

January

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Clubhouse Closed New Year Day Observed	3 9:30am - 10:30am Coffee Talk with Staff (C) 5:30pm - 6:30 pm Candlelight Yoga (V)	4 4:00pm - 5:30pm Moms of Children Living w/Cancer (V)	5 1:00pm - 4:00pm Card Making (C) 6:00pm - 7:00pm Circling Hands Qigong (V)	6 9:00am - 10:00am Coffee Talk (V)
9 9:30am - 10:30am Gentle Yoga (V) 10:00am - 10:30am Euro Café Sess. 1 (C) 11:00am - 11:30am Euro Café Sess. 2 (C) 5:00pm - 7:00pm Food For Life 1/7 (V) 6:30pm - 8:00pm African Am. Cancer Connection Group (V)	10 1:30pm - 3:00pm Art Therapy (V) 2:30pm - 3:30pm Mindfulness Practice (C) 3:45pm - 5:00pm Improv for Life™ (C) 4:00pm - 5:30pm Parents w/Metastatic Cancer (V) 6:00pm - 7:30pm YSC Meeting (C)	11 12:30pm - 1:45pm Improv for Life™ (V) 1:00pm - 2:30pm Knit Wits (C) 3:00pm - 4:00pm New Member Meeting (C) 4:00pm - 5:00pm Mocktails and Mingle (C)	12 1:00pm - 4:00pm Card Making (C) 6:00pm - 7:00pm Circling Hands Qigong (V) 6:00pm - 7:00pm FSAC: Lung Cancer (H) 6:30pm - 8:00pm Art Therapy Series: Altered Book Journaling 1/6 (V)	13 9:00am - 10:00am Coffee Talk (V)
16 Clubhouse Closed Martin Luther King Jr. Day	17 10:00am - 11:00am Dudes and Donuts (C) 1:30pm - 3:00pm Art Therapy (V) 3:00pm - 4:30pm Cranes of Hope (C) 3:45pm - 5:00pm Improv for Life™ (C) 5:30pm - 6:30 pm Candlelight Yoga (V)	18 10:00am - 11:00am Birds and Brew (C) 11:00am - 12:30pm Anticipatory Grief (V) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (V) 6:30pm - 7:30pm Tai Chi & Breathing Techniques (H)	19 1:00pm - 4:00pm Card Making (C) 6:00pm - 7:00pm Circling Hands Qigong (V) 6:30pm - 8:00pm Art Therapy Series: Altered Book Journaling 2/6 (V)	20 9:00am - 10:00am Coffee Talk (V)
23 9:30am - 10:30am Gentle Yoga (V) 5:00pm - 7:00pm Food For Life 2/7 (V) 6:30pm - 8:00pm Back to School with Children's MN (H)	24 1:30pm - 3:00pm Art Therapy (V) 2:30pm - 3:30pm Mindfulness Practice (C) 3:45pm - 5:00pm Improv for Life™ (C)	25 11:00am - 12:30pm Anticipatory Grief (V) 12:30pm - 1:45pm Improv for Life™ (V) 1:00pm - 2:30pm Knit Wits (C) 3:00pm - 4:00pm New Member Meeting (V)	26 1:00pm - 4:00pm Card Making (C) 6:00pm - 7:00pm Circling Hands Qigong (V) 6:30pm - 8:00pm Art Therapy Series: Altered Book Journaling 3/6 (V)	27 9:00am - 10:00am Coffee Talk (V)
30 9:30am - 10:30am Gentle Yoga (V) 5:00pm - 7:00pm Food For Life 3/7 (V)	31 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C)	1	2	3

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

Registration is required for all classes and monthly groups. To register visit www.GildasClubTwinCities.org or the My Gilda's Club Twin Cities app. Please see program staff for weekly support group placement.

Calendar Key

Program Areas ●Support Groups ●Education Sessions ●Healthy Lifestyle Classes ●Social Opportunities ●Children, Teen & Family Programs ●Outside Groups
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 10560 Wayzata Blvd, Minneapolis, MN 55305 | info@GildasClubTwinCities.org | www.GildasClubTwinCities.org to learn more



February

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30	31	1	2	3
		11:00am - 12:30pm Anticipatory Grief (V) 12:30pm - 1:45pm Improv for Life™ (V) 4:00pm - 5:30pm Moms of Children Living w/Cancer (V) 6:30pm - 7:30pm Tai Chi & Breathing Techniques (H)	1:00pm - 4:00pm Card Making (C) 6:00pm - 7:00pm Circling Hands Qigong (V) 6:30pm - 8:00pm Art Therapy Series: Altered Book Journaling 4/6 (V)	9:00am - 10:00am Coffee Talk (V) 10:15am - 11:00am Personal Growth & Relaxation (V)
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March

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Moms of Children Living with Cancer Support - Online with Annie Stone, LMFT

Every 1st Wednesday of the month from 4:00pm - 5:30pm

(January 4, February 1, March 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 with Annie Stone, LMFT

Every 2nd Tuesday of the month from 4:00pm - 5:30pm - *New time*

(January 10, February 14, March 14)

Parents will have the space to discuss the challenges of being a parent while living with metastatic cancer, and explore the reasoning behind child behaviors.

Parent with Cancer Support - Online with Annie Stone, LMFT

Every 3rd Monday of the month from 5:00pm - 6:30pm - *New frequency*

(February 20, March 20)

No occurrences in January

In this support series, parents who have been newly 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, finding language to communicate difficult emotions, and difficulties of relying on a bigger family support system. In addition to building a connection with others, parents will have the opportunity to offer insight, tips, and support to fellow parents.

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

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Healthy Lifestyle January - March 2023



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Gentle Yoga - Online with Betty Christensen

Mondays, January 9 - March 27 from 9:30am - 10:30am

No occurrence January 2 & 16, February 27 and March 6

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.

Suggested Props: yoga mat, water

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

Mindfulness Practice - In-Person with Karen Prunty

Every other Tuesday, January 10 - March 21 from 2:30pm - 3:30pm

(January 10 & 24, February 7 & 21, March 7 & 21)

Start the New Year with some self-care! So take the time to step away from day-to-day stressors and experience calm and peace. In this class, you will be guided through mindfulness practices that may include meditation, body scan, gentle movement, and gratitude.

Practicing mindfulness has been shown to improve sleep, mood, reactivity, and many physical ailments.

Improv for Life™ - In-Person and Online with Jenni Lilledahl

In-Person: Tuesdays, January 10 - March 28 from 3:45pm - 5:00pm

Online: Wednesdays, January 11 - March 29 from 12:30pm - 1:45pm

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!

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.



Candlelight Yoga - Online with DeAnn Hoff

Every 1st and 3rd Tuesday of the month from 5:30pm - 6:30pm

(January 3 & 17, February 7 & 21, March 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.

NEW

Tai Chi & Breathing Techniques - Hybrid with Steven Yang

Every other Wednesday, January 18 - March 15 from 6:30pm - 7:30pm

(January 18, February 1 & 15, March 1 & 15)

Join us and experience the benefits of Tai Chi! This is a relaxing and comfortable class for all. This class will cover Tai Chi and breathing techniques and how we can apply these skills to our daily lives. The Tai Chi form that will be taught is Yang Style 24 Form, a gentle form that can drastically improve balance, flexibility, mobility, and mood. At the end of each class, there will also be a guided meditation session to help participants center and self-reflect.

Card Making - In-Person with Wendy Peterson

Thursdays, January 5 - March 30 from 1:00pm - 4:00pm

No occurrence January 19, February 2 and March 16

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!

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Healthy Lifestyle January - March 2023



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Circling Hands Qigong - Online with Joel Ronningen - *New Time!*

Thursdays, January 5 - March 30 from 6:00pm - 7:00pm

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.

Personal Growth & Relaxation Through Guided Meditation & Expressive Writing - Virtual with Paula Sandberg

Every 1st and 3rd Friday of the month from 10:15am - 11:00am

(February 3 & 17, March 3 & 17)

No occurrences in January

In the comfort of your own space, join us to relax your body, calm your mind and gain personal insight. In each session, you will be led through a different Guided Meditation followed by the opportunity to reflect and write about your experience.

Food For Life: Cancer Prevention and Survival (7-Part) Series - Online with Jill Erickson

Mondays, January 9 - March 6 from 5:00pm - 7:00pm

No occurrence February 20

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.

Series are offerings with multiple sessions that build upon the previous weeks. It is beneficial to attend each session. Please sign up for series in which you are available for each class. To sign up for workshops, click the "Workshop" tab!

Attending all sessions are required for Food for Life and Art Therapy Series.

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.



Euro Café - In-Person with Ernie and Bette Ashcroft

Every 2nd Monday of the month from 10:00am - 10:30am & 11:00am - 11:30am

(January 9, February 13, March 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!

Coffee Talk with Staff - In-Person with GCTC Staff

Every 1st Tuesday of the month from 9:30am - 10:30am

(January 3, February 7, March 7)

Looking for a chance to informally connect with the staff of Gilda's club? Then join in Coffee Talk with Staff. All are welcome! So grab a cup o' joe (or tea and a tasty treat) and let's connect!

Dudes and Donuts - In-Person with Leon Loos and Fred Schommer

Every 3rd Tuesday of the month from 10:00am - 11:00am

(January 17, February 21, March 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 Origami Cards - In-Person with Jeanne and Julie Reeve

3rd Tuesday of the month from 3:00pm - 4:30pm

(January 17, February 21, March 21)

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 crane attached and a word or two of hope and inspiration. The sky is the limit when it comes to techniques used on the card backgrounds. The cards are given away to others on a healing journey, bringing a little hope and inspiration to those facing a health-related challenge.

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Knit Wits - In-Person

***Every 2nd and 4th Wednesday of the month from 1:00pm - 2:30pm
(January 11 & 25, February 8 & 22, March 8 & 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!

Mocktails and Mingle - In-Person with Paul Gordan

***Every 2nd Wednesday of the month from 4:00pm - 5:00pm
(January 11, February 8, March 8)***

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!

Made possible by Corporate Caterers Twin Cities.

Birds and Brew - In-Person with Lisa Keitel

***Every 3rd Wednesday of the month from 10:00am - 11:00am
(January 18, February 15, March 15)***

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.

Coffee Talk - Online with Elaine Wilson

Fridays, January 6 - March 31 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!

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Education Sessions January - March 2023



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Frankly Speaking About Lung Cancer - Hybrid with Program Director Shaunequa James, MSW, LGSW **Thursday, January 12 from 6:00pm - 7:00pm - Hybrid**

This free workshop offers information on Lung Cancer. We will discuss traditional treatment options for lung cancer, side effects, the cost of care, and navigating life with the disease, as well as ways to maximize health outcomes and overcome barriers to healthcare. We will also explore ways to cope with the social and emotional challenges of the diagnosis.

Back to School with Children's MN - Hybrid with Bonnie Carlson-Green and Lori Ranney from Children's Minnesota **Monday, January 23 from 6:30pm - 8:00pm**

Children and teens who have had cancer or are being treated for cancer may need additional supports at school to help them reach their full potential. This presentation is for parents of children or teens who are newly diagnosed, in active treatment, or struggling in school after completing cancer treatment. We encourage parents to invite their child's educational team. Come learn what to look for and how to help support your child or student with a cancer history with a take-home action plan and resources. Early in the school year is a great time to make changes! Bring your questions and a notepad and paper. Experts from Children's MN include pediatric oncology nurse practitioner Lori Ranney, PNP, and pediatric neuropsychologist Dr. Bonnie Carlson-Green.

NEW

All About Lymphedema - Hybrid with Dr. Amber Carden, PT, DPT, CLT-LANA **Wednesday, February 8 from 5:30pm - 6:30pm**

Let's learn about Lymphedema. Have you had lymph nodes taken from your body? Have you noticed swelling but despise your compression socks? Join Dr. Amber Carden, a physical therapist certified in lymphedema, to learn the associated risks, treatment, & all things related to lymphedema.

NEW

Living Single with Cancer - Online with Sheena Pruitt, LGSW **Thursday, February 9 from 6:00pm - 7:00pm**

Join us for a conversation about living single with cancer. Our moderator, Sheena Pruitt, will guide us through a discussion and presentation on the realities of relationships, singlehood in any stage of survivorship, and tips and resources for coping.

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NEW

Thriving Through: Combating Depression, Loneliness and Grief in Cancer Survivorship - Online with Shaunequa James, MSW, LGSW

Thursday, March 9 from 6:00pm - 7:00pm

Join us in discussing depression, loneliness, and grief in cancer survivorship. We will discuss the many ways that each of these shows up and provide practical and effective ways to thrive through them. Participants will gain three key learnings in this session:

1. An understanding of and ability to define depression, loneliness, and grief.
2. The importance of social and emotional wellness and connection.
3. Practical interventions to combat symptoms of depression, loneliness, and grief.

NEW

Home of the Heart - Online with Christy Moe Marek

Monday, March 13 from 1:00pm - 3:00pm

You are invited to come together in the GCTC community to creatively explore how we hold our experience of feeling at home within ourselves and in the world. Using inquiry as a doorway, we will discover how long-held beliefs can keep us in patterns of experience that no longer serve us. From there, we tap into what is possible when we choose to write a new story and see it come to life on paper/canvas as a means of fostering fearless belonging in our lives.

Angel Foundation Financial Cancer Care - Hybrid in partnership with Angel Foundation

Tuesday, March 21 from 6:30pm - 7:30pm

Looking for some financial planning peace of mind? Angel Foundation is hosting its Financial Cancer Care Workshop in person at Gilda's Club. Join Jennifer Schorn from Angel Foundation as they present with a Certified Financial Planner™ to provide you with financial information designed to decrease anxiety about managing finances and navigating the overwhelming effects of cancer-related financial toxicity. In addition, attendees will receive a \$250 gift card stipend IF they complete the medical form discussed at the workshop showing that they have been treated for a cancer diagnosis within the last two years, and there will be an opportunity to sign up for 1-3 individual meetings with a volunteer Certified Financial Planner™ for free.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
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African American Cancer Connection Group - Online with Shaunequa James, MSW, LGSW
Every 1st Monday of the month from 6:30pm - 8:00pm - Exception in January, moved to 2nd Monday (January 9, February 6, March 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.

Art Therapy - Online with Karie Amstutz
Tuesdays, January 3 - March 28 from 1:30pm - 3:00pm - *New day and time*

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!

NEW **Anticipatory Grief: Grieving Before the Loss - Online with Brittany Squillace, MA, LMFT**

Wednesdays, January 18 - March 22 from 11:00am - 12:30pm

In this 9-week group, grief therapist Brittany Squillace, MA, LMFT, will guide you through various processing (open-ended) questions and provide education to begin understanding:

- What anticipatory grief is.
- How is it different from typical grief.
- How it shows up and impacts you.
- Ways to process, cope with and navigate anticipatory grief.

Each week, at the beginning of the group, you will be asked a question to openly discuss (as you feel comfortable) in the group. Based on discussions, you will receive appropriate education and gain a new tool or resource to help you along in your anticipatory grief journey.

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Support January - March 2023



Go back to:
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[March](#)

Individual Art Therapy - Online & In-Person with Zoe Johnson

Contact Annie Stone, Manager of Member Path for scheduling

Annie.Stone@gildasclubtwincities.org, 952-767-7625

Since art therapy is a therapeutic activity rather than an art class, the “making” part is more important than what you end up with, though it is certainly possible to create “beautiful” work in a session. For example, a typical session might have us painting with acrylics or watercolor, drawing abstract images with pencil or pen, using clay to shape simple, meaningful objects, or tearing tissue paper to glue down as part of a magazine-photo collage. Week by week, we will co-create your sessions and discuss what is most present for you when you arrive.

NEW January & February Art Therapy Series: Altered Book Journaling - Virtual with Karie Amstutz

Thursdays, January 12, 19 & 26 and February 2, 9, 16 from 6:30pm-8:00pm

Create an art journal from an existing book using the book's pages as a canvas to apply paint, collage, rubber stamping, etc. This is a two-month Art Therapy series. BYOB (bring your own book) or visit the clubhouse to choose a book from a small provided selection. We will cover a variety of ways to create journal pages, including making pockets and windows, blackout poetry, homemade washi tape, and more!

Supplies: Basic art supplies are needed.

NEW March Art Therapy Series: Optical Illusions Redux - Virtual with Karie Amstutz

Thursdays, March 16, 23, 30 from 6:30pm-8:00pm

Our eyes can trick our brains into seeing things that are not as they appear. This is called an optical illusion. Drawing optical illusions were so gratifying back in July 2022, so let us do more!

Supplies: You will need black felt tip pens such as Sharpie pens (fine and medium points are helpful), a #2 pencil, and an eraser.

Series are offerings with multiple sessions that build upon the previous weeks. It is beneficial to attend each session. Please sign up for series in which you are available for each class. To sign up for workshops, click the "Workshop" tab!

Attending all sessions are required for Food for Life and Art Therapy Series.

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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!

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