



January 2021

Gilda's Club Twin Cities

A community where people impacted by cancer gather, connect and learn.

Monday	Tuesday	Wednesday	Thursday	Friday
4 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm AACCG	5 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga	6 10:30am-12:00pm Moms of Children Living w/ Cancer Support 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio	7 1:00pm-1:45pm Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Visioning	8 9:00am-10:00am Coffee Talk 10:00am-11:00am Your Life Story Matters
11 9:30am-10:30am Gentle Yoga 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy 2:00pm-3:30pm Nutrition Beyond Cancer 5:00pm-7:00pm Family Cooking Night	12 10:30am-12:00pm Parents w/ Metastatic Cancer Support 3:30pm-5:00pm AYA Webinar Series 5:30pm-6:30pm Chair Yoga 6:00pm-7:30pm YSC	13 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 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Pride Cancer Support	14 1:00pm-1:45pm Meditation 4:00pm-6:00pm Food for Life (1 of 4) 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Visioning	15 9:00am-10:00am Coffee Talk
18 Martin Luther King Jr. Day No Groups or Classes	19 9:30am-10:30am Guys of Gilda's 11:00am-12:30pm So What's Your Story? 5:30pm-6:30pm Candlelight Yoga	20 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio	21 1:00pm-1:45pm Meditation 4:00pm-6:00pm Food for Life (2 of 4) 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Visioning	22 9:00am-10:00am Coffee Talk 10:00am-11:00am Your Life Story Matters
25 9:30am-10:30am Gentle Yoga 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm AYA Cooking Night	26 10:30am-12:00pm Parents w/ Metastatic Cancer Support 3:30pm-5:00pm AYA Webinar Series 5:30pm-6:30pm Chair Yoga	27 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Brain Tumor Support	28 1:00pm-1:45pm Meditation 4:00pm-6:00pm Food for Life (3 of 4) 5:30pm-6:30pm Dragon & Tiger Medical Qigong 6:30pm-8:00pm Art Therapy: Visioning	29 9:00am-10:00am Coffee Talk

All classes and groups are at this time offered virtually.

See staff for weekly support group placement.

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 will no longer appear on this calendar. Learn more by attending a New Member Meeting.

Weekly Support Groups: Living with Cancer | Family & Friends | Living with Loss | Young Adult | Post-Treatment



February 2021

Gilda's Club Twin Cities

A community where people impacted by cancer gather, connect and learn.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm AACCG	2 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga	3 10:30am-12:00pm Moms of Children Living w/ Cancer Support 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio	4 1:00pm-1:45pm Meditation 4:00pm-6:00pm Food for Life (4 of 4) 5:30pm-6:30pm Circling Hands Qigong	5 9:00am-10:00am Coffee Talk 10:00am-11:00am Your Life Story Matters
8 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 12:00pm-1:00pm Singing Bowl Meditation 5:00pm-7:00pm Family Cooking Night	9 10:30am-12:00pm Parents w/ Metastatic Cancer Support 3:30pm-5:00pm AYA Webinar Series 5:30pm-6:30pm Chair Yoga 6:00pm-7:30pm YSC	10 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 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Game Night w/ Camp Kesem 6:30pm-8:00pm Pride Cancer Support	11 1:00pm-1:45pm Meditation 1:00pm-2:30pm Frankly Speaking about Cancer: Prostate Cancer 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Mapping a Life	12 9:00am-10:00am Coffee Talk
15 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm Red Door Book Club	16 9:30am-10:30am Guys of Gilda's 5:30pm-6:30pm Candlelight Yoga	17 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio	18 1:00pm-1:45pm Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Mapping a Life	19 9:00am-10:00am Coffee Talk 10:00am-11:00am Your Life Story Matters
22 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 12:00pm-1:00pm Singing Bowl Meditation 5:00pm-7:00pm AYA Cooking Night	23 10:30am-12:00pm Parents w/ Metastatic Cancer Support 3:30pm-5:00pm AYA Webinar Series 5:30pm-6:30pm Chair Yoga	24 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making 3:00pm-4:00pm New Member Meeting 5:00pm-7:00pm Advocating for Pain Relief 6:30pm-8:00pm Brain Tumor Support	25 1:00pm-1:45pm Meditation 5:30pm-6:30pm Dragon & Tiger Medical Qigong 6:30pm-8:00pm Art Therapy: Mapping a Life	26 9:00am-10:00am Coffee Talk

All classes and groups are at this time offered virtually.

See staff for weekly support group placement.

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

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March 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:30pm-8:00pm AACCG	2 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga	3 10:30am-12:00pm Moms of Children Living w/ Cancer Support 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio	4 1:00pm-1:45pm Meditation 5:30pm-6:30pm Circling Hands Qigong	5 9:00am-10:00am Coffee Talk 10:00am-11:00am Your Life Story Matters
8 9:30am-10:30am Gentle Yoga 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm Family Cooking Night	9 10:30am-12:00pm Parents w/ Metastatic Cancer Support 3:30pm-5:00pm AYA Webinar Series 5:30pm-6:30pm Chair Yoga 6:00pm-7:30pm YSC	10 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 3:00pm-4:00pm New Member Meeting 6:30pm-8:00pm Pride Cancer Support	11 1:00pm-1:45pm Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Trees	12 9:00am-10:00am Coffee Talk
15 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 5:00pm-7:00pm AYA Cooking Night	16 9:30am-10:30am Guys of Gilda's 5:30pm-6:30pm Candlelight Yoga	17 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio	18 1:00pm-1:45pm Meditation 5:30pm-6:30pm Circling Hands Qigong 6:30pm-8:00pm Art Therapy: Trees	19 9:00am-10:00am Coffee Talk 10:00am-11:00am Your Life Story Matters
22 9:30am-10:30am Gentle Yoga 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-2:30pm Art Therapy 4:00pm-5:30pm The Stigma of Strength in Men	23 10:30am-12:00pm Parents w/ Metastatic Cancer Support 3:30pm-5:00pm AYA Webinar Series 5:30pm-6:30pm Chair Yoga	24 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Knit Wits 2:30pm-4:00pm Therapeutic Art Making 3:00pm-4:00pm New Member Meeting 4:00pm-5:30pm Caregivers: Unsung Heroes 6:30pm-8:00pm Brain Tumor Support	25 1:00pm-1:45pm Meditation 5:30pm-6:30pm Dragon & Tiger Medical Qigong 6:30pm-8:00pm Art Therapy: Trees	26 9:00am-10:00am Coffee Talk
29 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy	30 5:30pm-6:30pm Chair Yoga	31 12:30pm-1:30pm Improv for Life! 2:30pm-4:00pm Open Art Studio	1	2

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