...free cancer support for everyone

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

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

Weekly Support Groups registration is assigned by staff and can be found in MindBody Online, and will no longer appear on this calendar.

August 2020

...free cancer support for everyone

Monday		Tuesday		Wednesday		Thursday		Fri
3		4		5		6		7
9:30am-10:30am	Gentle Yoga	12:00pm-1:00pm	Singing Bowl	10:30am-12:00pm	Moms of Children	9:30am-10:15am	Meditative	9:00am-10:00am Coffee Talk
1:00pm-2:30pm	Art Therapy		Meditation		Living with Cancer		Movements	
5:30pm-6:30pm	Medical Qigong	1:00pm-3:00pm	Open Art Studio		Support	10:00am-12:00pm	Food for Life	
		3:00pm-4:30pm	Rare Cancer Support	10:30am-12:00pm	Therapeutic Art Making		(3 of 4)	
				12:30pm-1:30pm	Improv for Life!	5:00pm-6:00pm	Mindfulness &	
							Healing	
						6:30pm-8:00pm	Art Therapy:	
							Tessellations	
10		11		12		13		14
9:30am-10:30am	Gentle Yoga	10:30am-12:00pm	Moms with Metastatic		Chronic Cancer Support	9:30am-10:15am	Meditative	9:00am-10:00am Coffee Talk
1:00pm-2:30pm A	Art Therapy		Cancer Support	10:30am-12:00pm	Therapeutic Art Making		Movements	
5:30pm-6:30pm	Medical Qigong	12:00pm-1:00pm	Singing Bowl	12:00pm-1:00pm	Stress, Food and You	10:00am-12:00pm	Food for Life	
· · · · · · · · · · · · · · · · · · ·	Teen Chat Group		Meditation	12:30pm-1:30pm	Improv for Life!		(4 of 4)	
· ·	Parents of Children		Open Art Studio	3:00pm-4:00pm	New Member Meeting	5:00pm-6:00pm	Mindfulness &	
	Living w/Cancer Support	5:30pm-6:30pm	Mindful Dance,				Healing	
6:00pm-8:00pm	Family Cooking Night		Stretch & Be			6:30pm-8:00pm	Art Therapy:	
							Tessellations	
17		18		19		20		21
	port Groups Only	· ·	port Groups Only	·	port Groups Only		pport Groups Only	No Classes – Support
1:00pm-2:30pm /	Art Therapy	1:00pm-3:00pm	Open Art Studio	10:30am-12:00pm	Therapeutic Art Making	6:30pm-8:00pm	Art Therapy:	Groups Only
							Tessellations	
24		25		26		27		28
= -	Contlo Vogo	-	Mama with Matastatia		Thoropoutic Art Making	=-	Maditativa	9:00am-10:00am Coffee Talk
9:30am-10:30am (1:00pm-2:30pm /	•	10:30am-12:00pm	Moms with Metastatic Cancer Support	12:30pm-1:30pm	Therapeutic Art Making Improv for Life!	9:30am-10:15am	Movements	9:00am-10:00am Conee Talk
	Job Search While Living	12:00pm-1:00pm		3:00pm-4:00pm	New Member Meeting	5:00nm 6:00nm		
	with a Chronic Illness	12.00pm-1.00pm	Meditation	6:30pm-8:00pm	Young Adult Caregiver		Healing	
	Medical Qigong	1:00pm-3:00pm	Open Art Studio	0.30pm-6.00pm	Support		ricalling	
3.30pm 0.30pm 1	Wicalcal Qigotig		Mindful Dance,	6:30pm-8:00pm	Brain Tumor Support			
		3.30pm 0.30pm	Stretch & Be	0.30рт 0.00рт	Brain ramor support			
31		1		2		3		4
9:30am 10:30am (Gentle Yoga						Support Groups	DA'S C.
1:00pm-2:30pm A	2:30pm Art Therapy				Every Week!		7 - E	
5:30pm-6:30pm A	Advanced Medical					See staff for these	e closed groups	B S
	Qigong							A. A. C. S.
								An Affiliate of the CANCER SUPPORT COMMUNITY
								A Global Network of Education and Hope

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

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September 2020

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Fri
31 15+ Weekly Support Groups Every Week! See staff for these closed groups	1 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Evening Gentle Yoga	2 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!	3 5:00pm-6:00pm Mindfulness & Healing	9:00am-10:00am Coffee Talk
No Classes – Labor Day	8 10:30am-12:00pm Moms with Metastati Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Mindful Dance, Stretch & Be	9 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	5:00pm-6:00pm Mindfulness & Healing 6:30pm-8:00pm Art Therapy: Scissor Skills & Cut Paper	11 9:00am-10:00am Coffee Talk
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	15 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Evening Gentle Yoga	16 10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life!	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	18 9:00am-10:00am Coffee Talk
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	10:30am-12:00pm Moms with Metastati Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Mindful Dance, Stretch & Be	23 10:30am-12:00pm Therapeutic Art Making Inprov for Life! 3:00pm-4:00pm 6:30pm-8:00pm Young Adult Caregiver Support 6:30pm-8:00pm Brain Tumor Support	5:00pm-6:00pm Mindfulness & Healing 6:30pm-8:00pm Art Therapy: Scissor Skills & Cut Paper	9:00am-10:00am Coffee Talk
28 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:30pm-6:30pm Advanced Medical Qigong	29 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Candlelight Yoga	30 10:30am-12:00pm Therapeutic Art Making 12:30pm-1:30pm Improv for Life!	1	An ASSIGNATION OF EXAMENTS AND PROPERTY OF EXAMENTS OF EXAMENTS AND PROPERTY OF EXAMENTS AND PRO

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