

# April

**Gilda's Club Twin Cities**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:30am - 10:30am <b>Gentle Yoga (V)</b></p> <p>6:30pm - 8:00pm <b>African Am. Cancer Connection Group (V)</b></p>	<p><b>4</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p> <p>5:30pm - 6:30 pm <b>Candlelight Yoga (V)</b></p>	<p><b>5</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p>	<p><b>6</b></p> <p>1:00pm - 4:00pm <b>Card Making (C)</b></p> <p>6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b></p> <p>6:30pm - 8:00pm <b>Art Therapy Series: Painting &amp; Paper 1/3 (H)</b></p> <p>6:30pm - 7:30pm <b>Tai Chi &amp; Breathing Techniques (H)</b></p>	<p><b>7</b></p> <p>9:00am - 10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 1/8 (V)</b></p>
<p><b>10</b></p> <p>9:30am - 10:30am <b>Gentle Yoga (V)</b></p> <p>10:00am - 10:30am <b>Euro Café Sess. 1 (C)</b></p> <p>11:00am - 11:30am <b>Euro Café Sess. 2 (C)</b></p>	<p><b>11</b></p> <p>10:30am - 11:30am <b>Chair Yoga (C)</b></p> <p>1:00pm - 2:30pm <b>Knit Wits (C)</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p>	<p><b>12</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p> <p>3:00pm - 4:00pm <b>New Member Meeting (C)</b></p> <p>4:00pm - 5:00pm <b>Mocktails and Mingle (C)</b></p>	<p><b>13</b></p> <p>1:00pm - 4:00pm <b>Card Making (C)</b></p> <p>6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b></p> <p>6:30pm - 8:00pm <b>Art Therapy Series: Painting &amp; Paper 2/3 (H)</b></p>	<p><b>14</b></p> <p>9:00am - 10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 2/8 (V)</b></p>
<p><b>17</b></p> <p><del>9:30am - 10:30am <b>Gentle Yoga (V)</b></del></p> <p>12:00pm - 2:30pm <b>Conscious Clay 1/6 (C)</b></p>	<p><b>18</b></p> <p>10:00am - 11:00am <b>Dudes and Donuts (C)</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:00pm - 4:30pm <b>Cranes of Hope (C)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p> <p>5:30pm - 6:30 pm <b>Candlelight Yoga (V)</b></p> <p>6:00pm - 7:30pm <b>Young Survival Coalition (C)</b></p>	<p><b>19</b></p> <p>11:00am - 12:30pm <b>Redefining Identity 1/4 (V)</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p> <p>3:00pm - 4:00pm <b>New Member Meeting (V)</b></p>	<p><b>20</b></p> <p><b>Clubhouse Closed</b></p> <p><b>Gather to Give:</b></p> <p><b>A Breakfast Event</b></p>	<p><b>21</b></p> <p>9:00am - 10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 3/8 (V)</b></p>
<p><b>24</b></p> <p>9:30am - 10:30am <b>Gentle Yoga (V)</b></p> <p>12:00pm - 2:30pm <b>Conscious Clay 2/6 (C)</b></p>	<p><b>25</b></p> <p>10:30am - 11:30am <b>Chair Yoga (C)</b></p> <p>1:00pm - 2:30pm <b>Knit Wits (C)</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p>	<p><b>26</b></p> <p>11:00am - 12:30pm <b>Redefining Identity 2/4 (V)</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p> <p>3:00pm - 4:00pm <b>New Member Meeting (V)</b></p>	<p><b>27</b></p> <p>11:00am - 12:30pm <b>Gifts of Gratitude 1/5 (C)</b></p> <p>12:00pm - 1:00pm <b>Building a Better Working Memory (H)</b></p> <p>1:00pm - 4:00pm <b>Card Making (C)</b></p> <p>3:00pm - 4:00pm <b>Birds and Brew (C)</b></p> <p>6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b></p> <p>6:30pm - 7:30pm <b>Tai Chi &amp; Breathing Techniques (H)</b></p> <p>6:30pm - 8:00pm <b>Art Therapy Series: Painting &amp; Paper 3/3 (H)</b></p>	<p><b>28</b></p> <p>9:00am - 10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 4/8 (V)</b></p>

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# May

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>9:30am - 10:30am <b>Gentle Yoga (V)</b></p> <p>12:00pm - 2:30pm <b>Conscious Clay 3/6 (C)</b></p> <p>5:00pm - 6:00pm <b>Stress Management Series 1/5 (H)</b></p> <p>6:30pm - 8:00pm <b>African Am. Cancer Connection Group (V)</b></p>	<p><b>2</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p> <p>5:30pm - 6:30 pm <b>Candlelight Yoga (V)</b></p>	<p><b>3</b></p> <p>9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b></p> <p>11:00am - 12:30pm <b>Redefining Identity 3/4 (V)</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p>	<p><b>4</b></p> <p>11:00am - 12:30pm <b>Gifts of Gratitude 2/5 (C)</b></p> <p>1:00pm - 4:00pm <b>Card Making (C)</b></p> <p>6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b></p> <p>6:30pm - 8:00pm <b>Art Therapy Series: Watercolor &amp; Weaving 1/3 (H)</b></p> <p>6:30pm - 7:30pm <b>Tai Chi &amp; Breathing Techniques (H)</b></p>	<p><b>5</b></p> <p>9:00am -10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 5/8 (V)</b></p>
<p><b>8</b></p> <p>9:30am - 10:30am <b>Gentle Yoga (V)</b></p> <p>10:00am - 10:30am <b>Euro Café Sess. 1 (C)</b></p> <p>11:00am - 11:30am <b>Euro Café Sess. 2 (C)</b></p> <p>12:00pm - 2:30pm <b>Conscious Clay 4/6 (C)</b></p> <p>5:00pm - 6:00pm <b>Stress Management Series 2/5 (H)</b></p>	<p><b>9</b></p> <p>10:30am - 11:30am <b>Chair Yoga (C)</b></p> <p>1:00pm - 2:30pm <b>Knit Wits (C)</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>2:30pm - 4:00pm <b>Cancer &amp; Social Security Disability Benefits 101 (C)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p>	<p><b>10</b></p> <p>9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b></p> <p>11:00am - 12:30pm <b>Redefining Identity 4/4 (V)</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p> <p>3:00pm - 4:00pm <b>New Member Meeting (C)</b></p> <p>4:00pm - 5:00pm <b>Mocktails and Mingle (C)</b></p>	<p><b>11</b></p> <p>11:00am - 12:30pm <b>Gifts of Gratitude 3/5 (C)</b></p> <p>1:00pm - 4:00pm <b>Card Making (C)</b></p> <p>6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b></p> <p>6:30pm - 8:00pm <b>Art Therapy Series: Watercolor &amp; Weaving 2/3 (H)</b></p>	<p><b>12</b></p> <p>9:00am -10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 6/8 (V)</b></p>
<p><b>15</b></p> <p>9:30am - 10:30am <b>Gentle Yoga (V)</b></p> <p>12:00pm - 2:30pm <b>Conscious Clay 5/6 (C)</b></p> <p>5:00pm - 6:00pm <b>Stress Management Series 3/5 (H)</b></p>	<p><b>16</b></p> <p>10:00am - 11:00am <b>Dudes and Donuts (C)</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p> <p>5:00pm - 6:00pm <b>Birds and Brew (C)</b></p> <p>5:30pm - 6:30 pm <b>Candlelight Yoga (V)</b></p>	<p><b>17</b></p> <p>9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p> <p>3:00pm - 4:00pm <b>New Member Meeting (V)</b></p>	<p><b>18</b></p> <p>11:00am - 12:30pm <b>Gifts of Gratitude 4/5 (C)</b></p> <p><del>4:00pm - 4:00pm <b>Card Making (C)</b></del></p> <p>6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b></p> <p>6:00pm - 7:30pm <b>Young Survival Coalition (C)</b></p> <p>6:30pm - 7:30pm <b>Tai Chi &amp; Breathing Techniques (H)</b></p> <p>6:30pm - 8:00pm <b>Art Therapy Series: Watercolor &amp; Weaving 3/3 (H)</b></p> <p>6:30pm - 8:00pm <b>Frankly Speaking: Why Can't I Stay Positive? (C)</b></p>	<p><b>19</b></p> <p>9:00am -10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 7/8 (V)</b></p>
<p><b>22</b></p> <p>9:30am - 10:30am <b>Gentle Yoga (V)</b></p> <p>12:00pm - 2:30pm <b>Conscious Clay 6/6 (C)</b></p> <p>5:00pm - 6:00pm <b>Stress Management Series 4/5 (H)</b></p>	<p><b>23</b></p> <p>10:30am - 11:30am <b>Chair Yoga (C)</b></p> <p>1:00pm - 2:30pm <b>Knit Wits (C)</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p> <p>6:30pm - 7:30pm <b>Angel Foundation Financial Cancer Care (H)</b></p>	<p><b>24</b></p> <p>9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b></p> <p>11:00am - 12:30pm <b>Redefining Identity 1/4 (V)</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p> <p>3:00pm - 4:00pm <b>New Member Meeting (V)</b></p>	<p><b>25</b></p> <p>11:00am - 12:30pm <b>Gifts of Gratitude 5/5 (C)</b></p> <p>1:00pm - 4:00pm <b>Card Making (C)</b></p> <p>6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b></p> <p>6:30pm - 8:30pm <b>Evening of Remembrance (C)</b></p>	<p><b>26</b></p> <p>9:00am -10:00am <b>Coffee Talk (V)</b></p> <p>3:30pm - 5:00pm <b>Meaning-Centered Support 8/8 (V)</b></p>
<p><b>29</b></p> <p><b>Clubhouse Closed Memorial Day</b></p>	<p><b>30</b></p> <p>1:30pm - 3:00pm <b>Art Therapy (V)</b></p> <p>3:45pm - 5:00pm <b>Improv for Life™ (C)</b></p>	<p><b>31</b></p> <p>9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b></p> <p>11:00am - 12:30pm <b>Redefining Identity 2/4 (V)</b></p> <p>12:30pm - 1:45pm <b>Improv for Life™ (V)</b></p>	<p><b>1</b></p>	<p><b>2</b></p>

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# June

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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 1:00pm - 4:00pm <b>Card Making (C)</b> 6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b> 6:00pm - 7:30pm <b>Firefly Sisterhood (C)</b> 6:30pm - 7:30pm <b>Tai Chi &amp; Breathing Techniques (H)</b> 6:30pm - 8:00pm <b>Art Therapy Series: Unfolding Cards 1/3 (H)</b>	2 9:00am -10:00am <b>Coffee Talk (V)</b>
5 9:30am - 10:30am <b>Gentle Yoga (V)</b> 5:00pm - 6:00pm <b>Stress Management Series 5/5 (H)</b> 6:30pm - 8:00pm <b>African Am. Cancer Connection Group (V)</b>	6 9:00am - 11:00am <b>Food For Life 1/4 (V)</b> 1:30pm - 3:00pm <b>Art Therapy (V)</b> 3:45pm - 5:00pm <b>Improv for Life™ (C)</b>	7 9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b> 11:00am - 12:30pm <b>Redefining Identity 3/4 (V)</b> 12:30pm - 1:45pm <b>Improv for Life™ (V)</b>	8 1:00pm - 4:00pm <b>Card Making (C)</b> 6:00pm - 7:00pm <b>Circling Hands (V)</b> 6:30pm - 8:00pm <b>Art Therapy Series: Unfolding Cards 2/3 (H)</b> 6:30pm - 8:00 pm <b>Family BBQ (C)</b>	9 9:00am -10:00am <b>Coffee Talk (V)</b>  <b>Friends and Family Day!</b>
12 9:30am - 10:30am <b>Gentle Yoga (V)</b> 10:00am - 10:30am <b>Euro Café Sess. 1 (C)</b> 11:00am - 11:30am <b>Euro Café Sess. 2 (C)</b> 6:00pm - 7:30pm <b>Birds and Brew (GO)</b>	13 9:00am - 11:00am <b>Food For Life 2/4 (V)</b> 10:30am - 11:30am <b>Chair Yoga (C)</b> 1:00pm - 2:30pm <b>Knit Wits (C)</b> 1:30pm - 3:00pm <b>Art Therapy (V)</b> 3:45pm - 5:00pm <b>Improv for Life™ (C)</b> 6:00pm - 7:30pm <b>Young Survival Coalition (C)</b> 6:30pm - 8:00pm <b>Bingo Night (C)</b> 6:00pm - 7:30pm <b>Strength Training 101 (C)</b>	14 9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b> 11:00am - 12:30pm <b>Redefining Identity 4/4 (V)</b> 12:30pm - 1:45pm <b>Improv for Life™ (V)</b> 3:00pm - 4:00pm <b>New Member Meeting (C)</b> 4:00pm - 5:00pm <b>Mocktails and Mingle (C)</b>	15 1:00pm - 4:00pm <b>Card Making (C)</b> 6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b> 6:30pm - 7:30pm <b>Tai Chi &amp; Breathing Techniques (H)</b> 6:30pm - 8:00pm <b>Art Therapy Series: Unfolding Cards 3/3 (H)</b>	16 9:00am -10:00am <b>Coffee Talk (V)</b>
19 <b>Clubhouse Closed Juneteenth Observed</b>	20 9:00am - 11:00am <b>Food For Life 3/4 (V)</b> 10:00am - 11:00am <b>Dudes and Donuts (C)</b> 1:30pm - 3:00pm <b>Art Therapy (V)</b> 3:00pm - 4:30pm <b>Cranes of Hope (C)</b> 3:45pm - 5:00pm <b>Improv for Life™ (C)</b> <del>5:30pm - 6:30pm <b>Candlelight Yoga (V)</b></del>	21 9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b> 12:30pm - 1:45pm <b>Improv for Life™ (V)</b> 3:00pm - 4:00pm <b>New Member Meeting (V)</b>	22 <del>1:00pm - 4:00pm <b>Card Making (C)</b></del> 6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b>	23 9:00am -10:00am <b>Coffee Talk (V)</b>
26 9:30am - 10:30am <b>Gentle Yoga (V)</b>	27 9:00am - 11:00am <b>Food For Life 4/4 (V)</b> 10:30am - 11:30am <b>Chair Yoga (C)</b> 1:00pm - 2:30pm <b>Knit Wits (C)</b> 1:30pm - 3:00pm <b>Art Therapy (V)</b> 3:45pm - 5:00pm <b>Improv for Life™ (C)</b> 6:30pm - 8:30pm <b>Movie Night: Stutz (C)</b>	28 9:30am - 10:30am <b>Gilda's Goes Walking (GO)</b> 12:30pm - 1:45pm <b>Improv for Life™ (V)</b> 3:00pm - 4:00pm <b>New Member Meeting (V)</b>	29 1:00pm - 4:00pm <b>Card Making (C)</b> 6:00pm - 7:00pm <b>Circling Hands Qigong (V)</b>	30

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An Affiliate of the **CANCER SUPPORT COMMUNITY**

## Children, Teen & Family April - June 2023



Go back to:  
[April](#)  
[May](#)  
[June](#)

### **Family BBQ - In Person in partnership with HopeKids**

**Thursday, June 8 from 6:30pm - 8:00pm**

Come join other families impacted by pediatric cancer for a night of family fun and games! BBQ/picnic food will be provided. We will have a plethora of games inside and outside!

*For more info or questions about GCTC programming contact Annie Stone, Manager of Member Path at [Annie.Stone@GildasClubTwinCities.org](mailto:Annie.Stone@GildasClubTwinCities.org)*

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All classes and programs are offered FREE of charge.**

## Healthy Lifestyle April - June 2023



Go back to:

[April](#)

[May](#)

[June](#)

### **Gentle Yoga - Online with Betty Christensen**

***Mondays, April 3 - June 26 from 9:30am - 10:30am***

***No occurrence April 17, May 29, June 19***

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

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

***In-Person: Tuesdays, April 4 - June 27 from 3:45pm - 5:00pm***

***Online: Wednesdays, April 5 - June 28 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!

### **Chair Yoga - In-Person with Dawn Jenkins**

NEW

***Every 2nd and 4th Tuesday of the month from 10:30am - 11:30am***

***April 11 & 25, May 9 & 23, June 13 & 27***

This chair yoga practice warms the body in preparation to move before easing into flexibility work and relaxation. The addition of a chair in this yoga practice allows for extra support without the need to be on the floor. Classes will include breathwork, intention, bits of yoga lore, and wisdom. Suitable for people seeking relaxation, stress management, comfort in the body, ease back into movement, gently build some strength, and increase flexibility and balance.

*Please come dressed in clothes in which you can move comfortably.*

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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**

**(April 4 & 18, May 2 & 16, and June 6)**

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.

## **Tai Chi and Breathing Techniques - Hybrid with Steven Yang**

**Thursdays, April 6 & 27, May from 5:30pm - 6:30pm**

**(April 4 & 18, May 2 & 16, and June 6)**

Join us and experience the benefits of Tai Chi! Tai Chi is a relaxing and comfortable class for all. This class will not only cover Tai Chi and breathing techniques, but also how to 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, April 6 - June 29 from 1:00pm - 4:00pm**

**No occurrences April 20, May 18, June 22**

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 6 - June 29 from 6:00pm - 7:00pm**

**No occurrence April 20**

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.

RSVP for all classes and programs at [GildasClubTwinCities.org](https://GildasClubTwinCities.org), on the My GCTC app, or by emailing [info@GildasClubTwinCities.org](mailto:info@GildasClubTwinCities.org)  
All classes and programs are offered FREE of charge.



## Stress Management Series - Hybrid with Barb Clare

***Mondays, May 1 - June 5 from 5:00pm - 6:00pm***

***No occurrence May 29***

Everyone experiences stress no matter what your age, gender, or situation. This 5-session class will cover various ideas to help everyone find some helpful ways to combat stress.

## The Gifts of Gratitude - In-Person with Joan Saunders

NEW

***Thursdays, April 27 - May 25 from 11:00am - 12:30pm***

This 5-session class explores how gratitude practices can bring us more peace and joy, even during the tough times. We'll take our inspiration from short readings and quotations, as well as class exercises involving music, movement, awareness raising, and discussion. We'll also write and decorate pages in a gratitude journal to help deepen our awareness of all there is to be grateful for and to enhance the depth of our feelings.

**Supplies:** Bring a journal or sheets of paper (unlined is suggested) and your favorite art supplies to supplement those available at the Clubhouse. No special ability in writing or art is required. Our emphasis will be on experimenting and playing with different exercises to discover the ones that open you up the most to gratitude.

## Food For Life: Cancer Prevention and Survival (4-Part) Series - Online with Jill Erickson

***Tuesdays, June 6 - 27 from 9:00am - 11:00am - New day and time***

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 4 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](https://GildasClubTwinCities.org), on the My GCTC app, or by emailing [info@GildasClubTwinCities.org](mailto: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**

**(April 10, May 8, and June 12)**

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!

## **Knit Wits - In-Person**

**Every 2nd and 4th Tuesday of the month from 1:00pm - 2:30pm**

**(April 11 & 25, May 9 & 23, and June 13 & 27)**

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!

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

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

**(April 18, May 16, and June 20)**

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**

**(April 18 and June 20)**

**No occurrence in May**

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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## Social Opportunities April - June 2023



Go back to:

[April](#)

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### **Mocktails and Mingle - In-Person with Paul Gordan**

**Every 2nd Wednesday of the month from 4:00pm - 5:00pm**

**(April 12, May 10, and June 14 )**

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**

**Thursday, April 27 from 3:00pm - 4:00pm &**

**Tuesday, May 16 from 5:00pm - 6:00pm**

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.

*View the Gilda on the Go flyer (pg. 12) to join us for Birds and Brew in Saint Louis Park on Monday, June 12.*

### **Evening of Remembrance - In-Person with Staff**

**Thursday, May 25 from 6:30pm - 8:30pm**

Gilda's Club community members and their friends and family are invited to join us in remembering and honoring those we've lost in the last year - whether from cancer or something else. 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.**

### **Coffee Talk - Online with Elaine Wilson**

**Fridays, April 7 - June 30 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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All classes and programs are offered FREE of charge.



## **Bingo Night - In-Person with Staff**

NEW

**Tuesday, June 13 from 6:30pm - 8:00pm**

Gilda's Club community members and their friends and family are invited to join us for a fun night playing bingo and socializing with other members.

*\*Kids are welcome to attend. To register your family, please contact Annie Stone, Manager of Member Path at [Annie.Stone@GildasClubTwinCities.org](mailto:Annie.Stone@GildasClubTwinCities.org).*

## **Movie Night: Stutz - In-Person with Staff**

NEW

**Tuesday, June 27 from 6:30pm - 8:30pm**

In candid conversations with actor Jonah Hill, leading psychiatrist Phil Stutz explores his early life experiences and unique, visual model of therapy in the documentary, *Stutz*. Join us for a viewing and discussion of this compelling documentary.

Phil Stutz is one of the world's leading psychiatrists. He's helped countless patients over 40 years, including world-class creatives and business leaders, and among them many therapy-skeptics. Directed by friend and patient Jonah Hill, the film explores Stutz's life and walks the viewer through his signature visualization exercises, *The Tools*. As Hill sits down with Stutz for an unorthodox session that flips their typical doctor-patient dynamic, they bring *The Tools* to life in a humorous, vulnerable and ultimately therapeutic experience. Featuring candid discussion of both Stutz's and Hill's personal mental health journeys, alongside the lighthearted banter of two friends from different generations, the film beautifully frames *The Tools* and the journey toward mental health in a manner that's accessible to anyone -- whether or not they are actively seeking help.

*\*Kids are welcome to attend. To register your family, please contact Annie at [Annie.Stone@GildasClubTwinCities.org](mailto:Annie.Stone@GildasClubTwinCities.org).*

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All classes and programs are offered FREE of charge.

## Education Sessions April - June 2023



Go back to:

[April](#)

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NEW

### **Frankly Speaking: Why Can't I Stay Positive? - In Person with Renee Levesque**

**Thursday, May 18 from 6:30pm - 8:00pm**

In this workshop will discuss what research has found out about depression, grief, and resilience with a cancer diagnosis, treatment and outcomes. And will provide ample time for a question-and-answer period.

NEW

### **Cancer and Social Security Disability Benefits 101 - In Person with Megan Scully from Cancer Legal Care**

**Tuesday, May 9 from 2:00pm - 4:00pm**

This class will provide an overview of the types of disability benefits available through the Social Security Administration. We will discuss eligibility, the application process and tips for cancer patients who are thinking about applying, or in the process of applying. There will be time for Q & A.

NEW

### **Building a Better Working Memory - Hybrid with Carolyn from Nutritional Weight and Wellness**

**Thursday, April 27 from 12:00pm - 1:00pm**

Want to maintain your memory or worried that those senior moments are creeping in more frequently? Your brain depends on you to feed it well. Learn which foods support your memory and concentration. No matter how you cut it, nutrition and lifestyle affect almost every health condition. Our licensed nutritionists and dietitians are passionate about real food and helping people develop healthier habits with information that's relevant and practical.

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

**Tuesday, May 23 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.

NEW

### **Strength Training 101 - In-Person with Clare Poulou from Survival 2 Strength**

**Tuesday, June 13 from 6:00pm - 7:30pm**

Research has found that strength training and physical activities reduce occurrence and recurrence of cancer. Come join us to learn the basics and benefits of ongoing coordination and mobility training. Specific questions are welcome- even better if you send us some questions ahead of time, so Clare can come up with answers for you!

RSVP for all classes and programs at [GildasClubTwinCities.org](https://GildasClubTwinCities.org), on the My GCTC app, or by emailing [info@GildasClubTwinCities.org](mailto:info@GildasClubTwinCities.org)

All classes and programs are offered FREE of charge.



"Gilda on the Go" offerings occur in the Twin Cities and surrounding communities. We hope you can join us as we get out take Gilda's on the go!

NEW

## **Birds and Brew with Lisa Keitel**

**Monday, June 12 from 6:00pm - 7:30pm - Westwood Hills Nature Center in Saint Louis Park**

Join us for a Birds and Brew field trip to Westwood Hills Nature Center.

- We will meet on the sidewalk between the parking lot and the main nature center building. Look for our red Gilda's t-shirts
- Indoor restrooms are available at the nature center building until sunset. No restrooms or port-a-potties on the trails.
- The trails are flat and paved or boardwalks.
- We will walk 3 to 5 minutes, then stop for time to watch and listen to the birds.
- We may make 3 to 4 short walks and stops, depending on the mobility and stamina of the group. We will pace the walk to meet your needs.
- Please feel free to bring a chair or stool to rest during our stops. The park benches are not very convenient - too far apart. (Please let us know if you expect to need a chair but don't have a portable camp chair. We can bring one for you.)
- We will be outside from 6pm until 8:30-ish. Please dress accordingly considering the weather.
- Please bring binoculars if you have them. There will be some binoculars available for you to use.

NEW

## **Gilda's Goes Walking**

**Wednesdays, May 3 - June 28 from 9:30am - 10:30am at each of the following locations:**

**Saint Paul: Harriet Island Regional Park, St. Paul**

**Minnetonka: Ridgedale Mall, Minnetonka**

**Bloomington: Normandale Lake, Bloomington**

Join us as we walk around in the community and socialize with other members. Look out for our red Gilda's Club Twin Cities t-shirts! Meeting location details below.

**Harriet Island Regional Park Meeting Spot:** At the Paddleford Riverboats near the west parking lot.

**Ridgedale Mall Meeting Spot:** Meet at the mall entrance near J.C. Penney.

**Normandale Lake Meeting Spot:** Near the boat launch on the lake's west side off Chalet Road.

**Suggested supplies:** Water bottle, walking shoes, sunscreen, hat, walking stick (optional)

RSVP for all classes and programs at [GildasClubTwinCities.org](https://GildasClubTwinCities.org), on the My GCTC app, or by emailing [info@GildasClubTwinCities.org](mailto:info@GildasClubTwinCities.org)  
All classes and programs are offered FREE of charge.

## Support April - June 2023



Go back to:

[April](#)

[May](#)

[June](#)

### **African American Cancer Connection Group - Online with Shaunequa James, MSW, LGSW**

***Every 1st Monday of the month from 6:30pm - 8:00pm***

***(April 3, May 1, and June 5)***

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, April 4 - June 25 from 1:30pm - 3:00pm***

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!

RSVP for all classes and programs at [GildasClubTwinCities.org](https://GildasClubTwinCities.org), on the My GCTC app, or by emailing [info@GildasClubTwinCities.org](mailto:info@GildasClubTwinCities.org)  
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## **Art Therapy: Conscious Clay - In-Person with Zoe Johnson**

**Mondays, April 17- May 22 from 12:00pm-2:30pm**

Clay records the maker's touch like no other art medium. In its malleable stage, it's sensitive, yielding, seductive, and flexible. After it's fired to maturity, clay becomes legacy - transformed from river-bottom-sludge to virtual immortality. In this group, we'll explore making our mark on soft clay slabs and pinch pots, our primary tools will be our own hands. What marks will you make? What impressions will you preserve?

**NEW**

## **Redefining Identity: Exploring Identity After a Cancer Diagnosis - Online with Brittany Squillace, MA, LMFT**

**Wednesdays, April 19 - May 10 or May 24 - June 14 from 11:00am - 12:30pm**

In this 4-week group, grief therapist Brittany Squillace, MA, LMFT, will guide you through discussions and provide education to begin understanding:

- Identity Loss and Current Narratives
- Ask "Who Am I?"
- Externalization
- Rewrite Your Narrative

## **Meaning-Centered Support - Online with Quentin Gabor**

**Fridays, April 7 - May 26 from 3:30pm - 5:00pm**

Meaning-Centered Support is for individuals living with life-limiting, advanced and chronic cancer diagnoses. In this 8-week series, we will focus on the importance of creating, experiencing, and keeping a sense of meaning in life. Together we will explore how sources of meaning foster resilience to find new ways to face the challenges caused by illness. Previous group members shared they were surprised by the insight gained through the process and challenged to shift their outlook and attitude toward life and end-of-life.

Participation requires a commitment to try to attend all sessions. Limited to 6-8 participants.

Anyone interested in participating must complete a brief phone intake process. Please sign up online and a follow-up call will be made to you in advance of the first session.

*\*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 series, click the "Workshop" tab on our class registration site!*

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All classes and programs are offered FREE of charge.



NEW

## April Art Therapy Series: Painting and Paper - Hybrid with Karie Amstutz

**Thursdays, April 6, 13 and 27 from 6:30pm-8:00pm**

**No occurrence April 20**

This month we are taking inspiration from artist Megan Coyle's collage technique. A collage is usually made by gathering images from photographs or magazines to make an image. This style of collage is made from different pieces of color from magazine pages. The shape's color looks a bit like paint! Join us in April to experiment with a new way to collage.

**Supplies:** Basic art supplies are needed.

NEW

## May Art Therapy Series: Watercolor and Weaving - Hybrid with Karie Amstutz

**Thursdays, May 4, 11 and 18 from 6:30pm-8:00pm**

Experiment making two paintings with watercolor using different color schemes then cutting them apart and weaving the two separate paintings into one image. You will learn how to transfer a composition to watercolor paper and paint with watercolors.

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

NEW

## June Art Therapy Series: Unfolding Cards - Hybrid with Karie Amstutz

**Thursdays, June 1, 8 and 15 from 6:30pm-8:00pm**

Take your card-making skills up a notch by learning three different styles of cards that open in a variety of ways. Note: this series is more about understanding how to make unfolding cards than having a ready-to-mail greeting card at the end of the session. Come to session alert and ready to pay attention to some fiddly details to achieve the desired unfolding of the card.

**Supplies:** Basic art supplies are needed.

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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/](http://www.gildasclubtwincities.org/new-member-meeting-sign-up/) to get started!

RSVP for all classes and programs at [GildasClubTwinCities.org](http://GildasClubTwinCities.org), on the My GCTC app, or by emailing [info@GildasClubTwinCities.org](mailto:info@GildasClubTwinCities.org)  
All classes and programs are offered FREE of charge.