

October

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>9:30 - 10:30am Gentle Yoga (V) 6:00 - 7:00pm Stress Management (H) 6:30 - 8:00pm Food for Life 1/4 (V)</p>	<p>3</p> <p>1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)</p>	<p>4</p> <p>9:30 - 10:30am Gilda's Goes Walking (GO) 12:30 - 1:45pm Improv for Life™ (V)</p>	<p>5</p> <p>1:00 - 4:00pm Card Making (C) 6:15 - 8:00pm Orange Marmalade Demonstration (H) 6:30 - 8:00pm Art Therapy Series: Watercolor Play 1/3 (H)</p>	<p>6</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p>9</p> <p>9:30 - 10:30am Gentle Yoga (V) 10:00 - 10:30am Euro Café Sess. 1 (C) 11:00 - 11:30am Euro Café Sess. 2 (C) 6:00 - 7:00pm Stress Management (H) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Food for Life 2/4 (V)</p>	<p>10</p> <p>12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C)</p>	<p>11</p> <p>9:30 - 10:30am Gilda's Goes Walking (GO) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails and Mingle (C)</p>	<p>12</p> <p>1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Group (H) 6:00 - 7:00pm Spooky Stories (V) 6:30 - 8:00pm Art Therapy Series: Watercolor Play 2/3 (H)</p>	<p>13</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p>16</p> <p>9:30 - 10:30am Gentle Yoga (V) 6:00 - 7:00pm Stress Management (H) 6:00 - 7:30pm Young Survival Coalition (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Food for Life 3/4 (V)</p>	<p>17</p> <p>10:00 - 11:00am Dudes & Donuts (C) 1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C) 5:00 - 6:00pm Birds & Brew (C) 5:30 - 6:30pm Candlelight Yoga (V)</p>	<p>18</p> <p>9:30 - 10:30am Gilda's Goes Walking (GO) 12:30 - 1:45pm Improv for Life™ (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:30pm Newly Diagnosed Social Support (V)</p>	<p>19</p> <p>1:00 - 4:00pm Card Making (C) 6:30 - 8:00pm Autumn Cookie Class (V) 6:30 - 8:00pm Art Therapy Series: Watercolor Play 3/3 (H)</p>	<p>20</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p>23</p> <p>9:30 - 10:30am Gentle Yoga (V) 6:00 - 7:00pm Stress Management (H) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Food for Life 4/4 (V)</p>	<p>24</p> <p>12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C)</p>	<p>25</p> <p>9:30 - 10:30am Gilda's Goes Walking (GO) 12:30 - 1:45pm Improv for Life™ (V)</p>	<p>26</p> <p>1:00 - 4:00pm Card Making (C)</p>	<p>27</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p>30</p> <p>9:30 - 10:30am Gentle Yoga (V) 6:00 - 7:00pm Stress Management (H) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Let's Beat Breast Cancer (V)</p>	<p>31</p> <p>1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C)</p>	<p>1</p>	<p>2</p>	<p>3</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

Location (V) - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.

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



An Affiliate of the **CANCER SUPPORT COMMUNITY**

November

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		12:30 - 1:45pm Improv for Life™ (V)	1:00 - 4:00pm Card Making (C) 6:30 - 8:00pm Art Therapy: Yarn Embroidery 1/2 (H)	9:00 -10:00am Coffee Talk (V)
6	7	8	9	10
9:30 - 10:30am Gentle Yoga (V) 6:15 - 7:15pm Yoga Flow (C)	1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	12:30 - 1:45pm Improv for Life™ (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails and Mingle (C)	1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Group (H)	9:00 -10:00am Coffee Talk (V)
13	14	15	16	17
9:30 - 10:30am Gentle Yoga (V) 10:00 - 10:30am Euro Café Sess. 1 (C) 11:00 - 11:30am Euro Café Sess. 2 (C) 6:15 - 7:15pm Yoga Flow (C)	12:00 - 1:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C) 6:00 - 7:30pm Firefly Sisterhood (C)	12:30 - 1:45pm Improv for Life™ (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:30pm Newly Diagnosed Social Support (V)	1:00 - 4:00pm Card Making (C) 6:00 - 7:00pm Redefining Identity (V) 6:30 - 8:00pm Art Therapy: Yarn Embroidery 2/2 (H)	9:00 -10:00am Coffee Talk (V)
20	21	22	23	24
9:30 - 10:30am Gentle Yoga (V) 5:30 - 7:00pm Cookie Creations (C) 6:00 - 7:30pm Young Survival Coalition (C)	10:00 - 11:00am Dudes & Donuts (C) 1:30 - 3:00pm Art Therapy (V) 3:00 - 4:30pm Cranes of Hope (C) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	12:30 - 1:45pm Improv for Life™ (V)	Clubhouse Closed Thanksgiving	9:00 -10:00am Coffee Talk (V)
27	28	29	30	1
9:30 - 10:30am Gentle Yoga (V)	12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C) 6:30 - 7:30pm Angel Foundation Financial Cancer Care (H) 7:00 - 8:30pm MN FORCE (C)	12:30 - 1:45pm Improv for Life™ (V)	1:00 - 4:00pm Card Making (C)	

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
Location (V) - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.
 10560 Wayzata Blvd, Minneapolis, MN 55305 | info@GildasClubTwinCities.org | www.GildasClubTwinCities.org to learn more



An Affiliate of the
CANCER SUPPORT COMMUNITY

December

Gilda's Club Twin Cities

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

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 9:00 -10:00am Coffee Talk (V)
4 9:30 - 10:30am Gentle Yoga (V)	5 1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	6 12:30 - 1:45pm Improv for Life™ (V)	7 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Group (H) 4:30 - 6:00pm Self-Management of Symptoms & Side Effects (H) 6:30 - 8:00pm Art Therapy: Paper Bag Snowflakes (H)	8 9:00 -10:00am Coffee Talk (V)
11 9:30 - 10:30am Gentle Yoga (V) 10:00 - 10:30am Euro Café Sess. 1 (C) 11:00 - 11:30am Euro Café Sess. 2 (C)	12 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 1:30 - 3:00pm Art Therapy (V) 3:45 - 5:00pm Improv for Life™ (C)	13 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails and Mingle (C) 6:00 - 7:30pm Newly Diagnosed Social Support (V)	14 1:00 - 4:00pm Card Making (C)	15 9:00 -10:00am Coffee Talk (V)
18 9:30 - 10:30am Gentle Yoga (V)	19 10:00 - 11:00am Dudes & Donuts (C) 1:30 - 3:00pm Art Therapy (V) 3:00 - 4:30pm Cranes of Hope (C) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	20 12:30 - 1:45pm Improv for Life™ (V) 5:00 - 6:00pm New Member Meeting (V)	21 1:00 - 4:00pm Card Making (C)	22 9:00 -10:00am Coffee Talk (V)
25 Clubhouse Closed Christmas Day	26 Clubhouse Closed Admin Week	27 Clubhouse Closed Admin Week	28 Clubhouse Closed Admin Week	29 Clubhouse Closed Admin Week

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
Location (V) - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.
 10560 Wayzata Blvd, Minneapolis, MN 55305 | info@GildasClubTwinCities.org | www.GildasClubTwinCities.org to learn more





Gentle Yoga - Online with Betty Christensen

Mondays, October 3 - December 18 from 9:30am - 10:30am

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

NEW

Yoga Flow - In-Person with Yoga Center Retreat Graduates

Mondays, October 9 - November 14 from 6:15pm - 7:15pm

Please join graduates of the Yoga Center Retreat's teacher training program for 6 weeks of Yoga Flow! These weekly yoga classes are 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.

Candlelight Yoga - Online with DeAnn Hoff

Every 1st and 3rd Tuesday, October 3 - December 19 from 5:30pm - 6:30pm

(October 3 & 17, November 7 & 21, December 5 & 19)

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.

Chair Yoga - In-Person with Dawn Jenkins

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

(October 10 & 24, November 14 & 28, December 12)

No occurrence December 26

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, gentle strength-building, and increased balance and flexibility.

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

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.

Healthy Lifestyle October - December 2023



Go back to:
[October](#)
[November](#)
[December](#)

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

In-Person: Tuesdays, October 3 - December 19 from 3:45pm - 5:00pm

Online: Wednesdays, October 4 - December 20 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 is necessary and all are welcome!

Card Making - In-Person with Wendy Peterson

Every Thursday from 1:00pm - 4:00pm

No occurrences October 12, November 9 & 23, December 21 & 28

Enjoy learning the fun of stamping cards! Whatever your skill level, you'll enjoy creating cards with fellow Gilda's Club members. Learn a variety of 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 to 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.

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.



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

Mondays, October 2, 9, 16, & 24 from 6:30pm - 8:00pm - *New day*

4-class Series

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 four-class series, you will learn about 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 and their family and friends, as well as those looking to prevent cancer. 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.

Stress Management - In-person and Online with Barb Clare

Mondays in October from 6:00pm - 7:00pm

Everyone experiences stress no matter what your age, gender, or situation. This class will go over various strategies for combating stress. Each class will be unique, so you may choose to attend one or multiple classes.

**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

(October 9, November 13, December 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

(October 10 & 24, November 14 & 28, December 12)

No occurrence December 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

(October 17, November 21, December 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 over coffee and donuts.

Cranes of Hope Origami Cards - In-Person with Jeanne and Julie Reeve

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

(November 21, December 19)

No occurrence October 17

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 when creating these cards! Cards are given to others on a healing journey, bringing a little hope and inspiration to those facing health-related challenges.

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

October 17 from 5:00pm - 6:00pm

November 14 from 12:00pm - 1:00pm - *New time*

No occurrence in December

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

(October 11, November 8, December 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!

Made possible by Corporate Caterers Twin Cities.

Coffee Talk - Online

Every Friday from 9:00am - 10:00am

No occurrence November 24 & December 29

Looking for a chance to informally connect with other members? 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!

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

Spooky Stories - Online with Staff

Thursday, October 12 from 6:00pm - 7:00pm

Get spooky with Gilda's Club! In this virtual gathering, we'll take turns sharing our own scary stories, real or made up. Wear a costume if you want and get ready to discuss tales, legends, and lore!

NEW

Autumn Cookie Class: Pumpkin Mocha Cookies - Online with Staff

Thursday, October 19 from 6:30pm - 8:00pm

Join staff member Renee Anderson in making Pumpkin Mocha Cookies from the comfort of your home. Make your own cookies alongside Renee or simply watch the process. A list of ingredients and the recipe will be sent to registrants prior to this session.

NEW

Cookie Creations - In-Person with Staff

Monday, November 20 from 5:30pm - 7:00pm

Join Gilda's Club staff in decorating cookies! Some cookies and decorating supplies will be provided. Feel free to bring additional cookies and your own decorating supplies.

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

Orange Marmalade Demonstration - In Person and Online with Ernie Ashcroft

Thursday, October 5 from 6:15 - 8:00pm

Store-bought food rarely tastes as good as homemade. Join marmalade enthusiast (and Euro Café chef) Ernie Ashcroft as he demonstrates how he makes his famous orange marmalade, walking through each step and answering questions along the way. All attendees will receive the orange marmalade recipe, so virtual attendees can make their own alongside Ernie.

Let's Beat Breast Cancer - Online with Jill Erickson from Rooted Green Wellness

Monday, October 30 from 6:30pm - 8:00pm

Join Food For Life instructor Jill Erickson for a special stand-alone class on breast cancer survival and prevention. This class will take a look at the research behind increased prevention and survival rates for individuals diagnosed with breast cancer. Can the food on our plate make a positive impact on our prognosis? The answer is yes! Join us for 2 hours packed with the latest in nutrition research, a demonstration of delicious recipes that are easy to add to your menu, and of course, fun and hope in the supportive group setting Gilda's provides!

In partnership with Rooted Green Wellness.

NEW

Education on the Go: Healthcare Directives from Start to Finish - In-person with Cancer Legal Care and Minnesota Hospice

Saturday, November 11 from 10:00am - 1:00pm

Minnesota Hospice (17645 Juniper Path, Lakeville) - Off-site location

Regardless of health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This workshop will include an informational session about Advance Care Planning with experts from the legal, medical, spiritual, and social work fields available to answer questions and help attendees fill out Healthcare Directives. Notaries will be on site to legalize finished documents.

In partnership with Cancer Legal Care and Minnesota Hospice.

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.



Redefining Identity - Online with Brittany Squillace

Thursday, November 16 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 session will cover identity loss after diagnosis, discovering the you before diagnosis, and rewriting your *narrative*.

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

Tuesday, November 28 from 6:30pm - 7:30pm

Looking for some financial planning peace of mind? The Angel Foundation is hosting its Financial Cancer Care Workshop at Gilda's Club. Jennifer Schorn will present with a Certified Financial Planner™ to provide 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.

NEW

Self-Management of Symptoms and Side Effects - In-person and Online with Bridgett Tegan

Thursday, December 7 from 4:30pm - 6:00pm

Doctor of Occupational Therapy Bridgett Tegan will give an overview of common symptoms that often occur with cancer treatment and offer simple strategies that may help combat side effects like fatigue, pain, and cognitive impairment.

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.

Gilda on the Go October - December 2023



Go back to:
[October](#)
[November](#)
[December](#)

"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, October 4 - 25 from 9:30am - 10:30am at each of the following locations:

Saint Paul: Harriet Island Regional Park, St. Paul

Minnetonka: Ridgedale Mall, Minnetonka

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.

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 October - December 2023



Go back to:
[October](#)
[November](#)
[December](#)

Art Therapy - Online with Karie Amstutz

Every Tuesday from 1:30pm - 3:00pm

No Occurrence December 26

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!

Newly Diagnosed Social Support - Online with Dr. Tasha Carlson

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

(October 18, November 15, December 13)

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
All classes and programs are offered FREE of charge.

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

Follow us online: [f/GildasClubTwinCities](https://www.facebook.com/GildasClubTwinCities) [@GildasClubTC](https://www.instagram.com/GildasClubTC)



NEW

October Art Therapy Series: Watercolor Play - Leaves & Trees - Hybrid with Karie Amstutz

Thursdays, October 5, 12, and 19 from 6:30pm - 8:00pm

3-class Series

Bring an autumn focus into playing with watercolor. We'll experiment with different ways to watercolor trees and leaves.

NEW

November Art Therapy Series: Yarn Embroidery - Hybrid with Karie Amstutz

Thursdays, November 3 & 9 from 6:30pm - 8:00pm

2-class Series

Expand your repertoire of embroidery stitches using yarn or bulky threads and simple designs.

NEW

December Art Therapy Session: Paper Bag Snowflakes- Hybrid with Karie Amstutz

Thursday, December 7 from 6:30pm - 8:00pm

Single Session

Decorate your home for the winter season with 3-dimensional snowflakes.

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 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 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.