

July

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30am - 10:30am Gentle Yoga (V) 6:30pm - 8:00pm African Am. Cancer Connection Group (V)</p>	<p>4</p> <p>Clubhouse Closed Independence Day</p>	<p>5</p> <p>9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 6:30pm - 7:30pm Tai Chi & Breathing Techniques (V)</p>	<p>6</p> <p>1:00pm - 4:00pm Card Making (C) 6:30pm - 8:00pm Food For Life 1/4 (V)</p>	<p>7</p> <p>9:00am - 10:00am Coffee Talk (V)</p>
<p>10</p> <p>9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C) 10:00am - 10:30am Euro Café Sess. 1 (C) 11:00am - 11:30am Euro Café Sess. 2 (C) 6:30pm - 7:15pm Yoga For Caregivers 1/6 (C)</p>	<p>11</p> <p>12:00pm - 1:00pm Chair Yoga (C) 1:00pm - 2:30pm Knit Wits (C) 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C) 5:00pm - 6:00pm Birds and Brew (C) 6:00pm - 7:30pm Young Survival Coalition (C) 6:30pm - 8:00pm Trivia Night (C)</p>	<p>12</p> <p>9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (C) 4:00pm - 5:00pm Mocktails and Mingle (C) 6:30pm - 7:30pm Tai Chi & Breathing Techniques (V)</p>	<p>13</p> <p>4:00pm - 4:00pm Card Making (C) 6:30pm - 8:00pm Food For Life 2/4 (V) 6:30pm - 8:00pm Art Therapy Series: Twisted Oak Painting 1/3 (C)</p>	<p>14</p> <p>9:00am - 10:00am Coffee Talk (V)</p>
<p>17</p> <p>9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C) 6:30pm - 7:15pm Yoga For Caregivers 2/6 (C)</p>	<p>18</p> <p>10:00am - 11:00am Dudes and Donuts (C) 1:30pm - 3:00pm Art Therapy (V) 2:00pm - 3:30pm Social Security Benefits (C) 3:00pm - 4:30pm Cranes of Hope (C) 3:45pm - 5:00pm Improv for Life™ (C)</p>	<p>19</p> <p>9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (V) 6:00pm - 7:30pm Newly Diagnosed Social Support (V)</p>	<p>20</p> <p>1:00pm - 4:00pm Card Making (C) 6:30pm - 8:00pm Food For Life 3/4 (V) 6:30pm - 8:00pm Art Therapy Series: Twisted Oak Painting 2/3 (C)</p>	<p>21</p> <p>9:00am - 10:00am Coffee Talk (V)</p>
<p>24</p> <p>9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C) 6:30pm - 7:15pm Yoga For Caregivers 3/6 (C)</p>	<p>25</p> <p>12:00pm - 1:00pm Chair Yoga (C) 1:00pm - 2:30pm Knit Wits (C) 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C) 6:30pm - 8:00pm Open Mic/Jam Session (C)</p>	<p>26</p> <p>9:30am - 10:30am Gilda's Goes Walking (GO) (12:30pm - 1:45pm Improv for Life™ (V)) 3:00pm - 4:00pm New Member Meeting (V)</p>	<p>27</p> <p>4:00pm - 4:00pm Card Making (C) 6:30pm - 8:00pm Food For Life 3/4 (V) 6:30pm - 8:00pm Art Therapy Series: Twisted Oak Painting 3/3 (C)</p>	<p>28</p> <p>9:00am - 10:00am Coffee Talk (V)</p>
<p>31</p> <p>9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C) 6:30pm - 7:15pm Yoga For Caregivers 4/6 (C)</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

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



August

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C)	2 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V)	3 1:00pm - 4:00pm Card Making (C) 6:30pm - 8:00pm Art Therapy Series: Oodles of Doodles 1/3 (H)	4 9:00am -10:00am Coffee Talk (V)
7 9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C) 6:30pm - 7:15pm Yoga For Caregivers 5/6 (C) 6:30pm - 8:00pm African Am. Cancer Connection Group (V)	8 12:00pm - 1:00pm Chair Yoga (C) 1:00pm - 2:30pm Knit Wits (C) 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C) 5:00pm - 6:00pm Birds and Brew (C) 6:30pm - 8:00pm Game Night (C)	9 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (C) 4:00pm - 5:00pm Mocktails and Mingle (C)	10 1:00pm - 4:00pm Card Making (C) 6:30pm - 8:00pm Art Therapy Series: Oodles of Doodles 1/3 (H)	11 9:00am -10:00am Coffee Talk (V)
14 9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C) 10:00am - 10:30am Euro Café Sess. 1 (C) 11:00am - 11:30am Euro Café Sess. 2 (C) 6:30pm - 7:15pm Yoga For Caregivers 6/6 (C)	15 10:00am - 11:00am Dudes and Donuts (C) 3:00pm - 4:30pm Cranes of Hope (C) 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C)	16 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (V) 6:00pm - 7:30pm Newly Diagnosed Social Support (V)	17 1:00pm - 4:00pm Card Making (C) 6:00pm - 7:00pm Redefining Identity (V) 6:00pm - 8:00pm Dinner and Dying (C) 6:30pm - 8:00pm Art Therapy Series: Oodles of Doodles 2/3 (H)	18 9:00am -10:00am Coffee Talk (V)
21 9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C)	22 12:00pm - 1:00pm Chair Yoga (C) 1:00pm - 2:30pm Knit Wits (C) 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C) 6:30pm - 8:00pm Community Potluck (C)	23 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (V)	24 1:00pm - 4:00pm Card Making (C)	25 9:00am -10:00am Coffee Talk (V)
28 9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C)	29 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C) 6:00pm - 7:30pm Young Survival Coalition (C)	30 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V)	31 1:00pm - 4:00pm Card Making (C)	1

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September

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28	29	30	31	1 9:00am -10:00am Coffee Talk (V)
4 Clubhouse Closed Labor Day	5 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C) 5:30pm - 6:30pm Candlelight Yoga (V)	6 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V)	7 1:00pm - 4:00pm Card Making (C) 6:30pm - 8:00pm Art Therapy Series: Kool-Aid Dyeing 1/3 (H)	8 9:00am -10:00am Coffee Talk (V)
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18 9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C)	19 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 - 6:30pm Candlelight Yoga (V)	20 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (V) 6:00pm - 7:30pm Newly Diagnosed Social Support (V)	21 1:00pm - 4:00pm Card Making (C) 6:00pm - 7:30pm Young Survival Coalition (C) 6:00pm - 7:30pm Firefly Sisterhood (C) 6:30pm - 8:00pm Art Therapy Series: Kool-Aid Dyeing 3/3 (H)	22 9:00am -10:00am Coffee Talk (V)
25 9:30am - 10:30am Gentle Yoga (V) 9:30am - 12:00pm Art Therapy: Open Art Studio (C)	26 12:00pm - 1:00pm Chair Yoga (C) 1:00pm - 2:30pm Knit Wits (C) 1:30pm - 3:00pm Art Therapy (V) 3:45pm - 5:00pm Improv for Life™ (C) 6:30pm - 7:30pm Angel Foundation Financial Cancer Care (H)	27 9:30am - 10:30am Gilda's Goes Walking (GO) 12:30pm - 1:45pm Improv for Life™ (V) 3:00pm - 4:00pm New Member Meeting (V)	28 1:00pm - 4:00pm Card Making (C)	29

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Healthy Lifestyle July - September 2023



Go back to:
July
August
September

Gentle Yoga - Online with Betty Christensen

Mondays, July 3 - September 25 from 9:30am - 10:30am

No occurrence July 31, September 4, September 11

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, July 11 - September 26 from 3:45pm - 5:00pm

Online: Wednesdays, July 15 - September 27 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

Every 2nd and 4th Tuesday of the month from 12:00pm - 1:00pm - **New Time!**

July 25, August 8 & 22, September 12 & 26

No occurrence July 11

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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Healthy Lifestyle July - September 2023



Go back to:
July
August
Septemeber

Candlelight Yoga - Online with DeAnn Hoff - *July and August Hiatus*

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

(September 5 & 19)

No occurrences in July and August

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 - Online with Steven Yang - *Ending in July*

Wednesdays, July 5 & 12 from 6:30pm - 7:30pm

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, July 6 - September 28 from 1:00pm - 4:00pm

No occurrences July 13 & 27

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!

Note: Due to the popularity of this class, all members will be placed on the waitlist. The week prior to class, you will be notified if you are selected to attend. Please let us know if you cannot attend so someone else on the waitlist can.

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NEW

Yoga for Caregivers - In-Person with Yoga Center Retreat Graduates

Mondays, July 10 - August 14 from 6:30pm - 7:15pm

Please join graduates of the Yoga Center Retreat's teacher training program for 6 weeks of Yoga for Caregivers! Over the summer, we will offer weekly 45-minute yoga classes, suitable for all levels of experience and abilities. Take some time for yourself to experience yoga, move, breathe, and connect. We look forward to spending this time with you.

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

Thursdays, July 6, 13, 20, & 27 from 6:30pm - 8:00pm - *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, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge.

Social Opportunities July - September 2023



Go back to:
July
August
September

Euro Café - In-Person with Ernie and Bette Ashcroft

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

(July 10, August 14, September 11)

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

(July 11 & 25, August 8 & 22, September 12 & 26)

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

(July 18, August 15, September 19)

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

(July 18, August 15, September 19)

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.

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.



Birds and Brew - In-Person with Lisa Keitel

2nd Tuesday of the month from 5:00pm - 6:00pm

(July 11, August 8, August 22)

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 Gordan

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

(July 12, August 9, September 13)

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! There will be a fun mocktail drink each time, too!

Made possible by Corporate Caterers Twin Cities.

Coffee Talk - Online

Fridays, July 7 - September 29 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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Social Opportunities July - September 2023



Go back to:
July
August
September

NEW

Trivia Night - In-Person with Staff

Tuesday, July 11 from 6:30pm - 8:00pm

Gilda's Club community members and their friends and family are invited to join us for a fun night of trivia 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.*

NEW

Open Mic/Jam Session - In-Person with Staff

Tuesday, July 25 from 6:30pm - 8:00pm

Have you written a poem about your experience? Are you working on a comedy routine? Have you been learning a new song? Do you play an instrument? Let's get together and share what we have been working on!

**Kids are welcome to attend. To register your family, please contact Annie at Annie.Stone@GildasClubTwinCities.org.*

NEW

Game Night - In-Person with Staff

Tuesday, August 8 from 6:30pm - 8:00pm

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

**Kids are welcome to attend. To register your family, please contact Annie at Annie.Stone@GildasClubTwinCities.org.*

NEW

Community Potluck - In-Person with Staff

Tuesday, August 22 from 6:30pm - 8:00pm

Gilda's Club community members and their friends and family are invited to join us for a community potluck. Please bring a food item to share.

**Kids are welcome to attend. To register your family, please contact Annie at Annie.Stone@GildasClubTwinCities.org.*

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Education Sessions July - September 2023



Go back to:
July
August
September

NEW

Social Security Benefits: Retirement, Child, and Survivors Benefits - In Person with Megan Scully from Cancer Legal Care

Tuesday, July 18 from 2:00pm - 3:30pm

This is an educational session focused on non-disability based Social Security benefits. We will cover the eligibility requirements for retirement, child and survivors benefits. We will include an overview of potential benefits for the children and spouse for a person receiving Social Security Disability benefits. There will be time for Q & A.

NEW

Redefining Identity - Online with Brittany Squillace

Thursday, August 17 from 6:00pm - 7:00pm

Join licensed marriage and family therapist (LMFT) and grief specialist, Brittany Squillace, as she takes us through redefining identity after a cancer diagnosis. This education will cover identity loss after diagnosis, discovering the you before diagnosis, and rewriting your *narrative*.

NEW

Dinner and Dying - In-Person with Allison Oja from Minnesota Hospice

Thursday, August 17 from 6:00pm - 8:00pm

"Dinner & Death: A Conversation" is a safe space where people gather to share a meal and discuss death. The goal of this group is to have a confidential, open, honest, and respectful conversation about death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session and offers participants an opportunity to reflect on and share their thoughts surrounding death and dying with others also interested in the topic. This event is appropriate for adults over the age of 18 who are ready and willing to talk openly and honestly about death. Dinner will be provided.

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NEW

Cognitive Rehabilitation for Cancer Survivors - Hybrid with Kari and Jessika from NovaCare Rehabilitation

Thursday, September 14 from 6:30pm - 8:00pm

Have you heard about "chemo brain"? Have you experienced a change in your memory, attention or cognitive sharpness since treatment? You are not alone - 17 to 75% of cancer survivors experience cancer related cognitive decline (CRCD). In this class, Kari and Jessika will explain what CRCD is, how it can impact your day-to-day activities, share a few tips on how to improve your cognitive abilities, and how cognitive rehabilitation can help. Come ready with some note taking-tools and a member of your support team if you wish!

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

Tuesday, September 26 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.

Note: Only first-time attendees are eligible to receive the \$250 stipend. If you have attended one of these sessions previously, the content is the same and you are more than welcome to sit in for a refresher.

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Gilda on the Go July - September 2023



Go back to:
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"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!

Gilda's Goes Walking

Wednesdays, July 5 - September 27 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, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge.

Support July - September 2023



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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

**The September meeting will be on the 2nd Monday of the month
(July 3, August 7, September 11)**

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: Open Art Studio- In-Person with Zoe Johnson

Mondays, July 10 - September 25 from 9:30am - 12:30pm

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?

Art Therapy - Online with Karie Amstutz

Tuesdays, July 11 - September 26 from 1:30pm - 3:00pm

No Occurrence July 4

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

Newly Diagnosed Social Support - Online with Dr. Tasha Carlson

Every 3rd Wednesday of the month from 6:30pm - 8:00pm

(July 19, August 16, September 20)

Have you just been diagnosed with cancer in past few months? Do you feel like a deer in headlights? Is your head swimming with the possibilities and the meaning of it all? This monthly group will give you some support. Come normalize your situation by talking to others in a similar situation, validate the feelings you are having, and hopefully leave with less anxiety.

RSVP for all classes and programs at GildasClubTwinCities.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
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Support Series July - September 2023



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NEW

July Art Therapy Series: Twisted Oak Painting - Hybrid with Karie Amstutz

Thursdays, July 13, 20, 27 from 6:30pm-8:00pm

If you've always wanted to paint on canvas but have been too scared, now is the time! No painting experience needed. The Twisted Oak painting will be completed over three weeks and will be a great addition to your art collection. The series is offered as a hybrid, however, virtual attendees will need to either stop by the clubhouse to pick up supplies or purchase their own. See Karie for details.

NEW

August Art Therapy Series: Oodles of Doodles - Hybrid with Karie Amstutz

Thursdays, August 3, 10 & 17 from 6:30pm-8:00pm

Doodle your way to calm this August. All you need is some blank paper and a permanent black pen (Micron or Pitt brands are great) or go all out and use colored thin markers. We'll learn 2-3 new doodles each week.

NEW

September Art Therapy Series: Kool-Aid Dyeing - Hybrid with Karie Amstutz

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

All you need are some basic kitchen tools to dye your own silk scarf and wool threads for embroidery. Scarf and wool are provided but if you are joining from home you will need a microwaveable bowl, cling wrap, microwave and few other utensils.

NEW

Individual Health Coaching Sessions - In-Person and Online with Jennifer Reece

In-Person: Tuesdays, 1:00pm-2:00pm or 2:00pm-3:00pm

Online: Thursdays, 6:30pm-7:30pm

Health Coaching is a forward-leaning, strength-based, collaborative partnership that comes alongside you as you build a bridge from where you are to where you want to be with your health and well-being. It views individuals from a holistic perspective and understands that change in any area of life supports improved health & well-being in all areas of life.

The three sessions per person are scheduled every other week. Please call (612) 227-2147 or email Program@GildasClubTwinCities.org with questions or to sign up.

**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!*

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.



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!

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.