

April

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>6:15 - 7:15pm Yoga Flow (C)</p>	<p>2</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p>3</p> <p>9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p>	<p>4</p> <p>1:00 - 4:00pm Card Making (C)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p> <p>6:30 - 8:00pm Art Therapy: Doodle Gallery (H)</p>	<p>5</p> <p>9:00 - 10:00am Coffee Talk (V)</p> <p>10:00 - 11:00am Tai Chi & Qigong (V)</p>
<p>8</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>10:00 - 11:30am Euro Café (C)</p> <p>6:15 - 7:15pm Yoga Flow (C)</p> <p>6:30 - 8:00pm Brain Tumor Support Group (H)</p>	<p>9</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:00 - 2:30pm Knit Wits (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p> <p>7:00 - 8:30pm MN FORCE (V)</p>	<p>10</p> <p>9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>3:00 - 4:00pm New Member Meeting (C)</p> <p>4:00 - 5:00pm Mocktails and Mingle (C)</p> <p>6:00 - 7:30pm Newly Diagnosed Social Support (V)</p>	<p>11</p> <p>1:00 - 4:00pm Card Making (C)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p> <p>4:00 - 5:00pm Blood Cancers Group (H)</p> <p>6:30 - 8:00pm Art Therapy: Doodle Gallery (H)</p>	<p>12</p> <p>10:00 - 11:00am Tai Chi & Qigong (V)</p>
<p>15</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>6:00 - 7:30pm Young Survival Coalition (C)</p> <p>6:15 - 7:15pm Yoga Flow (C)</p>	<p>16</p> <p>10:00 - 11:00am Dudes & Donuts (C)</p> <p>11:00am - 12:00pm Birds & Brew (C)</p> <p>12:30 - 2:30pm Tree Painting (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p>17</p> <p>9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>5:00 - 6:00pm New Member Meeting (V)</p>	<p>18</p> <p>19</p> <p>Clubhouse Closed</p> <p>GCMN Gala</p>	
<p>22</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>6:15 - 7:15pm Yoga Flow (C)</p> <p>6:30 - 8:00pm Living with Chronic Cancer Group (H)</p>	<p>23</p> <p>9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO)</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>12:00 - 4:00pm GCMN Birthday Party (C)</p> <p>1:00 - 2:30pm Knit Wits (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p>24</p> <p>9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p>	<p>25</p> <p>9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO)</p> <p>1:00 - 4:00pm Card Making (C)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p> <p>6:30 - 7:30pm Understanding Estate Planning for Parents & Guardians (H)</p> <p>6:30 - 8:00pm Art Therapy: Doodle Gallery (H)</p>	<p>26</p> <p>10:00 - 11:00am Tai Chi & Qigong (V)</p>
<p>29</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>6:15 - 7:15pm Yoga Flow (C)</p>	<p>30</p> <p>9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO)</p> <p>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.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@GildasClubMN.org | www.GildasClubMN.org to learn more



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

May

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
29 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C)	30 9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	1 9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V)	2 9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	3 9:00 - 10:00am Coffee Talk (V) 10:00 - 11:00am Tai Chi & Qigong (V)
6 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C)	7 9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	8 9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C)	9 9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 4:00 - 5:00pm Blood Cancers Group (H)	10 10:00 - 11:00am Tai Chi & Qigong (V)
13 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 10:00 - 11:30am Euro Café (C) 6:00 - 7:30pm Young Survival Coalition (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 8:00pm Brain Tumor Support Group (H)	14 9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C)	15 9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:30 pm Newly Diagnosed Social Support (V)	16 9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	17 10:00 - 11:00am Tai Chi & Qigong (V)
20 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 4:00 - 5:30pm Benefits of Yoga (C) 6:00 - 8:00pm Bingo (C) 6:15 - 7:15pm Yoga Flow (C)	21 9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 10:00 - 11:00am Dudes & Donuts (C) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	22 9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V)	23 9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	24
27 Clubhouse Closed Memorial Day	28 9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 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)	29 9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V)	30 9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:00 - 8:00pm Cranes of Hope (C)	31

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GILDA'S CLUB MINNESOTA
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June

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 3:00 - 4:30pm Gifts of Gratitude 1/3 (C) 6:00 - 7:00pm Calm in the Chaos (C) 6:15 - 7:15pm Intro to Yoga for Men (C)	9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V)	9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 5:00 - 6:30pm Food for Life 1/4 (V) 6:00 - 7:30pm Young Survival Coalition (C) 6:30 - 8:00pm Art Therapy: Meandering Pocket Book (H)	9:00 - 10:00am Coffee Talk (V)
10	11	12	13	14
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 10:00 - 11:30am Euro Café (C) 3:00 - 4:30pm Gifts of Gratitude 2/3 (C) 6:15 - 7:15pm Intro to Yoga for Men (C) 6:30 - 8:00pm Brain Tumor Support Group (H)	9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 11:00am - 12:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 2:30 - 3:45 Integrative Health for Cancer (H) 3:45 - 5:00pm Improv for Life™ (C)	9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (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)	9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 4:00 - 5:00pm Blood Cancers Group (H) 5:00 - 6:30pm Food for Life 2/4 (V) 7:00 - 8:30pm MN FORCE (H) 6:30 - 8:00pm Art Therapy: Meandering Pocket Book (H)	
17	18	19	20	21
Clubhouse Closed Juneteenth	9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 10:00 - 11:00am Dudes & Donuts (C) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V) 6:00 - 7:30pm Newly Diagnosed Social Support (V)	9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 8:00pm Self-Management of Symptoms & Side Effects (GO)	9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 5:00 - 6:30pm Food for Life 3/4 (V) 6:30 - 8:00pm Art Therapy: Meandering Pocket Book (H)	
24	25	26	27	28
9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 3:00 - 4:30pm Gifts of Gratitude 3/3 (C) 6:15 - 7:15pm Intro to Yoga for Men (C) 6:30 - 8:00pm Living with Chronic Cancer Group (H)	9:00 - 10:00am Gilda's Goes Walking: Woodbury (GO) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C)	9:30 - 10:30am Gilda's Goes Walking: Plymouth; St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V)	9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 5:00 - 6:30pm Food for Life 4/4 (V)	

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Gentle Yoga - Online with Betty Christensen

Mondays from 9:30 - 10:30am

No occurrence June 17

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, April 1 - May 20 from 6:15 - 7:15pm

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.

NEW

Introduction to Yoga for Men - In-person with Mark Wheat

Mondays in June from 6:15 - 7:15pm

No occurrence June 17

Can men do yoga? Yes! While often perceived as a practice only for women, yoga is beneficial to everyone. Besides getting rid of stress and increasing flexibility, it also helps with pain relief, can increase mental and physical energy, boosts immune systems, and improves sleep. Join Gilda's Club and instructor Mark Wheat for this weekly introduction to yoga!

Candlelight Yoga - Online with DeAnn Hoff

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

(May 7 & 21, June 4 & 18)

No occurrences in April

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@GildasClubMN.org
All classes and programs are offered FREE of charge.



Chair Yoga - In-Person with Dawn Jenkins

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

(April 9 & 23, May 14 & 28, June 11 & 25)

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.

Beginner Tai Chi & Qigong - Online with Marie Mathay

Fridays through May 17 from 10:00 - 11:00am - New day & time

No occurrence April 12

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!

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

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

Online: Wednesdays from 12:30 - 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@GildasClubMN.org
All classes and programs are offered FREE of charge.



Card Making - In-Person with Wendy Peterson

Thursdays from 1:00 - 4:00 pm

No occurrence April 18, May 9, June 13

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

Tree Painting - In-Person with Kellie Rae Theiss

Tuesday, April 16 from 12:30 - 2:30 pm

Join esteemed Minnesota artist Kellie Rae Theiss for a tree painting class at Gilda's Club! Kellie Rae Theiss has dedicated her life to observing and painting nature. Join her on April 16th as she transports you through the intimate spirit, beauty, and wonder of trees through painting.

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Food For Life: Cancer Prevention and Survival - Online with Jill Erickson

Thursdays, February 22 - March 14 from 6:30 - 8:00 pm - *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.

The Gifts of Gratitude - In-Person with Joan Saunders

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

3-class Series

No session June 17

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.**

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Art with Heart - In-person with Chaiya Isenberg

Mondays, 10:00am - 12:00 pm

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.

Euro Café - In-Person with Ernie and Bette Ashcroft

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

(April 8, May 13, June 10)

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! Sign up for one of three 30-minute sessions.

Knit Wits - In-Person

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

(April 9 & 23, May 14 & 28, June 11 & 25)

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 Fred Schommer

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

(April 16, May 21, June 18)

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.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org

All classes and programs are offered FREE of charge.



Birds and Brew - In-Person with Lisa Keitel

Tuesday, April 16 and Tuesday, June 11 from 11:00 am - 12:00 pm

(No sessions in May)

Join Master Naturalist Lisa Keitel to observe the birds that frequent our gardens and feeders! On cold days, groups will observe from the warmth of the Clubhouse, venturing out to the gardens on warmer days. You will broaden your knowledge and appreciation of our beautiful world to enhance your recovery and renewal.

Mocktails and Mingle - In-Person with Paul Gordon

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

(April 10, May 8, June 12)

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 with Gilda's Club Staff

Every 1st Friday of the month from 9:00 - 10:00 am

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!

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Bingo - In-person with Gilda's Club Staff

Monday, May 20 from 6:30 - 8:00 pm

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

NEW

Gilda's Club Minnesota 10th Birthday Party - In-Person with Gilda's Club Staff

Tuesday, April 23rd from 12:00 - 4:00 pm

On April 23rd, 2014, Gilda's Club Minnesota opened its red doors for the first time, and ten years later, we're celebrating this milestone! Join us for treats and socializing at this open house-style birthday celebration. Feel free to bring your friends and family along to join in the festivities and see what Gilda's Club is all about!

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NEW

Understanding Estate Planning for Parents and Guardians- In-person and Online with Daniel Reiff

Thursday, April 25 from 6:30 - 7:30 pm

This hybrid class will cover estate planning for people with children under the age of 18. Minors have particular needs that are not covered in typical estate planning practices, and in this session, estate planning attorney Daniel Reiff will focus on how to protect the physical, monetary, and emotional needs of minor children.

NEW

Benefits of Yoga - In Person with Mark Wheat

Monday, May 20 from 4:00 - 5:30 pm

It can be intimidating to try yoga. Many myths contribute to this including the belief that you must be young or flexible, or that yoga is just for women. None of these are true! Everyone, no matter your ability, can and will benefit from a yoga practice. Join Mark Wheat, yoga teacher and former host of MPR's *The Current*, to learn about the many benefits of yoga and try out some simple stretches and poses. Afterward, you may be interested in joining one of our many yoga classes to improve your well-being.

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All classes and programs are offered FREE of charge.



Angel Foundation Financial Cancer Care - In-person with Jennifer Schorn

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

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

Integrative Health for Cancer - In-person and Online with Dr. Katherine Todd

Tuesday, June 11 from 2:30 - 3:45 pm

This presentation by Dr. Katherine Todd will focus on areas of cancer care for which integrative healing practices are most often utilized: stimulating the immune system, improving life balance, and managing side effects of cancer and cancer treatments. Dr. Todd, who has a specialty in Integrative Health and Healing from the University of Minnesota, will discuss the life applications of "a comprehensive, evidence-based approach to cancer care that addresses all participants at all levels of their being and experience." The topics discussed in this session could help anyone facing cancer, in survivorship, or in care by improving tolerance of treatment therapies, optimizing control of primary symptoms, and improving overall quality of life.

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



Cranes of Hope - In-Person with Jeanne Reeve

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

Join us for a fun, creative act of community healing and service! Participants will 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. To register your family, please contact Annie Stone, Manager of Member Path at Annie.Stone@GildasClubMN.org.

NEW

Calm in the Chaos - In-person with Autumn Stryker

Monday, June 3 from 6:00 - 7:00 pm

Autumn is a 16-year-old from Renville County who created a series of coloring books to help people maintain calmness in the midst of chaos, dedicating one series to the grandmother she lost to cancer. This June, Autumn will visit Gilda's Club to share her story and her books with our members. To register your family, please contact Annie Stone, Manager of Member Path at Annie.Stone@GildasClubMN.org.

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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!

Self-Management of Symptoms & Side Effects - In-person with Bridgett Tegen

Wednesday, June 19 from 6:00 - 8:00 pm

Hope Lodge (2500 University Ave SE, Minneapolis)

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

Doctor of Occupational Therapy Bridgett Tegen 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.

Gilda's Goes Walking - In-person

Join us in various locations around the Twin Cities metro for our weekly walking groups, where we socialize while strolling. We suggest wearing walking shoes and sunscreen. You may want to bring along a water bottle, hat, and a walking stick. Find parking information and further details on the Gilda's Club Minnesota website.

NEW

Minneapolis: Lake of the Isles - In-person with Jennifer Scholler

Thursdays from 9:00 - 10:00 am

Meet at the north end of Lake of the Isles, at St. Paul's Episcopal Church (1917 Logan Ave, Minneapolis).

NEW

Plymouth: Lake Camelot Park - In-person with Cindy Fandel

Wednesdays from 9:30 - 10:30 am

Meet at the smaller parking lot on Cheshire Parkway on the west side of the lake, across the street from the Trillium Woods Complex.

St. Paul: Harriet Island - In-person with Annie Stone

Wednesdays from 9:30 - 10:30 am

Meet at the Paddleford Riverboats near the west parking lot.

NEW

Woodbury: Colby Lake - In-person with Lisa Frampton

Tuesdays from 9:00 - 10:00 am

Meet at Edgewater Park Open Air Shelter (3100 Edgewater Drive, Woodbury) .

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



Art Therapy

Art Therapy: Nervous System Reboot - Online with Zoe Johnson, MA

Every Thursday from 3:00 - 5:00 pm

No session April 18

Join this weekly mindfulness workshop, blending yogic meditation with intuitive art, designed to provide a nourishing and restorative experience. No prior art or yoga skills are needed! These sessions are grounded in the latest neuroscience, offering a nurturing space to tap into your inner wisdom, process emotions, and discover personal strengths. This workshop is perfect for anyone in the Gilda's community, whether you're navigating a diagnosis, caregiving, in or post-treatment, or grieving. The meditation portion is practiced while seated or lying down, not requiring physical movement, while the art portion can be enjoyed from a desk or table. This virtual workshop is accessible online via Zoom, allowing participation from the comfort of your home.

Art Therapy: Doodle Gallery - In-person and Online with Karie Amstutz, LMFT, ATR

Thursdays, April 4, 11, & 25 from 6:30 - 8:00 pm

Art is not always about landscapes and portraits! Join us and make doodles suitable for framing, keeping in mind that doodling is not about perfection. You are invited to exhibit your completed doodles on the Gilda's Club Minnesota Art Gallery wall.

Art Therapy: Meandering Pocket Book - In-person and Online with Karie Amstutz, LMFT, ATR

Thursdays, June 6, 13, & 20 from 6:30 - 8:00 pm

Create an accordion book with a variety of art techniques including painting, folding, and sewing - all with paper. This book project is perfect for a mind that meanders and thinks differently!

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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Open Monthly Groups

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

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

(April 8, May 13, June 10)

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

April 10, May 15, and June 18 from 6:00 - 7:30 pm

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 - In-person and Online with Annie Stone, MA, LMFT

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

(April 22, June 24)

No occurrence May 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@GildasClubMN.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 Minnesota, our organization's mission, tips for getting started, and our five-part supportive programming:

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!

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All classes and programs are offered FREE of charge.