

July

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>2</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p>3</p> <p>9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p>	<p>4</p> <p>Clubhouse Closed Independence Day</p>	<p>5</p> <p>9:00 - 10:00am Coffee Talk (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>6:00 - 7:30pm Young Survival Coalition (C)</p> <p>6:15 - 7:15pm Yoga Flow (C)</p> <p>6:30 - 7:30pm Drum Circle (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>11:00am - 12:00pm Birds & Brew (C)</p> <p>1:00 - 2:30pm Knit Wits (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p>10</p> <p>9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>1:00 - 2:00pm Tai Chi & Qigong (V)</p> <p>3:00 - 4:00pm New Member Meeting (C)</p> <p>4:00 - 5:00pm Mocktails and Mingle (C)</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>12</p>
<p>15</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>6:15 - 7:15pm Yoga Flow (C)</p> <p>6:30 - 7:30pm Drum Circle (C)</p>	<p>16</p> <p>10:00 - 11:00am Dudes & Donuts (C)</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p>17</p> <p>9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO)</p> <p>10:00am - 12:00pm Birds & Brew On the Go (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>1:00 - 2:00pm Tai Chi & Qigong (V)</p> <p>5:00 - 6:00pm New Member Meeting (V)</p> <p>6:00 - 7:00pm Frankly Speaking About Liver Cancer (V)</p>	<p>18</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 - 8:00pm Art Therapy On the Go: Walker Art Center 1/2 (GO)</p>	<p>19</p>
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<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>6:30 - 7:30pm Drum Circle (C)</p>	<p>30</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p>31</p> <p>9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO)</p> <p>11:30am - 1:00pm Annie's Going Away Party</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>1:00 - 2:00pm Tai Chi & Qigong (V)</p>	<p>1</p>	<p>2</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

August

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	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 - 7:30pm Financial Cancer Care (V)	2 9:00 - 10:00am Coffee Talk (V)
5 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 6:15 - 7:15pm Yoga Flow (C) 6:30 - 7:30pm Drum Circle (C)	6 12:00 - 1:00pm Chair Yoga (C) 3:45 - 5:00pm Improv for Life™ (C)	7 9:00 - 10:00am Gilda's Goes Walking: Plymouth (GO) 9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V)	8 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:00 - 7:30pm Young Survival Coalition (C) 6:30 - 8:00pm Art Therapy On the Go: Walker Art Center 1/2 (GO)	9
12 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 - 7:30pm Drum Circle (C) 6:30 - 8:00pm Brain Tumor Support Group (H)	13 12:00 - 1:00pm Chair Yoga (C) 11:00am - 12:00pm Birds & Brew (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C)	14 9:00 - 10:00am Gilda's Goes Walking: Plymouth (GO) 9:30 - 10:30am Gilda's Goes Walking: 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)	15 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) 6:30 - 8:00pm Art Therapy 2/2 (C)	16
19 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 Relationship Reconnection (V)	20 10:00 - 11:00am Dudes & Donuts (C) 12:00 - 1:00pm Chair Yoga (C) 3:45 - 5:00pm Improv for Life™ (C)	21 9:00 - 10:00am Gilda's Goes Walking: Plymouth (GO) 9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:30pm Recently Diagnosed Social Support (V)	22 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)	23
26 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 (H)	27 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C)	28 9:00 - 10:00am Gilda's Goes Walking: Plymouth (GO) 9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO) 12:30 - 1:45pm Improv for Life™ (V) 6:00 - 8:00pm Nutrition Basics (V)	29 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)	30

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

September

Gilda's Club Minnesota

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Clubhouse Closed Labor Day</p> <p>2</p>	<p>12:00 - 1:00pm Chair Yoga (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p> <p>5:30 - 6:30pm Candlelight Yoga (V)</p> <p>6:00 - 7:30pm Young Survival Coalition (C)</p> <p>3</p>	<p>9:00 - 10:00am Gilda's Goes Walking: Plymouth (GO)</p> <p>9:30 - 10:30am Gilda's Goes Walking: St. Paul (GO)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>4</p>	<p>9:00 - 10:00am Gilda's Goes Walking: Minneapolis (GO)</p> <p>4:00 - 4:00pm Card Making (C)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p> <p>5</p>	<p>9:00 - 10:00am Coffee Talk (V)</p> <p>6</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>6:00 - 8:00pm Food for Life (V)</p> <p>6:15 - 7:15pm Yoga for Men (C)</p> <p>6:30 - 8:00pm Brain Tumor Support Group (V)</p> <p>9</p>	<p>11:00am - 12:00pm Birds & Brew (C)</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>10</p>	<p>9:00 - 10:00am Gilda's Goes Walking: Plymouth (GO)</p> <p>9:30 - 10:30am Gilda's Goes Walking: 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>11</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>6:00 - 7:00pm Hospice vs. Palliative Care (H)</p> <p>6:30 - 8:00pm Art Therapy On the Go: Walker Art Center 1/2 (GO)</p> <p>12</p>	<p>13</p>
<p>16</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>6:00 - 8:00pm Firefly Sisterhood (C)</p> <p>6:15 - 7:15pm Yoga for Men (C)</p>	<p>17</p> <p>10:00 - 11:00am Dudes & Donuts (C)</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p> <p>5:30 - 6:30pm Candlelight Yoga (V)</p>	<p>18</p> <p>9:00 - 10:00am Gilda's Goes Walking: Plymouth (GO)</p> <p>9:30 - 10:30am Gilda's Goes Walking: 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>6:00 - 8:00pm Frankly Speaking: Why Can't I Stay Positive (GO)</p>	<p>19</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 - 8:00pm Art Therapy 2/2 (C)</p>	<p>20</p>
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GILDA'S CLUB MINNESOTA
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Gentle Yoga - Online with Betty Christensen

Mondays from 9:30 - 10:30am

No occurrence July 17 & September 9

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, July 8 - August 26 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.

Yoga for Men - In-person with Mark Wheat

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

No occurrence September 2 & September 9

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

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

(September 3 & 17)

No occurrences in July & August

Show yourself a little loving kindness by joining us for this special practice of slowly flowing deep stretches, mindful connection to the breath, and restorative postures followed by 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 Tuesday from 12:00 - 1:00pm - *Now every Tuesday!*

No occurrence July 9, August 27

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

Wednesdays in July from 1:00 - 2:00pm - *New day & time*

(July 10, 24, & 31)

No occurrence July 3 & 17

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!

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Card Making - In-Person with Wendy Peterson

Thursdays from 1:00 - 4:00 pm

No occurrence July 11, July 25, August 8, September 5

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

Drum Circle - In-Person with Michael Bissonette

Mondays, July 8 - August 12 from 6:30 - 7:30 pm

There are a lot of emotions that come with a cancer diagnosis, and sometimes, sitting in a room talking about emotions with a group of your peers is not enough. If so, we encourage you to convey or release these powerful emotions through music. Taking part in a drum circle gives one a chance to share rhythm, get in tune with others and yourself, and have fun. A drum circle fosters balance, equity, wholeness, and connection. Facilitator Michael Bissonette will guide drum circle participants in creating rhythms to express emotions such as grief, anger, fear, lack of control, and even joy and gratitude.

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Healthy Lifestyle July - September 2024



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

Monday, September 9 - 30 from 6:00 - 8:00 pm - *New day & time*


This class provides information on how certain foods and nutrients work to promote or discourage cancer growth, along with demonstrations of simple recipes that can be easily recreated at home. Attendees 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. Food for Life 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.

In partnership with Rooted Green Wellness.

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Follow us online:  /GildasClubMN

 @Gildas_Club_MN



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
(July 8, August 12, September 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
(July 9 & 23, August 13 & 27, September 10 & 24)***

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
(July 16, August 20, September 17)***

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

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

(July 9, August 13, September 10)

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

(July 10, August 14, September 11)

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 Volunteers

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!

Annie's Going Away Party - In-Person with

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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NEW

Frankly Speaking About Liver Cancer - Online with Shaunequa James

Wednesday, July 17 from 6:00 - 7:00 pm

Frankly Speaking About Liver Cancer educates patients on different types of liver cancer, potential treatments and side effects, clinical trials, and the emotional concerns of a liver cancer diagnosis.

Angel Foundation Financial Cancer Care - Online with the Angel Foundation

Thursday, August 1 from 6:00 - 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.

Presented in partnership with the Angel Foundation.

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

Empowering Intimacy: Relationship Reconnection in the Chaos of Cancer & Illness - Online with Jen Fecher

Monday, August 19 from 6:30 - 8:00 pm

This presentation highlights common troubles that often arise within a partnership, relationship, or marriage in the face of medical turmoil, and opens a discussion on various options to address issues like communication, common reasons for relationship disconnect, the importance of self-care for relationships, and caregiver burnout. Empowering Intimacy will share intimate and relationship reconnection strategies from diagnosis into survivorship.

Presented in partnership with Empowering Intimacy.

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.



Nutrition Basics - Online with Shyamala Ganesh

Wednesday, August 28 from 6:00 - 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.

NEW

Hospice vs. Palliative Care - In-person and Online with Brandi Campbell and Alyssa Grythe

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

Join Brandi Campbell and Alyssa Grythe from St. Croix Hospice as they dispel myths and explain some of the differences between hospice and palliative care.

Presented in partnership with St. Croix Hospice.

NEW

How to Talk with Your Friends about Cancer - In-person and Online with Alissa Linne and Stacey Allen

Monday, September 23 from 6:30 - 8:00pm

Participants will learn helpful ways to talk with friends about a cancer diagnosis, discussing ways to respond to the question "Let me know how I can help". The presentation will be geared towards people and family members newly impacted by cancer but is open to anyone who is interested, including friends of people with a cancer diagnosis.

Presented in partnership with Centering Therapy MN and InMind Health.

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Art Therapy

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

Every Thursday from 3:00 - 5:00 pm

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.

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Open Monthly Groups

Brain Tumor Monthly Support Group - Online

Every 2nd Monday of the month from 6:30pm - 8:00 pm
(July 8, August 12, September 9)

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.

Recently Diagnosed Social Support - Online with Dr. Tasha Carlson

Wednesday, July 24, August 21, & September 25 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 - Online

Every 4th Wednesday of the month from 6:30 - 8:00 pm
(July 22, August 26, September 23)

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
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Gilda's on the Go July - August 2024



Go back to:
July
August
September

"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!

Frankly Speaking About Cancer: Why Can't I Stay Positive? - In-person with Shaunequa James

Wednesday, September 18 from 6:00 - 8:00 pm

Hope Lodge (2500 University Ave SE, Minneapolis)

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

This workshop will address depression, grief, and resilience with a cancer diagnosis. There will be ample time for a questions. All are welcome to attend, including those living with cancer, friends, and family.

NEW

Birds & Brew On the Go - In-person with Lisa Keitel

Wednesday, July 17 from 10:00 am - 12:00 pm

Wood Lake Nature Center (6710 Lake Shore Dr S, Richfield)

Join us for a Birds and Brew field trip to Wood Lake Nature Center in Richfield! We will meet on the sidewalk between the parking lot and the main nature center building. We will walk for three to five minutes at a time, stopping frequently to take time to watch and listen to the birds. We will likely take three to four short walks, depending on the mobility and stamina of attendees. The walk will be paced to meet the needs of attendees!

Please feel free to bring a chair or stool to rest during our stops, as park benches are spaced far apart. Please dress accordingly considering the weather. If you have binoculars, please bring them! If not, we will have some on hand to use.

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

Follow us online: [f/GildasClubMN](https://www.facebook.com/GildasClubMN)

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

Second & Third Thursdays of each month from 6:30 - 8:00 PM

Second Thursday: Walker Art Center (723 Vineland Pl, Minneapolis)

Third Thursday: Gilda's Club Minnesota Clubhouse

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.

Spend an hour on the second Thursday of each month walking and observing the art using a gallery guide. We'll conclude with some closing discussion sharing observations. On the third Thursday, we'll follow up our museum experience with artmaking based on observations from the museum visit. No art experience is needed!

July 18: Meet at the Walker Art Center

July 25: Meet at the GCMN Clubhouse

August 8: Meet at the Walker Art Center

August 15: Meet at the GCMN Clubhouse


September 12: Meet at the Walker Art Center

September 19: Meet at the GCMN Clubhouse

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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.

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

Thursdays from 9:00 - 10:00 am

No sessions July 4 & 25

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

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

Wednesdays from 9:00 - 10:00 am

No sessions in July

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.

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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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