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	2 9:00 - 10:00am **Coffee Talk (V)**
5	6 1:30 - 3:00pm **Knit Wits (V)** 5:30 - 6:30pm **Candlelight Yoga (V)**	7 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	8 4:00 - 5:00pm **Blood Cancer Support Group (H)**	9 9:00 - 10:00am **Coffee Talk (V)**
12	13	14 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	15 12:00 - 1:00pm **New Member Meeting (V)**	16 9:00 - 10:00am **Coffee Talk (V)**
19	20 1:30 - 3:00pm **Knit Wits (V)**	21 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	22	23 9:00 - 10:00am **Coffee Talk (V)**
26 6:30 - 8:00pm **Living with Chronic Cancer (V)**	27	28 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	29	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.

10560 Wayzata Blvd, Minneapolis, MN 55305 | info@GildasClubMN.org | www.GildasClubMN.org to learn more

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November

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3** 1:30 - 3:00pm **Knit Wits (V)** 2:30 - 3:30pm **Minnesota Paid Leave (V)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**4** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**5**	**6** 9:00 - 10:00am **Coffee Talk (V)**
9	**10**	**11** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**12** 4:00 - 5:00pm **Blood Cancer Support Group (H)**	**13** 9:00 - 10:00am **Coffee Talk (V)**
16	**17** 1:30 - 3:00pm **Knit Wits (V)** 5:30 - 6:30pm **Candlelight Yoga (V)**	**18** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**19** 12:00 - 1:00pm **New Member Meeting (V)**	**20** 9:00 - 10:00am **Coffee Talk (V)**
23 6:30 - 8:00 pm **Living with Chronic Cancer (V)**	**24**	**25** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 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	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 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 - 7:15pm **Integrative Pathways to Healing (V)**	**3**	**4** 9:00 - 10:00am **Coffee Talk (V)**
7	**8** 2:30 - 3:30pm **Medicaid Insurance Changes (V)**	**9** 9:00 - 9:30am **Qigong (V)** 9:00 - 10:00am **Reclaiming Strength (V)** 12:30 - 1:45pm **Improv for Life (V)** 6:00 - 7:15pm **Integrative Pathways to Healing (V)**	**10** 4:00 - 5:00pm **Blood Cancer Support Group (H)**	**11** 9:00 - 10:00am **Coffee Talk (V)**
14	**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 - 7:15pm **Integrative Pathways to Healing (V)**	**17** 12:00 - 1:00pm **New Member Meeting (V)**	**18** 9:00 - 10:00am **Coffee Talk (V)**
21	**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 - 7:15pm **Integrative Pathways to Healing (V)**	**24**	**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:
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Candlelight Yoga - Online with DeAnn Hoff

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

No session 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.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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Healthy Lifestyle October - December 2026

Go back to:
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Improv for Life™ - Online with Jenni Lilledahl

Online: Wednesdays from 12:30 - 1:45 pm

Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness, and, of course, some laughter. No experience is necessary and all are welcome!

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Healthy Lifestyle October - December 2026

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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.

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Social Opportunities October - December 2026

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Coffee Talk - Online with GCMN Volunteers

Fridays from 9:00 - 10:00 am

Looking for a chance to informally connect with other members? Join in online Coffee Talk! If inspired, you are welcome to share a poem, a quote, a joke, or anything else that inspires you with the group. All are welcome! So grab a cup o' joe (or tea and a tasty treat) and connect!

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Education Sessions October - December 2026

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Integrative Pathways to Healing - Online with Katherine Todd, DNP, RN, MBA

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

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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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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.

Weekly Support Groups

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

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New Member Meetings October - December 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
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.