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

October

Monday	Tuesday	Wednesday	Thursday	Friday
Breast Cancer Awareness Month Liver Cancer Awareness Month			**1** 10:00 - 11:00am **Creative Journeys: Art Therapy (C)** 12:00 - 1:00pm **Sound Healing (C)** 5:00 - 7:00pm **Evening of Remembrance (C)**	**2** 9:00 - 10:00am **Coffee Talk (V)**
5 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** 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)** 6:00 - 7:30pm **Calming the Anxious Mind with Mindfulness (C)**	**7** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 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 - 7:15pm **Integrative Pathways to Healing (V)**	**8** 1:00 - 4:00pm **Card Making (C)** 4:00 - 5:00pm **Blood Cancer Support Group (H)** 4:00 - 5:00pm **Yoga and Mindfulness (C)** 5:00 - 6:00pm **Gentle Hatha Yoga (C)**	**9** 9:00 - 10:00am **Coffee Talk (V)**
12 10:00am - 12:00pm **Open Art Studio (C)** 10:00 - 11:30am **Euro Café (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)**	**13** 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 **Yoga + Meditation (C)** 6:00 - 7:30pm **The Labyrinth as a Vessel for Healing, Hope, and Reflection (C)** 6:00 - 7:30pm **Young Survival Coalition (C)**	**14** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 10:30am - 1:30pm **Healthcare Directives: From Start to Finish (GO)** 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 - 7:15pm **Integrative Pathways to Healing (V)**	**15** 10:00 - 11:00am **Creative Journeys: Art Therapy (C)** 10:00 - 11:30am **Somatic Flow (C)** 12:00 - 1:00pm **New Member Meeting (V)**	**16** 9:00 - 10:00am **Coffee Talk (V)**
19 10:00am - 12:00pm **Open Art Studio (C)** 2:00 - 3:00pm **Sound Healing with Reiki (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)**	**20** 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)** 6:00 - 7:30pm **Navigating Life Post Treatment with Art Therapy (C)**	**21** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** ~~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 - 7:15pm **Integrative Pathways to Healing (V)**	**22** 1:00 - 4:00pm **Card Making (C)**	**23** 9:00 - 10:00am **Coffee Talk (V)**
26 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 - 8:00pm **Living with Chronic Cancer (V)**	**27** 12:00 - 1:00pm **Chair Yoga (C)** 1:00 - 2:30pm **Knit Wits (C)** 3:45 - 5:00pm **Improv for Life (C)** 6:00 - 7:00pm **Yoga + Meditation (C)** 5:30 - 7:00pm **What I Wish I Had Known (C)** 6:00 - 7:30pm **Nurturing Relationships through Cancer (C)**	**28** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 11:00am - 12:00pm **Reiki with Nikki (C)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**29** 12:00 - 1:00pm **Sound Healing (C)** 5:00 - 7:00pm **Trick or Treat! (C)**	**30** 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.

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November

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00am - 12:00pm **Open Art Studio (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)**	**3** 12:00 - 1:00pm **Chair Yoga (C)** 1:30 - 2:30pm **Foods to Be Thankful For (C)** 1:30 - 3:00pm **Knit Wits (V)** 2:30 - 3:30pm **Minnesota Paid Leave (V)** 3:45 - 5:00pm **Improv for Life (C)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**4** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 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 - 7:15pm **Integrative Pathways to Healing (V)**	**5** 10:00 - 11:00am **Creative Journeys: Art Therapy (C)** 12:00 - 1:00pm **Sound Healing (C)** 1:00 - 4:00pm **Card Making (C)**	**6** 9:00 - 10:00am **Coffee Talk (V)**
9 10:00am - 12:00pm **Open Art Studio (C)** 10:00 - 11:30am **Euro Café (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)**	**10** ~~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 **James Allen Artist Reception (C)** 5:30 - 7:00pm **Death Café (C)** 5:30 - 7:00pm **Supper Club (C)** 6:00 - 7:00pm **Yoga + Meditation (C)** 6:00 - 7:30pm **Young Survival Coalition (C)**	**11** 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 - 7:15pm **Integrative Pathways to Healing (V)**	**12** 4:00 - 5:00pm **Blood Cancer Support Group (H)** 5:00 - 6:00pm **Gentle Hatha Yoga (C)**	**13** 9:00 - 10:00am **Coffee Talk (V)**
16 10:00am - 12:00pm **Open Art Studio (C)** 2:00 - 3:00pm **Sound Healing with Reiki (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)**	**17** 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)**	**18** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 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 - 7:15pm **Integrative Pathways to Healing (V)**	**19** 10:00 - 11:00am **Creative Journeys: Art Therapy (C)** 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)** 4:00 - 5:00pm **Yoga and Mindfulness (C)**	**20** 9:00 - 10:00am **Coffee Talk (V)**
23 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)**	**24** ~~12:00 - 1:00pm **Chair Yoga (C)**~~ 1:00 - 2:30pm **Knit Wits (C)** 3:45 - 5:00pm **Improv for Life (C)** ~~6:00 - 7:00pm **Yoga + Meditation (C)**~~	**25** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 11:00am - 12:00pm **Reiki with Nikki (C)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**26** **Clubhouse Closed Thanksgiving**	**27** 9:00 - 10:00am **Coffee Talk (V)**
30 10:00am - 12:00pm **Open Art Studio (C)** 4:00 - 5:15pm **Integrative Pathways to Healing (C)** 5:30 - 6:30pm **Gentle Yoga (C)**	Gastric Cancer Awareness Month Lung Cancer Awareness Month Neuroendocrine Tumors Awareness Month		Pancreatic Cancer Awareness Month Children's Grief Awareness Day	

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December

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:00 - 1:00pm Chair Yoga (C) 1:15 - 2:15pm Yoga Nidra (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) 10:30 am - 12:00pm Still Here (C) 12:30 - 1:45pm Improv for Life (V) 6:00 - 7:15pm Integrative Pathways to Healing (V)	**3** 10:00 - 11:00am Creative Journeys: Art Therapy (C) 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C)	**4** 9:00 - 10:00am Coffee Talk (V)
7 10:00am - 12:00pm Open Art Studio (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C)	**8** 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:15 - 2:15pm Yoga Nidra (C) 2:30 - 3:30pm Medicaid Insurance Changes (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 7:00pm Death Café (C) 5:30 - 7:00pm Cookies & Community (C) 6:00 - 7:00pm Yoga + Meditation (C) 6:00 - 7:30pm Young Survival Coalition (C)	**9** 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 - 7:15pm Integrative Pathways to Healing (V)	**10** 12:00 - 2:00pm Vision Boards (C) 4:00 - 5:00pm Blood Cancer Support Group (H) 5:00 - 6:00pm Gentle Hatha Yoga (C)	**11** 9:00 - 10:00am Coffee Talk (V)
14 10:00am - 12:00pm Open Art Studio (C) 10:00 - 11:30am Euro Café (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C)	**15** 10:00 - 11:00am Dudes & Donuts (C) 12:00 - 1:00pm Chair Yoga (C) 1:15 - 2:15pm Yoga Nidra (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 Colleen's Reiki (C) 10:30 am - 12:00pm Still Here (C) 12:30 - 1:45pm Improv for Life (V) 6:00 - 7:15pm Integrative Pathways to Healing (V)	**17** 10:00 - 11:00am Creative Journeys: Art Therapy (C) 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) 4:00 - 5:00pm Yoga and Mindfulness (C)	**18** 9:00 - 10:00am Coffee Talk (V)
21 10:00am - 12:00pm Open Art Studio (C) 2:00 - 3:00pm Sound Healing with Reiki (C) 4:00 - 5:15pm Integrative Pathways to Healing (C) 5:30 - 6:30pm Gentle Yoga (C)	**22** 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 6:00 - 7:00pm Yoga + Meditation (C)	**23** 9:00 - 9:30am Qigong (V) 9:00 - 10:00am Reclaiming Strength (V) 11:00am - 12:00pm Reiki with Nikki (C) 12:30 - 1:45pm Improv for Life (V) 6:00 - 7:15pm Integrative Pathways to Healing (V)	**24** **Clubhouse Closed Admin Week**	**25** **Clubhouse Closed Christmas**
28 **Clubhouse Closed Admin Week**	**29** **Clubhouse Closed Admin Week**	**30** **Clubhouse Closed Admin Week**	**31** **Clubhouse Closed Admin Week**	

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Healthy Lifestyle October - December 2026

Go back to:
October
November
December

Candlelight Yoga - Online with DeAnn Hoff
First and third Tuesday of each month from 5:30 - 6:30 pm
No session October 20
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.

Card Making - In Person with Wendy Peterson
Various Thursdays from 1:00 - 4:00 pm
(October 8 & 22, November 5 & 19, December 3 & 17)
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!

Chair Yoga - In Person with Dawn Jenkins
Tuesdays from 12:00 - 1:00 pm
No sessions November 10, 17, and 24
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.

Colleen's Reiki - In Person with Colleen Beggan
Third Wednesday of each month from 9:30 - 10:30 am
No session October 21
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.

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October
November
December

Foods to Be Thankful For - In person with Dawn Jenkins
Tuesday, Novmber 3 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!

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.

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.

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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October
November
December

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.

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 Meditation - In Person with Colleen Beggan
First Wednesday of the month from 9:30 - 10:30 am
In this safe, supportive group attendees will experience a combination of reiki and meditation, relaxing and calming the mind to allow healing to happen.

Reiki with Nikki - In Person with Nikki Massa
Fourth Wednesday of each month from 11:00 am - 12:00 pm
This small group session offers a calm space to rest and recharge. Through guided meditation and gentle Reiki energy work, the nervous system is invited into a state of deep relaxation, supporting the body's natural ability to balance and heal itself. Participants are encouraged to simply relax and receive in a safe, supportive environment.

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October
November
December

Somatic Flow - In person with Steph Strauss

Third Thursday of each month from 10:00 -11:30 am

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.

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.

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Go back to:
October
November
December

Transformational Sound Healing - In person with Kate Jackson

Various Thursdays from 12:00 - 1:00 pm

(October 1 & 29, November 5 & 19, December 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.

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

Vision Boards - In person with GCMN Volunteers

Thursday, December 10 from 12:00 - 2:00 pm

Join us for a creative and inspiring workshop where you'll design your own vision board - a visual representation of your hopes, dreams, and goals. Using magazines, pictures, and words, you'll craft a personalized collage that reflects what you want to focus on in the months ahead. This class is all about creativity, self-expression, and discovering what matters most to you. Whether you come with clear intentions or simply a desire to explore, you'll leave with a board that can serve as a daily reminder of your strengths, aspirations, and the life you're working toward.

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November
December

Yoga + Meditation - In person with Honest Yoga
In Person: Second and fourth Tuesday of each month from 6:00 - 7:00 pm
No session November 24
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.

Yoga and Mindfulness - In person with Megan Betterman and Michele Haaland
Third Thursday of each month from 4:00 - 5:00 pm
This class will combine integrative modalities to help promote balance, harmony, healing, and mental clarity.

Yoga Nidra: The Gift of Rest - In person with Dawn Jenkins
Tuesdays from 1:15 - 2:15 pm
December 1 - 15
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.

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Social Opportunities October - December 2026

Go back to:
October
November
December

Birds and Brew - In Person with Lisa Keitel
Third Tuesday of each month from 11:00 am - 12:00 pm
No sessions in Decemberxx
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.

Cookies and Community - In Person with GCMN Volunteers
Tuesday, December 8 from 5:30 - 7:00 pm
Gather with friends, family, and fellow members for a sweet and creative evening of cookie decorating! We'll provide delicious sugar cookies along with vanilla frosting, food coloring, sprinkles, and plenty of toppings so you can design your cookies any way you'd like.

Once your masterpieces are complete, sit back, relax, and enjoy your decorated treats with a refreshing glass of milk. This is a fun, casual opportunity to connect with others, get creative, and share some laughter (and cookies!) together.

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.

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

Social Opportunities October - December 2026

Go back to:
October
November
December

Death Café - In person with Michael Sala
Tuesday, November 10 and Tuesday, December 8 from 5:30 - 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.

Evening of Remembrance - In Person with GCMN Staff
Thursday, October 1 from 5:00 - 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 the 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.

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.

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Social Opportunities October - December 2026

Go back to:
October
November
December

James Allen Artist Reception - In Person

Tuesday, November 10 from 4:00 - 6:00 pm

Celebrate the art and creativity of GCMN featured artist James Allen. Attendees will enjoy mingling and refreshments while connecting over the power of art!

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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GILDA'S CLUB MINNESOTA
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Education Sessions October - December 2026

Go back to:
October
November
December

Integrative Pathways to Healing - In person and Online with Katherine Todd, DNP, RN, MBA
In person: Mondays from 4:00 - 5:15 pm
Online: Wednesdays from 6:00 - 7:15 pm - New Time
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 October - December 2026

Go back to:
October
November
December

Mental Health & Cancer Series Presented by InMind Health

NEW

Calming the Anxious Mind with Mindfulness - In person with Allison Midwinter, LPCC and Michael Sala, LICSW

Tuesday, October 6 from 6:00 - 7:30 pm

Even the thought of cancer can bring feelings of anxiety for everyone. Dealing with cancer for ourselves or loved ones can bring uncertainty, overwhelm, and a lot of questions that start with, "what if...?" Mindfulness can be one of the most effective strategies for calming overwhelm.

Join us as we provide education on what mindfulness is (we promise this will not be an hour long-meditation, more like 5 minutes of meditation), discuss unhelpful thinking patterns that are barriers to mindfulness, and provide practical tools that can be used in everyday life to decrease feelings of overwhelm and increase your ability to stay in the present.

NEW

Step Onto the Path: The Labyrinth as a Vessel for Healing, Hope, and Reflection - In person with Heather Boeser, LICSW and Michael Sala, LICSW

Tuesday, October 13 from 6:00 - 7:30 pm

This workshop offers a gentle introduction to the labyrinth as a reflective walking practice for self-regulation, mindfulness practice, and emotional grounding. We will briefly explore its history and contemporary therapeutic benefits, followed by an opportunity to walk the labyrinth with simple guidance and time for quiet reflection. Whether you are living with cancer yourself, supporting someone you love, adjusting to life as a survivor, or grieving the loss of a beloved, labyrinth walking offers a gentle, holistic, and accessible practice linking mindful movement with opportunities for insight and spiritual growth.

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Education Sessions October - December 2026

Go back to:
October
November
December

Mental Health & Cancer Series Presented by InMind Health

NEW

Putting the Pieces Back Together: Navigating Life Post Treatment with Art Therapy - In person with Amy Kalbrener, LPCC, ATR and Jenni Greseth, LMFT

Tuesday, October 20 from 6:00 - 7:30 pm

This workshop focuses on life after treatment utilizing the principles of the Japanese Kintsugi (repairing broken bowls), Art Therapy, and writings by Toni Bernhard's "How to be sick" & "How to be well". Through these teachings, InMind Health therapists Amy and Jenni will provide opportunities to process and explore the experience of post cancer life when everything is "supposed to be normal" again.

NEW

Healing Together: Nurturing Relationships Through Cancer - In person with Stacey Allen, LMFT

Tuesday, October 27 from 6:00 - 7:30 pm

Relationships can become complicated when living with cancer. In working closely with oncology patients and their families for over 15 years, Stacey will explore pitfalls in close relationships when cancer enters the story and identifying strategies for quality connections to increase fulfillment and purpose. Learn about managing expectations, measuring successes, and how to protect your energy.

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Education Sessions October - December 2026

Go back to:
October
November
December

NEW

What I Wish I Had Known: Life Lessons Learned from Cancer Survivorship - In person with Tasha Carlson

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

In this presentation, Dr. Tasha Carlson shares insights drawn from both her personal experience and her work supporting individuals affected by cancer through the Minnesota Young Survival Coalition. While every cancer experience is unique, there are common themes and challenges that many survivors encounter throughout treatment and into survivorship. This session explores those shared experiences and the lessons they can offer.

NEW

Minnesota Paid Leave: Navigating the Process and Avoiding Common Pitfalls - Online with Cancer Legal Care

Tuesday, November 3 from 2:30 - 3:30 pm

Cancer Legal Care has helped their clients with Minnesota Paid Leave questions and challenges since January and has learned a lot along the way. During this webinar, they will share information about Minnesota Paid Leave, including tips to help navigate the application process and avoid pitfalls. Bring questions you have about Paid Leave- they can answer those, too!

NEW

Minnesota Medical Assistance (MA): What's Changing and What You Need to Know - Online with Cancer Legal Care

Tuesday, December 8 from 2:30 - 3:30 pm

Lots of changes are coming for Minnesota's Medicaid program, Medical Assistance (MA). During this webinar, Cancer Legal Care will explain what the changes are, how they impact Minnesotans enrolled in MA, and how to navigate the new changes.

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Support October - December 2026

Go back to:
October
November
December

Creative Journeys: Art Therapy - In Person **with Tiny Proctor** ***- New Time***
First and third Thursday of each month from 10:00 - 11:00 am
This class offers non-verbal, art-based activities to support healing for individuals 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.

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.

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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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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GILDA'S CLUB MINNESOTA
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Children, Teen, & Family Programming
October - December 2026

Go back to:
October
November
December

Gilda's Supper Club - In person with GCMN Volunteers
Second Tuesday of the month from 5:30 - 7:00 pm
No sessions in December
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.

Trick or Treat - In person with GCMN Volunteers
Thursday, October 29 from 5:00 - 7:00 pm
Join us for a festive evening of fall fun at our Trick or Treat event! This is a wonderful opportunity for families, friends, and children to come together, celebrate the season, and enjoy time in community. Bring your little ghosts, superheroes, and pumpkins (costumes encouraged, but not required!) and explore the rooms in our clubhouse decorated with creative, fun, and spooky themes. Along the way, enjoy hot cider, caramel apples, candy, and autumn-inspired fun for all ages.

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 October - December 2026

Go back to:
October
November
December

"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 Southdale YMCA
Wednesday, October 14 from 10:30 am - 1:30 pm
Southdale YMCA (7355 York Ave S, Edina)
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-In-Edina.

Offered in partnership with Cancer Legal Care and Minnesota Hospice.

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Gilda's On the Go October - December 2026

Go back to:
October
November
December

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Equine Experience - In-person

Sunday, December 20 from 3:00 - 4:00 pm
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 October - December 2026

Go back to:
October
November
December

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

Go back to:
October
November
December

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.

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.