

July

Gilda's Club Minnesota

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 - 10:30am Gentle Yoga (V)	2	3 12:30 - 1:45pm Improv for Life™ (V)	4 Clubhouse Closed Independence Day	5 9:00 - 10:00am Coffee Talk (V)
8 9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm Brain Tumor Support Group (H)	9	10 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V)	11 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	12
15 9:30 - 10:30am Gentle Yoga (V)	16	17 12:30 - 1:45pm Improv for Life™ (V) 4:00 - 2:00pm Tai Chi & Qigong (V) 5:00 - 6:00pm New Member Meeting (V) 6:00 - 7:00pm Frankly Speaking About Liver Cancer (V)	18 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	19
22 9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm Living with Chronic Cancer Group (H)	23	24 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V) 6:00 - 7:30pm Recently Diagnosed Social Support (V)	25 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	26
29 9:30 - 10:30am Gentle Yoga (V)	30	31 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Tai Chi & Qigong (V)	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@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	1 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)	6	7 12:30 - 1:45pm Improv for Life™ (V)	8 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	9
12 9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm Brain Tumor Support Group (H)	13	14 12:30 - 1:45pm Improv for Life™ (V)	15 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	16
19 9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm Relationship Reconnection (V)	20	21 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 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	23
26 9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm Living with Chronic Cancer (H)	27	28 12:30 - 1:45pm Improv for Life™ (V) 6:00 - 8:00pm Nutrition Basics (V)	29 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	30

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September

Gilda's Club Minnesota

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Clubhouse Closed Labor Day	3 5:30 - 6:30pm Candlelight Yoga (V)	4 12:30 - 1:45pm Improv for Life™ (V)	5 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	6 9:00 - 10:00am Coffee Talk (V)
9 9:30 - 10:30am Gentle Yoga (V) 6:00 - 8:00pm Food for Life (V) 6:30 - 8:00pm Brain Tumor Support Group (H)	10	11 12:30 - 1:45pm Improv for Life™ (V)	12 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:00 - 7:00pm Hospice vs. Palliative Care (H)	13
16 9:30 - 10:30am Gentle Yoga (V)	17 5:30 - 6:30pm Candlelight Yoga (V)	18 12:30 - 1:45pm Improv for Life™ (V) 5:00 - 6:00pm New Member Meeting (V)	19 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	20
23 9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm How to Talk with Your Friends about Cancer (H) 6:30 - 8:00pm Living with Chronic Cancer Group (H)	24	25 12:30 - 1:45pm Improv for Life™ (V) 6:00 - 7:30pm Recently Diagnosed Social Support (V)	26 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	27
30 9:30 - 10:30am Gentle Yoga (V)	1	2	3	4

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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

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.

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!

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.



Improv for Life™ - Online with Jenni Lilledahl

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!

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

Monday, September 9 from 6:00 - 8:00pm - *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. 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.

In partnership with Rooted Green Wellness.

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Social Opportunities July - September 2024



Go back to:
July
August
September

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!

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Follow us online:  /GildasClubMN

 @Gildas_Club_MN



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.

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

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

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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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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