 - 8:00pm **Yoga + Meditation (V)**	**15** 1:30 - 3:00pm **Knit Wits (V)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**16** 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)**	**17** 12:00 - 1:00pm **New Member Meeting (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**18** 9:00 - 10:00am **Coffee Talk (V)**
21 7:00 - 8:00pm **Yoga + Meditation (V)**	**22**	**23** 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)**	**24** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**25** 9:00 - 10:00am **Coffee Talk (V)**
28 6:30 - 8:00 pm **Living with Chronic Cancer (V)** 7:00 - 8:00pm **Yoga + Meditation (V)**	**29** 1:30 - 3:00pm **Knit Wits (V)**	**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

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

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

Healthy Lifestyle July - September 2026

Go back to:
July
August
September

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.

Improv for Life™ - Online with Jenni Lilledahl
Wednesdays from 12:30 - 1:45 pm
Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness, and, of course, some laughter. No experience is necessary and all are welcome!

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.

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

Healthy Lifestyle July - September 2026

Go back to:
July
August
September

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

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.

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 July - September 2026

Go back to:
July
August
September

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!

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

Education Sessions July - September 2026

Go back to:
July
August
September

Integrative Pathways to Healing - Online with Katherine Todd, DNP, RN, MBA
Thursdays from 6:00 - 7:15 pm
No session July 2

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.

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.

Support July - September 2026

Go back to:
July
August
September

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.

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.

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.

Weekly Support Groups

Our weekly support groups provide a consistent and supportive space for members to connect with others who understand their journey. These small, ongoing groups focus on circumstances rather than diagnoses and require a commitment to regular attendance. To join, members must first attend a New Member Meeting to learn about Gilda's Club programs and then schedule a one-on-one Customized Membership Plan (CMP) session with a licensed mental health professional. Lasting up to an hour, the CMP session allows members to share their experiences, determine the best group fit, explore additional programs, and identify helpful external resources. For more information, visit GildasClubMN.org/Find-Support/Getting-Started or call 612-227-2147.

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

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

New Member Meetings July - September 2026

Go back to:
July
August
September

New Member Meeting





Behind the red doors of Gilda's Club is a welcoming community, a place of support for anyone dealing with cancer and its effects. Whether you are living with cancer, moving into post-treatment, a caregiver, or have lost someone to cancer, our program has something for you.

During a New Member Meeting, you will get the opportunity to connect with other new members while learning about the history of Gilda's Club Minnesota, our organization's mission, tips for getting started, and our five-part supportive programming:

1. Support
2. Healthy Lifestyles
3. Education
4. Social Opportunities
5. Information & Referral

And...Children, Teen & Family offerings

New Member Meetings occur both in-person and online via Zoom. Visit GildasClubMN.org/New-Member-Meeting-Sign-Up to get started!

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

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

Community Partners

Go back to:
July
August
September

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.

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.