

January

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Clubhouse Closed New Year's Day	2 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	3 12:30 - 1:45pm Improv for Life™ (V) 6:30 - 8:00pm African American Cancer Connections Group (V)	4 1:00 - 4:00pm Card Making (C)	5 9:00 - 10:00am Coffee Talk (V)
8 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 10:00 - 10:30am Euro Café Sess. 1 (C) 11:00 - 11:30am Euro Café Sess. 2 (C) 6:00 - 7:30pm Young Survival Coalition (C) 6:30 - 8:00pm Brain Tumor Support Group (V)	9 10:00 - 10:50am Survival 2 Strength (GO) 11:00am - 12:00pm Birds & Brew (C) 12:00 - 12:50pm Survival 2 Strength (GO) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C) 7:00 - 8:30pm MN FORCE (V)	10 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 4:50pm Survival 2 Strength (GO) 4:00 - 5:00pm Mocktails and Mingle (C)	11 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Group (H) 5:00 - 6:30pm Cancer and Work (H) 6:15 - 7:45pm Art on the Go: MIA (GO)	12 9:00 - 10:00am Coffee Talk (V)
15 Clubhouse Closed Dr. Martin Luther King Jr. Day	16 10:00 - 10:50am Survival 2 Strength (GO) 10:00 - 11:00am Dudes & Donuts (C) 12:00 - 12:50pm Survival 2 Strength (GO) 3:00 - 4:30pm Cranes of Hope (C) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	17 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 4:00 - 4:50pm Survival 2 Strength (GO) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:30pm Newly Diagnosed Social Support (V)	18 1:00 - 4:00pm Card Making (C)	19 9:00 - 10:00am Coffee Talk (V)
22 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Living with Chronic Cancer Group (V)	23 10:00 - 10:50am Survival 2 Strength (GO) 12:00 - 12:50pm Survival 2 Strength (GO) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C)	24 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 4:00 - 4:50pm Survival 2 Strength (GO)	25 1:00 - 2:30pm SSDI Benefits and Cancer (H) 1:00 - 4:00pm Card Making (C)	26 9:00 - 10:00am Coffee Talk (V)
29 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C)	30 10:00 - 10:50am Survival 2 Strength (GO) 12:00 - 12:50pm Survival 2 Strength (GO) 3:45 - 5:00pm Improv for Life™ (C)	31 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 4:00 - 4:50pm Survival 2 Strength (GO)	1	2

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

*Registration is required for all classes and monthly groups. To register visit www.GildasClubMN.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.GildasClubMN.org to learn more



February

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			1:00 - 4:00pm Card Making (C)	9:00 -10:00am Coffee Talk (V)
5	6	7	8	9
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C) 7:00 - 8:30pm Cancer and Relationships (V)	10:00 - 10:50am Survival 2 Strength (GO) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 6:30 - 8:00pm African American Cancer Connections Group (V)	1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Group (H) 6:15 - 7:45pm Art on the Go: Walker (GO)	9:00 -10:00am Coffee Talk (V)
12	13	14	15	16
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 10:00 - 10:30am Euro Café Sess. 1 (C) 11:00 - 11:30am Euro Café Sess. 2 (C) 6:00 - 7:30pm Young Survival Coalition (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Brain Tumor Support Group (V)	11:00am - 12:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C)	12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C)	1:00 - 4:00pm Card Making (C) 6:30 - 8:30 pm Dinner and Death (C)	9:00 -10:00am Coffee Talk (V)
19	20	21	22	23
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C)	10:00 - 11:00am Dudes & Donuts (C) 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) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:30pm Newly Diagnosed Social Support (V)	1:00 - 4:00pm Card Making (C)	9:00 -10:00am Coffee Talk (V)
26	27	28	29	1
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Living with Chronic Cancer Group (V)	12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C)	12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 6:30 - 8:00pm Nutrition Basics (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



March

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	1
				9:00 -10:00am Coffee Talk (V)
4	5	6	7	8
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 3:00 - 4:30pm Gifts of Gratitude (C) 6:15 - 7:15pm Yoga Flow (C)	3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 6:30 - 8:00pm African Americans Cancer Connection Group (V)	1:00 - 4:00pm Card Making (C) 6:00 - 7:30pm Food for Life 1/4 (V)	9:00 -10:00am Coffee Talk (V)
11	12	13	14	15
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 10:00 - 10:30am Euro Café Sess. 1 (C) 11:00 - 11:30am Euro Café Sess. 2 (C) 3:00 - 4:30pm Gifts of Gratitude (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Brain Tumor Support Group (V)	11:00am - 12:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C) 7:00 - 8:30pm MN FORCE (C)	12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails and Mingle (C) 6:15 - 7:45pm Art on the Go: Weisman (GO)	1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Understanding Estate Planning (H) 4:00 - 5:00pm Blood Cancers Group (H) 6:00 - 7:30pm Young Survival Coalition (C) 6:00 - 7:30pm Food for Life 2/4 (V)	9:00 -10:00am Coffee Talk (V)
18	19	20	21	22
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 3:00 - 4:30pm Gifts of Gratitude (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:30 pm Dinner and Death (C)	10:00 - 11:00am Dudes & Donuts (C) 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) 1:00 - 2:00pm Tai Chi & Qigong (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 8:00pm Frankly Speaking about Making Treatment Decisions (GO) 6:00 - 7:30pm Newly Diagnosed Social Support (V)	1:00 - 4:00pm Card Making (C) 6:00 - 7:30pm Food for Life 3/4 (V)	9:00 -10:00am Coffee Talk (V)
25	26	27	28	29
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 3:00 - 4:30pm Gifts of Gratitude (C) 6:30 - 8:00pm Living with Chronic Cancer Group (V)	12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C) 6:30 - 7:30pm Financial Cancer Care (C)	12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V)	1:00 - 4:00pm Card Making (C) 6:00 - 7:30pm Food for Life 4/4 (V)	9:00 -10:00am Coffee Talk (V)

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

Registration is required for all classes and monthly groups. To register visit www.GildasClubMN.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.GildasClubMN.org to learn more



**GILDA'S CLUB
MINNESOTA**
An Affiliate of the
CANCER SUPPORT COMMUNITY



Gentle Yoga - Online with Betty Christensen

Mondays from 9:30am - 10:30am

No occurrence March 11 and 18

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

Yoga Flow - In-Person with Yoga Center Retreat Graduates

Mondays, January 22 - March 18 from 6:15pm - 7:15pm

No occurrence February 19

Join graduates of the Yoga Center Retreat's teacher training program for 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 from 5:30pm - 6:30pm

(January 16, February 6 & 20, March 5 & 19)

No occurrence January 2

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 guided meditation.

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

Healthy Lifestyle January - March 2024



Go back to:
[January](#)
[February](#)
[March](#)

Chair Yoga - In-Person with Dawn Jenkins

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

(January 9 & 23, February 13 & 27, March 12 & 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.

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

In-Person: Tuesdays from 3:45pm - 5:00pm

Online: Wednesdays 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!

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

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

Follow us online:  /GildasClubMN

 @Gildas_Club_MN



Card Making - In-Person with Wendy Peterson

Thursdays from 1:00pm - 4:00pm

No occurrence January 18, February 8, February 15, March 21

Enjoy learning the fun of stamping cards! Whatever your skill level, you'll enjoy creating cards with fellow Gilda's Club members. Learn how to use 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: Card Making is a popular class, and we appreciate if members do not sign up for every session so as to leave spots open for other members. If you are signed up and cannot attend, please call or email Gilda's Club to notify us so that we can add someone from the waitlist.

NEW

Art with Heart - In-person with Chaiya Isenberg

Mondays, 10:00am - 12:00pm

Art for the Heart gives members open art studio time. In Art for the Heart, your creative process is neither planned nor directed by facilitators. Instead, it's a space for you to simply relax and enjoy the therapeutic aspects of art-making in a space dedicated to the activity. Feel free to use our art supplies and enjoy being creative with other Gilda's Club members. If you attend, we appreciate your attempt to leave the space neater than you found it.

NEW

Beginner Tai Chi & Qigong - Online with Marie Mathay

Wednesdays from 1:00pm - 2:00pm

No occurrence February 21

For centuries, the Chinese have recognized the beneficial effects of Tai Chi and Qigong to improve health and wellbeing. Join Certified Instructor Marie Mathay in this gentle, slow-moving series of ancient healing exercises based on Traditional Chinese Medicine. Experience the calming harmony of balancing body, mind, and breath. No experience is necessary. Everyone is welcome!

RSVP for all classes and programs at GildasClubMN.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 - Online with Jill Erickson

Thursdays in March from 6:30pm - 8:00pm - *New dates*

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.

NEW

The Gifts of Gratitude - In-Person with Joan Saunders

Mondays in March from 3:00pm - 4:30pm

4-class Series

This multi-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. Participants will write and decorate pages in a gratitude journal to help deepen awareness of all there is to be grateful for and to enhance the depth of feelings. Participants are encouraged to bring a journal or sheets of paper (unlined is suggested) and their 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.

**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 is required for Food for Life and Gifts of Gratitude.***

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

Social Opportunities January - March 2024



Go back to:
[January](#)
[February](#)
[March](#)

Euro Café - In-Person with Ernie and Bette Ashcroft

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

(January 8, February 12, March 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

(January 9 & 23, February 13 & 27, March 12 & 26)

Learn the basics of fiber arts or simply join in on the conversation and laughter! The group works 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

(January 16, February 20, March 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 - In-Person with Laura White

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

(January 16, February 20, March 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 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 GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubTwinCities.org
All classes and programs are offered FREE of charge.

Social Opportunities January - March 2024



Go back to:
[January](#)
[February](#)
[March](#)

Birds and Brew - In-Person with Lisa Keitel

Every 2nd Tuesday of the month from 11:00am - 12:00pm - *New time*

(January 9, February 13, March 12)

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

(January 10, February 14, March 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

Fridays from 9:00am - 10:00am

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 connect!

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



NEW

Cancer and Work - In Person and Online with Esther Hollander

Thursday, January 11 from 5:00 - 6:30pm

Challenges in life can be so overwhelming that we don't know where to start. Managing all of the pieces when we hear we have cancer can put us in freeze or flight mode. If we are concerned about what to do around work, then this is the opportunity to learn what resources options may be available to help untangle the confusion.

In partnership with CROSS Services.

SSDI Benefits and Cancer - In-person and Online with Meghan Scully from Cancer Legal Care

Thursday, January 25 from 1:00 - 2:30pm

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.

In partnership with Cancer Legal Care.

NEW

Relationships & Cancer - Intimacy, Body Image & Sexual Dysfunction - Online with Reclaiming Intimacy

Monday, February 5 from 7:00 - 8:30pm

Losing yourself and your "normal" sexual function is all too common for cancer patients and their partners. In this presentation, learn about how to reclaim your intimacy needs, learn about the most common dysfunction issues facing male and female bodies, and combat sexual dysfunction with holistic, at-home therapies and therapeutic aids. Empower yourself with information and take back your intimacy and sexuality! The slides from this presentation can be made available in Spanish after the presentation. To request Spanish-language slides, email Program@GildasClubTwinCities.org.

This presentation will be recorded. Participation identification information will be removed/obscured.

In partnership with Reclaiming Intimacy.

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

Education Sessions January - March 2024



Go back to:
[January](#)
[February](#)
[March](#)

Dinner & Death - In-person with Allison Oja from Minnesota Hospice

Thursday, February 15 from 6:30pm - 8:30pm

Monday, March 18 from 6:30 - 8:30pm

"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.

In partnership with Minnesota Hospice.

NEW

Nutrition Basics - Online with Shyamala Ganesh

Wednesday, February 28th from 6:30 - 8:00pm

Attend this information session to develop a greater understanding of how the foods you eat interact with your body! This presentation will give an overview of the organs involved in the digestion and metabolism of food, explain nutrients and their role in maintaining health, and share tips on maximizing nutrient intake.

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



NEW

Understanding Estate Planning - In-person and Online with Daniel Reiff

Thursday, March 14 from 4:00 - 5:00pm

In this class, we will look to make estate planning understandable. We will also cover topics not normally covered in estate planning such as how you can convey your love to your loved ones after you are gone. This class is specifically intended for the average person and will draw on the personal and professional experiences of an estate planning lawyer and widower.

Angel Foundation Financial Cancer Care - In-person in partnership with Angel Foundation

Tuesday, March 26 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.

**RSVP for all classes and programs at GildasClubMN.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" offerings occur in the Twin Cities and surrounding communities. We hope you can join us as we take Gilda's on the go!

NEW

Art Therapy on the Go: Minneapolis Institute of Art - In-person with Karie Amstutz

Thursday, January 11 from 6:15 - 7:45pm

Minneapolis Institute of Art (2400 3rd Ave S, Minneapolis)

Paid parking is available in MIA's ramp and surface lots for \$8-\$10. You may also find metered and non-metered parking in the streets near the museum. For more information on parking at MIA, visit [New.ArtsMIA.org/Visit/Directions-Maps-and-Parking](https://www.newarts.org/visit/directions-maps-and-parking).

Join art therapist Karie Amstutz in the galleries at the Minneapolis Institute of Art (MIA) and find Inspiration through the power of art! You may find ways to bring that healing power of creativity into your life. No art experience is necessary – just bring an open mind!

NEW

Art Therapy on the Go: Walker Art Center - In-person with Karie Amstutz

Thursday, February 8 from 6:15 - 7:45pm

Walker Art Center (723 Vineland Pl, Minneapolis)

Paid underground parking is available on-site by entering the ramp on Vineland Place at Bryant Avenue. Accessible parking in the underground ramp is designated near the elevator and entrance. Metered on-street parking is available on the surrounding streets.

Join art therapist Karie Amstutz in the galleries at the Walker Art Center and find inspiration through the power of art! You may find ways to bring that healing power of creativity into your life. No art experience is necessary – just bring an open mind!

NEW

Art Therapy on the Go: Weisman Art Museum - In-person with Karie Amstutz

Wednesday, March 13 from 6:15-7:45pm

Weisman Art Museum (333 E River Pkwy, Minneapolis)

Parking is available for \$3 an hour in the Weisman Art Museum Garage under the museum, including five disability spaces on parking level B.

Join art therapist Karie Amstutz in the galleries at the Weisman Art Museum on the University of Minnesota's campus. You'll be inspired by the power of art and may find ways to bring that healing power of creativity into your life. No art experience is necessary – just bring an open mind!

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

Gilda's on the Go January - March 2024



Go back to:
[January](#)
[February](#)
[March](#)

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

NEW

Frankly Speaking about Making Treatment Decisions - In-person with Katherine Todd

Wednesday, March 20 from 6:00 - 8:00 PM

Hope Lodge (2500 University Ave SE, Minneapolis)

Free parking is available in Hope Lodge's parking lot.

This educational workshop provides information about current treatments and shares strategies for making treatment decisions. Participants will learn about the importance of emotional wellbeing, social support, and managing their quality of life, becoming empowered with knowledge as they prepare to make treatment decisions.

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

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

Follow us online: [!\[\]\(104fbf564e2e5a8fbd84f31656d114c7_img.jpg\) /GildasClubMN](#) [!\[\]\(59fb7c3d0d149ddaef5c4152c50f6f25_img.jpg\) @Gildas_Club_MN](#)



"Gilda on the Go" offerings occur at various locations in the communities we serve. We hope you can join us as we take Gilda's on the go!

Survival **2** Strength

Survival 2 Strength offers free strength-building classes to help people who have cancer, or who have had cancer, become as healthy as possible through strength training and other physical activity. Gilda's Club is partnering with Survival 2 Strength to provide small group Gilda's On the Go strength training, coordination, and mobility classes to members at gym locations throughout the metro.

These small group classes are for people who are low-risk for complications with physical activity. To determine eligibility, members are required to complete a questionnaire on treatment history, medical history, and current activity levels (available at GildasClubMN.org/Find-Support/Healthy-Lifestyle-Programs).

Members who are not eligible for small group classes may be able to attend one-on-one sessions with a personal trainer. Members may not attend both small group classes and personal trainer sessions.

Survival 2 Strength classes are held at various gyms and fitness centers throughout the Twin Cities metro area. You do not need to belong to a gym to take part in the Survival 2 Strength classes hosted at it. Upon arriving at a class location, let an available staff member know that you're there to attend Survival 2 Strength.

Survival 2 Strength courses contain multiple sessions. It's okay to miss a class or two, but members should make an effort to attend all of the classes in a series, as each session builds upon the previous ones.

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



Survival **2** Strength

NEW

Strength, Balance and Mobility Training after a Cancer Diagnosis - In-person with Katie Plunkett

Tuesdays, January 9 - February 6 from 10:00 - 10:50 AM (January 9, 16, 23, 30; February 6)

Renegade Gym (1964 Rahnclyff Ct, Eagan, 55122)

Join Survival2Strength trainers for small group training in the basics of core and overall body strength, balance, and mobility for anyone who has had a cancer diagnosis. Participants should bring a water bottle and a clean change of shoes.

NEW

Strength, Balance and Mobility Training after a Cancer Diagnosis - In-person with Doug Staley

Tuesdays in January from 12:00 - 12:50 PM (January 9, 16, 23, 30)

Competitive Wellness (1565 Como Ave, Suite 102, St Paul)

Join Survival2Strength trainers for small group training in the basics of core and overall body strength, balance, and mobility for anyone who has had a cancer diagnosis. Participants should bring a water bottle and a clean change of shoes.

NEW

Strength, Balance and Mobility Training after a Cancer Diagnosis - In-person with Katie Plunkett

Wednesdays in January from 4:00 - 4:50 PM (January 10, 17, 24, 31)

Renegade Gym (1964 Rahnclyff Ct, Eagan, 55122)

Join Survival2Strength trainers for small group training in the basics of core and overall body strength, balance, and mobility for anyone who has had a cancer diagnosis. Participants should bring a water bottle and a clean change of shoes.

NEW

Strength, Balance and Mobility Training after a Cancer Diagnosis - In-person with Angela Josephs

Saturdays, January 20 - February 24 from 11:00 - 11:50 AM (January 20 & 27; February 3, 17, 24)

No occurrence February 10

South Paw Crossfit (2214 County Highway 10, Mounds View)

Join Survival2Strength trainers for small group training in the basics of core and overall body strength, balance, and mobility for anyone who has had a cancer diagnosis. Participants should bring a water bottle and a clean change of shoes.

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

Support January - March 2024



Go back to:
[January](#)
[February](#)
[March](#)

African American Cancer Connection Group - Online with Shaunequa James, MSW, LICSW

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

(January 3, February 7, March 6)

The AACCG is a monthly group for African American and Black adults to find fellowship and connection with one another through their cancer experiences, providing space for dialogue and meaningful connections. The group is open to individuals ages 18+ who have a cancer diagnosis or are a caregiver to a person with cancer.

Brain Tumor Monthly Support Group - Online with Annie Stone, MA, LMFT

Every 2nd Monday of the month from 6:30pm - 8:00pm

(January 8, February 12, March 11)

This monthly drop-in meeting is for adult patients and caregivers impacted by brain tumors (primary or metastasized). Attendees will share their experiences and can learn firsthand how others manage side effects, symptoms, and the day-to-day of cancer.

Newly Diagnosed Social Support - Online with Dr. Tasha Carlson

Every 3rd Wednesday of the month from 6:00pm - 7:30pm

(January 17, February 21, March 7)

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.

Living with Chronic Cancer Monthly Support Group - Online with Annie Stone, MA, LMFT

Every 4th Wednesday of the month from 6:30pm - 8:00pm

(January 24, February 28, March 27)

This monthly drop-in group is meant for members who do not feel the need to attend one of our weekly Living with Cancer groups, but need some support around living their life with the chronic condition of cancer. Members are welcome to attend intermittently or every month for a chance to talk to others in a similar life situation.

RSVP for all classes and programs at GildasClubMN.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 GildasClubMN.org/New-Member-Meeting-Sign-Up to get started!

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