

July 2020

Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Fri
<p>29</p> <p>15+ Weekly Support Groups Every Week! See staff for these closed groups</p>	<p>30</p> 	<p>1</p> <p>10:30am-12:00pm Moms of Children Living with Cancer Support</p> <p>10:30am-12:00pm Therapeutic Art Making</p> <p>12:30pm-1:30pm Improv for Life!</p>	<p>2</p> <p>9:30am-10:15am Meditative Movements</p>	<p>3</p> <p>No Classes – Closed for 4th of July</p>
<p>6</p> <p>9:30am-10:30am Gentle Yoga</p> <p>1:00pm-2:30pm Art Therapy</p> <p>5:30pm-6:30pm Medical Qigong</p>	<p>7</p> <p>12:00pm-1:00pm Singing Bowl Meditation</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>3:00pm-4:30pm Rare Cancer Support</p> <p>5:30pm-6:30pm Evening Gentle Yoga</p>	<p>8</p> <p>10:30am-12:00pm Chronic Cancer Support</p> <p>10:30am-12:00pm Therapeutic Art Making</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>3:00pm-4:00pm New Member Meeting</p>	<p>9</p> <p>9:30am-10:15am Meditative Movements</p> <p>5:00pm-6:00pm Mindfulness & Healing</p> <p>6:30pm-8:00pm AT: Foundations, Boundaries & Containers</p>	<p>10</p> <p>9:00am-10:00am Coffee Talk</p>
<p>13</p> <p>9:30am-10:30am Gentle Yoga</p> <p>1:00pm-2:30pm Art Therapy</p> <p>5:30pm-6:30pm Medical Qigong</p> <p>5:00pm-6:00pm Teen Chat Group</p> <p>5:00pm-6:00pm Parents of Children Living w/Cancer Support</p> <p>6:00pm-8:00pm Family Cooking Night</p>	<p>14</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support</p> <p>12:00pm-1:00pm Singing Bowl Meditation</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>5:30pm-6:30pm Mindful Dance, Stretch & Be</p> <p>5:00pm-6:00pm The Power of Emotional Grit</p>	<p>15</p> <p>10:30am-12:00pm Therapeutic Art Making</p> <p>12:30pm-1:30pm Improv for Life!</p>	<p>16</p> <p>9:30am-10:15am Meditative Movements</p> <p>5:00pm-6:00pm Mindfulness & Healing</p> <p>6:30pm-8:00pm AT: Foundations, Boundaries & Containers</p>	<p>17</p> <p>9:00am-10:00am Coffee Talk</p>
<p>20</p> <p>9:30am-10:30am Gentle Yoga</p> <p>1:00pm-2:30pm Art Therapy</p> <p>5:30pm-6:30pm Medical Qigong</p> <p>6:30pm-8:00pm Community Conversations: Navigating Cancer While Black</p>	<p>21</p> <p>12:00pm-1:00pm Singing Bowl Meditation</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>5:30pm-6:30pm Evening Gentle Yoga</p>	<p>22</p> <p>10:30am-12:00pm Therapeutic Art Making</p> <p>12:00pm-1:00pm Immune-Building Foods and Nutrients</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>3:00pm-4:00pm New Member Meeting</p> <p>6:30pm-8:00pm Young Adult Caregiver Support</p> <p>6:30pm-8:00pm Brain Tumor Support</p>	<p>23</p> <p>9:30am-10:15am Meditative Movements</p> <p>10:00am-12:00pm Food for Life (1 of 4)</p> <p>5:00pm-6:00pm Mindfulness & Healing</p> <p>6:30pm-8:00pm AT: Foundations, Boundaries & Containers</p>	<p>24</p> <p>9:00am-10:00am Coffee Talk</p>
<p>27</p> <p>9:30am-10:30am Gentle Yoga</p> <p>1:00pm-2:30pm Art Therapy</p> <p>5:30pm-6:30pm Advanced Medical Qigong</p>	<p>28</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support</p> <p>12:00pm-1:00pm Singing Bowl Meditation</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>5:30pm-6:30pm Mindful Dance, Stretch & Be</p>	<p>29</p> <p>10:30am-12:00pm Therapeutic Art Making</p> <p>12:30pm-1:30pm Improv for Life!</p>	<p>30</p> <p>9:30am-10:15am Meditative Movements</p> <p>10:00am-12:00pm Food for Life (2 of 4)</p> <p>5:00pm-6:00pm Mindfulness & Healing</p>	<p>31</p> <p>9:00am-10:00am Coffee Talk</p>

Support Education Social Opportunities Healthy Lifestyle Children, Teen and Family Outside Groups at Gilda's Club

Sign up at GildasClubTwinCities.org, using the MY GCTC app

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Rev. 6/17/2020

August 2020

Gilda's Club Twin Cities

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Monday	Tuesday	Wednesday	Thursday	Fri
3 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:30pm-6:30pm Medical Qigong	4 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 3:00pm-4:30pm Rare Cancer Support	5 10:30am-12:00pm Moms of Children Living with Cancer Support 10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life!	6 9:30am-10:15am Meditative Movements 10:00am-12:00pm Food for Life (3 of 4) 5:00pm-6:00pm Mindfulness & Healing 6:30pm-8:00pm Art Therapy: Tessellations	7 9:00am-10:00am Coffee Talk
10 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:30pm-6:30pm Medical Qigong 5:00pm-6:00pm Teen Chat Group 5:00pm-6:00pm Parents of Children Living w/Cancer Support 6:00pm-8:00pm Family Cooking Night	11 10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Mindful Dance, Stretch & Be	12 10:30am-12:00pm Chronic Cancer Support 10:30am-12:00pm Therapeutic Art Making 12:00pm-1:00pm Stress, Food and You 12:30pm-1:30pm Improv for Life! 3:00pm-4:00pm New Member Meeting	13 9:30am-10:15am Meditative Movements 10:00am-12:00pm Food for Life (4 of 4) 5:00pm-6:00pm Mindfulness & Healing 6:30pm-8:00pm Art Therapy: Tessellations	14 9:00am-10:00am Coffee Talk
17 No Classes – Support Groups Only 1:00pm-2:30pm Art Therapy	18 No Classes – Support Groups Only 1:00pm-3:00pm Open Art Studio	19 No Classes – Support Groups Only 10:30am-12:00pm Therapeutic Art Making	20 No Classes – Support Groups Only 6:30pm-8:00pm Art Therapy: Tessellations	21 No Classes – Support Groups Only
24 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-6:30pm Job Search While Living with a Chronic Illness 5:30pm-6:30pm Medical Qigong	25 10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Mindful Dance, Stretch & Be	26 10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life! 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Young Adult Caregiver Support 6:30pm-8:00pm Brain Tumor Support	27 9:30am-10:15am Meditative Movements 5:00pm-6:00pm Mindfulness & Healing	28 9:00am-10:00am Coffee Talk
31 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:30pm-6:30pm Advanced Medical Qigong	1	2	3 15+ Weekly Support Groups Every Week! See staff for these closed groups	4 

Support

Education

Social Opportunities

Healthy Lifestyle

Children, Teen and Family

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Rev. 6/17/2020

September 2020

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<p>7</p> <p>No Classes – Labor Day</p>	<p>8</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Mindful Dance, Stretch & Be</p>	<p>9</p> <p>10:30am-12:00pm Chronic Cancer Support 10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life! 3:00pm-4:00pm New Member Meeting</p>	<p>10</p> <p>5:00pm-6:00pm Mindfulness & Healing 6:30pm-8:00pm Art Therapy: Scissor Skills & Cut Paper</p>	<p>11</p> <p>9:00am-10:00am Coffee Talk</p>
<p>14</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:30pm-6:30pm Medical Qigong 5:00pm-6:00pm Teen Chat Group 5:00pm-6:00pm Parents of Children Living w/Cancer Support 6:00pm-8:00pm AYA Cooking Night</p>	<p>15</p> <p>12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Evening Gentle Yoga</p>	<p>16</p> <p>10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life!</p>	<p>17</p> <p>5:00pm-6:00pm Coping with Cancer as a Physician 5:00pm-6:00pm Mindfulness & Healing 6:30pm-8:00pm Art Therapy: Scissor Skills & Cut Paper</p>	<p>18</p> <p>9:00am-10:00am Coffee Talk</p>
<p>21</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:30pm-6:30pm Medical Qigong 6:00pm-7:00pm Do One Thing Differently</p>	<p>22</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Mindful Dance, Stretch & Be</p>	<p>23</p> <p>10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life! 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Young Adult Caregiver Support 6:30pm-8:00pm Brain Tumor Support</p>	<p>24</p> <p>5:00pm-6:00pm Mindfulness & Healing 6:30pm-8:00pm Art Therapy: Scissor Skills & Cut Paper</p>	<p>25</p> <p>9:00am-10:00am Coffee Talk</p>
<p>28</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:30pm-6:30pm Advanced Medical Qigong</p>	<p>29</p> <p>12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Candlelight Yoga</p>	<p>30</p> <p>10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life!</p>	<p>1</p>	<p>2</p>  <p><small>An Affiliate of the CANCER SUPPORT COMMUNITY A Global Network of Education and Hope</small></p>

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