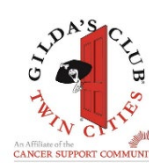


October 2020

Monday	Tuesday	Wednesday	Thursday	Fri
28 15+ Weekly Support Groups See staff for these closed groups All classes and groups are currently offered virtually	29	30	1	2 9:00am-10:00am Coffee Talk
5 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-6:30pm Frankly Speaking about Multiple Myeloma 5:00pm-7:00pm Family Cooking Night	6 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga	7 10:30am-12:00pm Moms of Children Living with Cancer Support 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio 3:00pm-4:00pm New Member Meeting	8 1:00pm-1:45pm Mindfulness & Healing Techniques 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Art Therapy: Anxiety & Cancer	9 9:00am-10:00am Coffee Talk
12 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm AYA Cooking Night	13 10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 5:30pm-6:30pm Chair Yoga for Resilience and Restoration 6:00pm-7:30pm YSC	14 10:30am-12:00pm Chronic Cancer Support 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making 6:30pm-8:00pm Pride Cancer Support	15 1:00pm-1:45pm Mindfulness & Healing Techniques 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Art Therapy: Anxiety & Cancer	16 9:00am-10:00am Coffee Talk
19 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm Community Conversations: Navigating Cancer While Black Part 2	20 5:30pm-6:30pm Candlelight Yoga	21 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Exploring Self-Care for Caregivers	22 1:00pm-1:45pm Mindfulness & Healing Techniques 4:00pm-6:00pm Food for Life (1 of 4) 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Art Therapy: Anxiety & Cancer	23 9:00am-10:00am Coffee Talk 10:00am-10:45am Guided Meditation
26 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy	27 10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 5:30pm-6:30pm Chair Yoga for Resilience and Restoration	28 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making 4:00pm-6:00pm SMART: Stress Management and Resilience Training 5:00pm-6:00pm Teen Chat Group 6:30pm-8:00pm Exploring Self-Care for Caregivers 6:30pm-8:00pm Brain Tumor Support	29 1:00pm-1:45pm Mindfulness & Healing Techniques 4:00pm-6:00pm Food for Life (2 of 4) 5:30pm-6:30pm Advanced Medical Qigong 6:30pm-8:00pm Art Therapy: Anxiety & Cancer	30 9:00am-10:00am Coffee Talk



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

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November 2020

Monday	Tuesday	Wednesday	Thursday	Fri
<p>2</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm AYA Cooking Night 6:30pm-8:00pm African American Cancer Connection Group</p>	<p>3</p> <p>3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga</p>	<p>4</p> <p>10:30am-12:00pm Moms of Children Living with Cancer Support 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Exploring Self-Care for Caregivers 7:00pm-8:00pm Evening of Remembrance</p>	<p>5</p> <p>1:00pm-1:45pm Mindfulness & Healing Techniques 4:00pm-6:00pm Food for Life (3 of 4) 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Art Therapy: Pop-Ups</p>	<p>6</p> <p>9:00am-10:00am Coffee Talk 10:00am-10:45am Guided Meditation</p>
<p>9</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm Family Cooking Night</p>	<p>10</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 5:30pm-6:30pm Chair Yoga for Resilience and Restoration 6:00pm-7:30pm YSC</p>	<p>11</p> <p>10:30am-12:00pm Chronic Cancer Support 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 1:00pm-2:30pm Fostering Connection in Periods of Isolation 2:30pm-4:00pm Therapeutic Art Making 6:30pm-8:00pm Pride Cancer Support</p>	<p>12</p> <p>1:00pm-1:45pm Mindfulness & Healing Techniques 4:00pm-6:00pm Food for Life (4 of 4) 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Art Therapy: Pop-Ups</p>	<p>13</p> <p>9:00am-10:00am Coffee Talk</p>
<p>16</p> <p>9:30am-10:30am Gentle Yoga 12:00pm-1:00pm Making a Difference 1:00pm-2:30pm Art Therapy</p>	<p>17</p> <p>5:30pm-6:30pm Candlelight Yoga</p>	<p>18</p> <p>12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio 3:00pm-4:00pm New Member Meeting 5:30pm-7:00pm Frankly Speaking about Making Treatment Decisions 6:30pm-8:00pm AYA Art Night</p>	<p>19</p> <p>1:00pm-1:45pm Mindfulness & Healing Techniques 5:30pm-6:30pm Advanced Medical Qigong 6:30pm-8:00pm Art Therapy: Pop-Ups</p>	<p>20</p> <p>9:00am-10:00am Coffee Talk 10:00am-10:45am Guided Meditation</p>
<p>23</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy</p>	<p>24</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 5:30pm-6:30pm Chair Yoga for Resilience and Restoration</p>	<p>25</p> <p>12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making Clubhouse Closed after 3:00pm</p>	<p>26</p> <p>Clubhouse Closed Thanksgiving Holiday</p>	<p>27</p> <p>Clubhouse Closed</p>
<p>30</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy</p>	<p>1</p>	<p>2</p>	<p>3</p> <p>15+ Weekly Support Groups See staff for these closed groups All classes and groups are currently offered virtually</p>	<p>4</p> 

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

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

Weekly support groups are no longer listed on this calendar - Learn more by attending a New Member Meeting.
Living with Cancer | Family & Friends | Living with Loss | Young Adult | Post-Treatment

December 2020

Monday	Tuesday	Wednesday	Thursday	Fri
<p>30</p> <p>15+ Weekly Support Groups See staff for these closed groups</p> <p>All classes and groups are currently offered virtually</p>	<p>1</p> <p>3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga</p>	<p>2</p> <p>10:30am-12:00pm Moms of Children Living with Cancer Support 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio 3:00pm-4:00pm New Member Meeting</p>	<p>3</p> <p>1:00pm-1:45pm Mindfulness & Healing Techniques 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Art Therapy: Doodle Journals</p>	<p>4</p> <p>9:00am-10:00am Coffee Talk 10:00am-10:45am Guided Meditation</p>
<p>7</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm Family Cooking Night 6:30pm-8:00pm African American Cancer Connection Group</p>	<p>8</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 5:30pm-6:30pm Chair Yoga for Resilience and Restoration 6:00pm-7:30pm YSC</p>	<p>9</p> <p>10:30am-12:00pm Chronic Cancer Support 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making 6:30pm-8:00pm Pride Cancer Support</p>	<p>10</p> <p>1:00pm-1:45pm Mindfulness & Healing Techniques 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Art Therapy: Doodle Journals</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 5:00pm-7:00pm AYA Cooking Night</p>	<p>15</p> <p>5:30pm-6:30pm Candlelight Yoga</p>	<p>16</p> <p>12:00pm-1:00pm Building Resiliency During Times of Stress and Anxiety 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio 3:00pm-4:00pm New Member Meeting</p>	<p>17</p> <p>1:00pm-1:45pm Mindfulness & Healing Techniques 5:30pm-6:30pm Advanced Medical Qigong 6:30pm-8:00pm Art Therapy: Doodle Journals</p>	<p>18</p> <p>9:00am-10:00am Coffee Talk 10:00am-10:45am Guided Meditation</p>
<p>21</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy</p>	<p>22</p> <p>10:30am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm Singing Bowl Meditation 5:30pm-6:30pm Chair Yoga for Resilience and Restoration</p>	<p>23</p> <p>12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making 5:00pm-6:00pm Teen Chat Group 6:30pm-8:00pm Brain Tumor Support</p>	<p>24</p> <p>Clubhouse Closed</p>	<p>25</p> <p>Clubhouse Closed Merry Christmas</p>
<p>28</p> <p>Clubhouse Closed</p>	<p>29</p> <p>Clubhouse Closed</p>	<p>30</p> <p>Clubhouse Closed</p>	<p>31</p> <p>Clubhouse Closed</p>	<p>1</p> <p>Clubhouse Closed Happy New Year</p>

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