

April 2022

Gilda's Club Twin Cities

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>4</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>6:30pm - 8:00pm AACCG: African American Cancer Connection Group - Online</p> | <p>5</p> <p>10:30am - 12:00pm Cranes of Hope - In-Person</p> <p>2:30pm - 3:30pm Mindfulness Practice - In-Person</p> <p>3:00pm - 4:30pm Rare Cancer Support - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 6:30pm Candlelight Yoga - Online</p> <p>5:30pm - 7:00pm Establishing A Gratitude Practice - Online</p> <p>6:30pm - 8:00pm Dying is not Giving Up - In-Person</p> | <p>6</p> <p>10:30am - 12:00pm Moms of Children Living w/ Cancer - Online</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>3:00pm - 4:00pm Tech Support - In-Person</p> | <p>7</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00pm Art Therapy: Neurographic Art - Online</p> | <p>8</p> <p>9:00am - 10:00am Coffee Talk - Online</p> <p>10:15am - 11:00am Guided Imagery Meditation - Online</p> |
| <p>11</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>10:00am - 10:30am Euro Cafe: Session 1 - In-Person</p> <p>11:00am - 11:30am Euro Cafe: Session 2 - In-Person</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>5:30pm - 6:30pm Parent Support Series - Online</p> | <p>12</p> <p>10:30am - 12:00pm Parents w/ Metastatic Cancer - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 7:00pm Establishing A Gratitude Practice - Online</p> <p>6:00pm - 7:30pm YSC - In-Person</p> | <p>13</p> <p>10:30am - 12:00pm Chronic Cancer Support - Online</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>1:00pm - 2:30pm Knit Wits - Online</p> <p>3:00pm - 4:00pm New Member Meeting - Online</p> | <p>14</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00pm Art Therapy: Neurographic Art - Online</p> | <p>15</p> <p>9:00am - 10:00am Coffee Talk - Online</p> |
| <p>18</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>5:30pm - 6:30pm Parent Support Series - Online</p> | <p>19</p> <p>10:00am - 11:00am Dudes & Donuts - In-Person</p> <p>2:30pm - 3:30pm Mindfulness Practice - In-Person</p> <p>3:45pm - 5:00pm Improv for Life™ - In-person</p> <p>5:30pm - 7:00pm Establishing A Gratitude Practice - Online</p> <p>5:30pm - 6:30pm Candlelight Yoga - Online</p> | <p>20</p> <p>10:00am - 11:00am Birds and Brew - In-Person</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>1:00pm - 2:30pm Hospice vs. Palliative Care - Online</p> <p>3:00pm - 4:00pm New Member Meeting - Online</p> | <p>21</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> | <p>22</p> <p>9:00am - 10:00am Coffee Talk - Online</p> <p>10:15am - 11:00am Guided Imagery Meditation - Online</p> |
| <p>25</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>5:30pm - 6:30pm Parent Support Series - Online</p> | <p>26</p> <p>10:30am - 12:00pm Parents w/ Metastatic Cancer - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 7:00pm Establishing A Gratitude Practice - Online</p> | <p>27</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>1:00pm - 2:30pm Knit Wits - In-Person</p> <p>3:00pm - 4:00pm New Member Meeting - In-Person</p> <p>4:00pm - 5:00pm Mocktails and Mingle - In-Person</p> <p>6:30pm - 8:00pm Brain Tumor Support - Online</p> | <p>28</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00pm Art Therapy: Neurographic Art - Online</p> | <p>29</p> <p>9:00am - 10:00am Coffee Talk - Online</p> |

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

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Please see program staff for weekly support group placement.

Calendar key: ■ Education Sessions ■ Healthy Lifestyle Classes ■ Social Opportunities ■ Support Groups ■ Children, Teen and Family Programs ■ Outside Groups

Please note all in-person activities are subject to change to ensure community safety. All changes will be posted live on our in-person program offerings page.

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



An Affiliate of the
CANCER SUPPORT COMMUNITY

May 2022

Gilda's Club Twin Cities
A community where people impacted by cancer gather, connect and learn.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p>2</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>5:30pm - 6:30pm Parent Support Series - Online</p> <p>6:30pm - 8:00pm AACCG: African American Cancer Connection Group - Online</p> | <p>3</p> <p>10:30am - 12:00pm Cranes of Hope - In-Person</p> <p>2:30pm - 3:30pm Mindfulness Practice - In-Person</p> <p>3:00pm - 4:30pm Rare Cancer Support - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 6:30pm Candlelight Yoga - Online</p> <p>5:30pm - 7:00pm Establishing A Gratitude Practice - Online</p> | <p>4</p> <p>10:30am - 12:00pm Moms of Children Living w/ Cancer - Online</p> <p>11:00am - 12:30pm How To's: Advance Directives, Wills, and Insurance - Online</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>3:00pm - 4:00pm Tech Support - In-Person</p> | <p>5</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00pm Art Therapy: Amulet Bag - Online</p> | <p>6</p> <p>9:00am - 10:00am Coffee Talk - Online</p> |
| <p>9</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>10:00am - 10:30am Euro Cafe: Session 1 - In-Person</p> <p>11:00am - 11:30am Euro Cafe: Session 2 - In-Person</p> <p>5:30pm - 6:30pm Parent Support Series - Online</p> | <p>10</p> <p>10:00am - 11:00am Dudes & Donuts - In-Person</p> <p>10:30am - 12:00pm Parents w/ Metastatic Cancer - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> | <p>11</p> <p>10:00am - 11:00am Birds and Brew - In-Person</p> <p>10:30am - 12:00pm Chronic Cancer Support - Online</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>1:00pm - 2:30pm Knit Wits - Online</p> <p>3:00pm - 4:00pm New Member Meeting - Online</p> <p>6:00pm - 8:00pm Evening of Remembrance</p> <p>Day Sponsor - The Piatkowski Family</p> | <p>12</p> <p>10:00am - 12:00pm Food for Life (1 of 7) - Online</p> <p>11:00am - 12:30pm Writing Through Cancer: A Writing Workshop Series - In-Person</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00pm Art Therapy: Amulet Bag - Online</p> | <p>13</p> <p>9:00am - 10:00am Coffee Talk - Online</p> <p>10:15am - 11:00am Guided Imagery Meditation - Online</p> |
| <p>16</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>In-Person Clubhouse Closed</p> | <p>17</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 6:30pm Candlelight Yoga - Online</p> <p>In-Person Clubhouse Closed</p> | <p>18</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>3:00pm - 4:00pm New Member Meeting - Online</p> <p>In-Person Clubhouse Closed</p> | <p>19</p> <p>10:00am - 12:00pm Food for Life (2 of 7) - Online</p> <p>11:00am - 12:30pm Writing Through Cancer: A Writing Workshop Series - In-Person</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> <p>6:30pm - 8:00pm Art Therapy: Amulet Bag - Online</p> | <p>20</p> <p>9:00am - 10:00am Coffee Talk - Online</p> |
| <p>23</p> <p>9:30am - 10:30am Gentle Yoga - Online</p> <p>1:00pm - 2:30pm Art Therapy - Online</p> <p>5:00pm - 6:30pm Frankly Speaking About Cancer: Living with Uncertainty - Online</p> | <p>24</p> <p>10:30am - 12:00pm Parents w/ Metastatic Cancer - Online</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>6:00pm - 7:30pm YSC - In-Person</p> | <p>25</p> <p>12:30pm - 1:45pm Improv for Life™ - Online</p> <p>1:00pm - 2:30pm Knit Wits - In-Person</p> <p>3:00pm - 4:00pm New Member Meeting - In-Person</p> <p>4:00pm - 5:00pm Mocktails and Mingle - In-Person</p> <p>6:30pm - 8:00pm Brain Tumor Support - Online</p> | <p>26</p> <p>10:00am - 12:00pm Food for Life (3 of 7) - Online</p> <p>11:00am - 12:30pm Writing Through Cancer: A Writing Workshop Series - In-Person</p> <p>1:00pm - 4:00pm Card Making - In-Person</p> <p>5:30pm - 6:30pm Circling Hands Qigong - Online</p> | <p>27</p> <p>9:00am - 10:00am Coffee Talk - Online</p> <p>10:15am - 11:00am Guided Imagery Meditation - Online</p> |
| <p>30</p> <p>Memorial Day Clubhouse Closed</p> | <p>31</p> <p>2:30pm - 3:30pm Mindfulness Practice - In-Person</p> <p>3:45pm - 5:00pm Improv for Life™ - In-Person</p> <p>5:30pm - 6:30pm Candlelight Yoga - Online</p> | <p>1</p> | <p>2</p> | <p>3</p> |

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

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Please see program staff for weekly support group placement.

Calendar key: ■ Education Sessions ■ Healthy Lifestyle Classes ■ Social Opportunities ■ Support Groups ■ Children, Teen and Family Programs ■ Outside Groups

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An Affiliate of the
CANCER SUPPORT COMMUNITY

June 2022

Gilda's Club Twin Cities

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|
| 30 | 31 | 1 10:30am - 12:00pm Moms of Children Living w/ Cancer - Online 12:30pm - 1:45pm Improv for Life™ - Online 3:00pm - 4:00pm Tech Support - In-Person | 2 10:00am - 12:00pm Food for Life (4 of 7) - Online 11:00am - 12:30pm Writing Through Cancer: A Writing Workshop Series - In-Person 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online | 3 9:00am - 10:00am Coffee Talk - Online | 4 |
| 6 9:30am - 10:30am Gentle Yoga - Online 1:00pm - 2:30pm Art Therapy - Online 6:30pm - 8:00pm AACCG: African American Cancer Connection Group - Online | 7 10:30am - 12:00pm Cranes of Hope - In-Person 3:00pm - 4:30pm Rare Cancer Support - Online 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 6:30pm Candlelight Yoga - Online | 8 10:30am - 12:00pm Chronic Cancer Support - Online 12:30pm - 1:45pm Improv for Life™ - Online 1:00pm - 2:30pm Knit Wits - Online 3:00pm - 4:00pm New Member Meeting - Online | 9 10:00am - 12:00pm Food for Life (5 of 7) - Online 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online | 10 9:00am - 10:00am Coffee Talk - Online 10:15am - 11:00am Guided Imagery Meditation - Online | 11 |
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| 20 Juneteenth (Observed) Clubhouse Closed | 21 10:00am - 11:00am Dudes & Donuts - In-Person 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 6:30pm Candlelight Yoga - Online 6:00pm - 7:30pm YSC - In-Person | 22 12:30pm - 1:45pm Improv for Life™ - Online 1:00pm - 2:30pm Knit Wits - In-Person 3:00pm - 4:00pm New Member Meeting - In-Person 4:00pm - 5:00pm Mocktails and Mingle - In-Person 6:30pm - 8:00pm Brain Tumor Support - Online | 23 10:00am - 12:00pm Food for Life (7 of 7) - Online 1:00pm - 4:00pm Card Making - In-Person 3:00pm - 4:00pm Frankly Speaking About Cancer: A to ZZZ's Sleep and Cancer - Online 5:30pm - 6:30pm Circling Hands Qigong - Online | 24 9:00am - 10:00am Coffee Talk - Online 10:15am - 11:00am Guided Imagery Meditation - Online | 25 11:00am - 2:00pm Family & Friends Day! - In-Person 11:00am - 12:00pm Breath & Meditation - In-Person |
| 27 9:30am - 10:30am Gentle Yoga - Online 1:00pm - 2:30pm Art Therapy - Online | 28 10:30am - 12:00pm Parents w/ Metastatic Cancer - Online 2:30pm - 3:30pm Mindfulness Practice - In-Person 3:45pm - 5:00pm Improv for Life™ - In-Person 5:30pm - 6:30pm Candlelight Yoga - Online | 29 12:30pm - 1:45pm Improv for Life™ - Online | 30 1:00pm - 4:00pm Card Making - In-Person 5:30pm - 6:30pm Circling Hands Qigong - Online | 1 | |

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An Affiliate of the **CANCER SUPPORT COMMUNITY**



Moms of Children Living with Cancer Support Group - **Online**

*Every 1st Wednesday of the month from 10:30am - 12:00pm
(April 6, May 4 and June 1)*

In this monthly support group moms will have the opportunity to discuss the challenges of being a mom of a child who is living with pediatric cancer.
In partnership with Hope Kids.

Parents with Metastatic Cancer Support Group - **Online**

*Every 2nd and 4th Tuesday of the month from 10:30am - 12:00pm
(April 12 & 26, May 10 & 24 and June 14 & 28)*

Parents will have the space to discuss the challenges of being a parent while living with metastatic cancer. Explore the reasoning behind children's changing behaviors, finding a common language to communicate difficult emotions, and other topics relevant to your experience.

Parent Support Series - **Online**

Mondays, April 11 - May 9 from 5:30pm - 6:30pm

In this five-session support series, parents diagnosed with cancer can support each other with parenting challenges. We will explore a variety of topics such as changing family dynamics and developing new family roles, reasoning behind children's changing behaviors, find language to communicate difficult emotions, and difficulties of relying on bigger family support system. In addition to building connection with others, parents will have the opportunity to offer insight, tips and support to fellow parents.

NEW

For more info or questions about GCTC programming contact Annie Stone, Manager of Member Path at Annie.Stone@GildasClubTwinCities.org

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.

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Follow us online:  /GildasClubTwinCities  @GildasClubTC



NEW

Dying Is Not Giving Up: Watch Party - In-Person in partnership with Firefly Sisterhood

Tuesday, April 5 from 6:30pm - 8:00pm

Join us at the clubhouse to watch Dying Is Not Giving Up. In this award-winning documentary, a woman shares her experience from her terminal diagnosis to her final days, revealing simple and impactful opportunities for providers to add compassion and empathy to their practice.

Hospice vs. Palliative Care - Online with Sonia Karimi

Wednesday, April 20 from 1:00pm - 2:30pm

What is the difference between palliative and hospice care? How does one qualify for hospice or palliative care? What are common myths and misconceptions about these programs? Why does my healthcare team suggest one or the other? Find out the answers to these questions and more in this educational session set up to define the differences and help us make informed decisions.

NEW

How To's: Advance Directives, Wills and Insurance - Online with Cancer Legal Care

Wednesday, May 4 from 11:00am - 12:30pm

Join us and our friends at Cancer Legal Care for a seminar on creating advance care directives, wills and finding the right insurance coverage!

NEW

Frankly Speaking About Cancer: A to ZZZ's Sleep and Cancer - Online with Shaunequa James, GCTC Program Director

Thursday, June 23 from 3:00pm - 4:00pm

Gilda's Club and the Cancer Support Community invite people interested in understanding how cancer impacts sleep to a free workshop that discusses the importance of sleep and optimizing your sleep practices.

NEW

Breath and Meditation - In-Person with Joel Ronningen

Saturday, June 25 from 11:00am - 12:00pm

Many of us have heard about meditation, but we may not feel we know how to do it, or even what it really is. There are many proven benefits to a regular meditative practice – physical and mental relaxation, better health, lowered stress levels. In this interactive workshop, you will learn simple methods of using your breath to relax and calm your body and mind.

**Breath and Meditation is part of Family & Friends Day activities.*

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All classes and programs are offered FREE of charge to our members.





Gentle Yoga - Online with Betty Christensen
Mondays, April 4 - June 27 from 9:30am - 10:30am
No occurrence Monday, May 30

This gentle, slow-paced, and relaxing practice focuses on stretching and strengthening all areas of your body. At the end of class, a restorative yoga pose and a guided meditation will help further release stress and tension and restore your mind, body, and spirit.

Props: yoga mat, water.

Optional: bolster, 2 blocks, blanket, and a strap.

Establishing A Gratitude Practice - Online with Joan Saunders
Tuesdays, April 5 - May 3 from 5:30pm - 7:00pm

To feel abundant gratitude, we don't need luck or possessions. Instead, gratitude can come from noticing the small things in life. Join this experiential course, where you will explore ways to awaken your sense of appreciation and gratitude. Each week we'll try out various gratitude practices, discuss our observations, and process our thoughts in a Gratitude Journal. By the end of our weeks together, you will be on your way to creating a habit of gratitude and enjoying more beauty, peace, and compassion. A writing journal and art supplies will be provided. No experience with art-making or writing is required. Just bring your favorite pen and an openness to receiving.

Candlelight Yoga - Online with DeAnn Hoff
Every 1st, 3rd & 5th Tuesday of the month from 5:30pm - 6:30pm
(April 5 & 19, May 3, 17 & 31 and June 7 & 21)

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 a guided meditation.

Improv for Life™ - Online & In-Person with Jenni Lilledahl
Online: Wednesdays, April 6 - June 29 from 12:30pm - 1:45pm
In-Person: Tuesdays, April 5 - June 28 from 3:45pm - 5:00pm
In-Person: No occurrence May 17

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 necessary and all are welcome!

Mindfulness Practice - In-Person with Karen Prunty
Tuesdays, April 5 & 19, May 3 & 31, June 14 & 28 from 5:00pm - 7:00pm

This class offers guided practices grounded in Mindfulness-Based Stress Reduction, including body awareness, meditation, and gentle movement. There will also be brief discussions on various stress-related topics and guidance on using these practices in day-to-day life.



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Follow us online:



[/GildasClubTwinCities](https://www.facebook.com/GildasClubTwinCities)



[@GildasClubTC](https://www.instagram.com/GildasClubTC)



Food for Life: Cancer Prevention and Survival Series (7-part series) - Online with Jill Erickson *Thursdays, May 12 - June 23 from 10:00am - 12:00pm*

This class provides information on how certain foods and nutrients work to promote or discourage cancer growth, along with demonstrations of simple recipes that can be easily recreated at home. In this seven-class series, you will learn about the food choices that can help reduce the risk of developing cancer as well as manage the disease after it has been diagnosed. These classes are ideal for individuals in post-treatment, their family and friends, as well as those looking to prevent the disease. Individuals in treatment are welcome to attend but encouraged to follow their healthcare team's diet recommendations. **Attendees should plan on attending and registering for all 7 classes.**

In partnership with Rooted Green Wellness.

Writing Through Cancer: A Writing Workshop Series - In-Person with Steve Buechler *Thursdays, May 12 - June 2 from 11:00am - 12:30pm*

Writing Through Cancer is a writing workshop series offered every week for a total of four sessions. No prior writing experience is required! The classes will guide participants through hands-on, real-time writing exercises on specified topics. As a participant, you will also have the opportunity to share your writing or reactions to the process. The session topics are "Diagnosis and Initiation to Cancer," "Treatments and Medical Team," "Coping Strategies and Support Systems," and "Outcomes and Resolution." We encourage you to sign up for all four sessions to help build a cohort of writers throughout the series, but you may also sign up for individual sessions. Past attendees in this workshop are warmly invited to re-enroll in this offering.

Card Making - In-Person with Wendy Peterson *Thursdays, April 7 - June 30 from 1:00pm - 4:00pm* **No occurrence April 21 and June 16 & 23**

Enjoy learning the fun of stamping cards! Whatever your skill level, we will create cards and enjoy time together. Learn a variety of techniques on different styles of cards. Try out great techniques like stamping, masking, embossing, faux tile, watercolor pencil, and marble effects on various styles of cards including easel, box, criss cross, diamond fold, gatefold, and waterfall. Come join us and create works of art you can share with friends and family!

Circling Hands Qigong - Online with Joel Ronningen *Thursdays, April 7 - June 30 from 5:30pm - 6:30pm* **No occurrence April 21**

Circling Hands Qigong is an easy to learn beginner practice. In this practice, you will move through circles in the three planes, vertical, horizontal, and coronal - to build strength, circulate blood and fluids, and relax and clear your mind with the rhythmic movements.

Guided Imagery and Meditation - Online with Paula Sandberg *Every 2nd and 4th Friday of the month from 10:15am - 11:00am* **(April 8 & 22, May 13 & 27 and June 10 & 24)**

Guided imagery has many health-related physical and emotional benefits. Come calm your body, relax your mind and maintain resilience with a different guided imagery theme each session. Guided imagery meditation uses words and images to move your attention away from pain, stress, and worry toward greater inner peace, strength, and insight.

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Euro Café - In-Person with Bette and Ernie Ashcroft
*Every 2nd Monday of the month from 10:00am - 10:30am
& 11:00am - 11:30am
(April 11, May 9 and June 13)*

Join us once a month for brunch with a European flair! The menu will change every month and will be served up by gourmet experts, Ernie and Bette. This is a delicious way to start your week! All you have to do is sign up and then dish up!

Dudes and Donuts - In-Person with Leon Loos and Fred Schommer
*Every 3rd Tuesday of the month from 10:00am - 11:00am - Exception in May
(April 19, May 10 and June 21)*

If you are a guy...if you are impacted by cancer...then you are a guy of Gilda's! Swing by the clubhouse to meet other guys in our community and have some coffee, donuts and other treats!

Cranes of Hope - In-Person with Julie Reeve
*Every 1st Tuesday of the month from 10:30am - 12:00pm
(April 5, May 3 and June 7)*

Join us for a fun, creative act of community healing and service. Members will learn how to fold origami cranes and create trading cards with a word or two of hope and inspiration.

Knit Wits - Online and In-Person with Gilda's volunteers
*Online: Every 2nd Wednesday of the month from 1:00pm - 2:30pm
(April 13, May 11 and June 8)
In-Person: Every 4th Wednesday of the month from 1:00pm - 2:30pm
(April 27, May 25 and June 22)*

Learn the basics or simply join in on the conversation and laughter. The group will work on personal projects while sharing their best knitting tips and tricks. All are welcome!

Birds and Brew - In-Person with Lisa Kietel
*Every 3rd Wednesday of the month from 10:00am - 11:00am -
Exception in May
(April 20, May 11 and June 21)*

Join Master Naturalist Lisa Keitel to observe the birds that frequent our gardens and feeders from the comfort of the clubhouse! You will broaden your knowledge and appreciation of our beautiful world to enhance your recovery and renewal.

Mocktails and Mingle - In-Person with Paul and Heather Gordan
*Every 4th Wednesday of the month from 4:00pm - 5:00pm
(April 27, May 25 and June 22)*

New to the club? All new members and their families are invited to mingle over fun mocktails and an interactive light dinner and dessert. Join us for fun conversation and connection over activities like pizza making and building your own sundaes!
In partnership with Corporate Caterers Twin Cities.

Coffee Talk - Online with Elaine Wilson
Fridays, April 1 - June 24 from 9:00am - 10:00am

Looking for a chance to informally connect with other members? Then 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 let's connect!

Evening of Remembrance - In-Person with Gilda's staff
Wednesday, May 11 from 6:00pm-8:00pm

Gilda's Club members and their friends and family are welcome to join and remember the people we love that have died due to cancer. All guests are encouraged to bring photos or memorabilia to honor your loved one's life and place them on the Remembrance Tables. RSVP required.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

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African American Cancer Connection Group - Online with Shaunequa James

*Every 1st Monday of the month from 6:30pm - 8:00pm
(April 4, May 9 and June 6)*

The AACCG is a monthly group for African American and Black adults to find fellowship and connect with one another about their cancer experience. This group was created based on the recognition that there needs to be more culturally relevant cancer support in spaces that encourage safe dialogue and foster meaningful connections. The group is open to individuals ages 18+ who have a cancer diagnosis or are a caregiver to a person with cancer. All are welcome!

Chronic Cancer Group - Online with Annie Stone

*Every 2nd Wednesday of the month from 10:30am-12:00pm
(April 13, May 11 and June 8)*

Do you consider yourself as someone living with a chronic cancer? Chronic cancer is a cancer that can't be cured but can be managed and maintained through extended treatment. Living with cancer indefinitely isn't easy, but getting connected to others who also are living with chronic cancer couldn't be easier. Join Gilda's monthly Chronic Cancer group. Together we will discuss and explore the challenges of extended treatment and survivorship.

Rare Cancer Group - Online with Michael Paoli

*Every 1st Tuesday from 3:00pm - 4:30pm
(April 5, May 3 and June 7)*

If you are living with cancer but feel like an outsider even within the cancer community because you are living with a rare cancer, this group might be for you. Do you struggle with the lack of treatment options and access to trials? Or limited resources, information and support for your specific diagnosis? Then join us to meet with people who understand what it means to live with a rare cancer.

Brain Tumor Group - Online with Michael Paoli

*Every 4th Wednesday of the month from 6:30pm-8:00pm
(April 27, May 25 and June 22)*

These meetings are for adult patients and caregivers impacted by brain tumors (primary or metastasized) to learn and share together. Learn first hand how others manage side effects, symptoms and the day-to-day of cancer.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge to our members.



Art Therapy - Online with Karie Amstutz

Mondays, April 4 - June 27 from 1:00pm-2:30pm

No occurrence Monday, May 30

For many of life's events there just aren't the words to express how we feel or fully communicate the depth of our experiences. That is where creativity and art enter the picture. During art therapy sessions, we use art as a means to explore emotions, gain self-insight, have fun and seek creativity and connection through community. And for those of you who think, you can't even draw a straight line, this is the group for you!

April Art Therapy Series: Neurographic Art - Online with Karie Amstutz

Thursdays, April 7, 14 & 21 from 6:30pm-8:00pm

NEW

Neurographic Art is a freeform intuitive drawing practice that helps release stress, fear, and anxiety. Zero art experience required! To do this relaxation practice, all you need are a few basic supplies: a piece of paper, permanent marker, and colored pencils; use of watercolors or watercolor pencils will bring another level of fun.

May Art Therapy Series: Amulet Bag - Online with Karie Amstutz

Thursdays, May 5, 12 & 29 from 6:30pm-8:00pm

NEW

Embroider a small bag or pocket necklace to hold a wee object or a written prayer. This charming necklace can be worn to encourage you through a difficult day. Amulet not provided; be on the lookout for a charm or tiny crystal to place in your bag.

Tech Support - In-Person with GCTC Staff

Every 1st Wednesday of the month from 3:00pm - 4:00pm

NEW

(April 6, May 4, June 1)

Need extra support with with navigating our website or signing-up for classes? Join Gilda's staff in a monthly technology class where we will help you learn how to navigate the Gilda's Club website, sign-up for classes, and more!

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
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New Member Meeting



Behind the red doors of Gilda's Club Twin Cities 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 Twin Cities, our organization's mission, tips for getting started, and the 5-parts of our program:

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 www.gildasclubtwincities.org/new-member-meeting-sign-up/ to get started!

At Gilda's Club, you will discover **community is stronger than cancer.**

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
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Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn. 10560 Wayzata Boulevard, Minneapolis MN 55305 | info@GildasClubTwinCities.org

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SAVE THE DATE

Spend a Saturday in the sun at Gilda's Club Twin Cities!

We're bringing back Family & Friends Day! Grab your friends, gather your family and get to Gilda's Club for our Saturday open house for food, activities and fun. Everyone's welcome!

**When: Saturday, June 25
11:00am to 2:00pm**

**Where: Gilda's Club Twin Cities
10560 Wayzata Blvd
Minneapolis, MN 55305**

Interested in being a food sponsor or community partner to make this day possible? Contact Brianna Garcia-Meyers at Brianna.Garcia-Meyers@gildasclubtwincities.org, 952-767-7623 to learn how!

Gilda's Club Twin Cities is a community where people impacted by cancer gather, connect, and learn.

10560 Wayzata Boulevard, Minneapolis MN 55305 | 612-227-2147

| info@GildasClubTwinCities.org

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