

Gilda's Club Minnesota

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

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	2 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V)	3 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)	4 9:00 - 10:00am Coffee Talk (V)	5 5:00 - 5:30pm Family Night Dinner (C)
7 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 3:00 - 4:30pm Gifts of Gratitude (C) 5:30 - 6:30pm Yoga Flow (C) 6:00 - 8:00pm Food for Life (V)	8 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C)	9 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C)	10 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 8:00pm Art Therapy: Fingerprint Identity 1/3 (C)	11 9:00 - 10:00am Coffee Talk (V)	12
14 9:30 - 10:30am Gentle Yoga (V) 10:00 - 11:30am Euro Café (C) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 3:00 - 4:30pm Gifts of Gratitude (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00pm Brain Tumor Support Group (V)	15 10:00 - 11:00am Dudes & Donuts (C) 11:00am - 12:00pm Birds & Brew (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	16 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 5:00 - 6:00pm New Member Meeting (V)	17 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 8:00pm Financial Cancer Care (C) 6:30 - 8:00pm Art Therapy: Fingerprint Identity 2/3 (C)	18 9:00 - 10:00am Coffee Talk (V)	19 5:00 - 5:30pm Family Night Dinner (C)
21 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 3:00 - 4:30pm Gifts of Gratitude (C) 5:30 - 6:30pm Yoga Flow (C)	22 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C)	23 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 6:00 - 7:30pm Recently Diagnosed Social Support (V) 6:00 - 8:00pm Evening of Remembrance (C)	24 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Creative Movement (C) 6:30 - 8:00pm Art Therapy: Fingerprint Identity 3/3 (C)	25 9:00 - 10:00am Coffee Talk (V) 2:00 - 4:15pm Film Screening (GO)	26
28 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 3:00 - 4:30pm Gifts of Gratitude (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00pm Living with Chronic Cancer (V)	29 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C)	30 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V)	31 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Creative Movement (C)	1	2

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

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November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2
				9:00 - 10:00am Coffee Talk (V)	5:00 - 5:30pm Family Night Dinner (C)
9:30 - 10:30am Gentle Yoga (V) 4 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:00 - 7:30pm Frankly Speaking About Liver Cancer (V) 6:00 - 8:00pm Food for Life (V)	5 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (V) 3:45 - 5:00pm Improv for Life (C) 5:30 - 6:30pm Candlelight Yoga (V)	6 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 6:00 - 7:30pm Young Survival Coalition (C)	7 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:30 - 7:30pm Creative Movement (C)	8 9:00 - 10:00am Coffee Talk (V)	9 10:00am - 1:00pm Healthcare Directives: From Start to Finish (GO)
9:30 - 10:30am Gentle Yoga (V) 11 10:00 - 11:30am Euro Café (C) 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00 pm Brain Tumor Support Group (V)	12 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)	13 12:30 - 1:45pm Improv for Life (V) 1:00 - 2:00pm Beginner Qigong (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails & Mingle (C) 6:00 - 7:30pm Recently Diagnosed Social Support (V)	14 12:00 - 2:00pm Chili Cook-off (C) 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) 6:30 - 7:30pm Creative Movement (C)	15 9:00 - 10:00am Coffee Talk (V)	16 5:00 - 5:30pm Family Night Dinner (C)
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December

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9:30 - 10:30am Gentle Yoga (V) 23 10:00am - 12:00pm Art with Heart (C) 12:30 - 2:00pm Yoga Nidra (C) 2:30 - 4:00pm Meditative Art (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00pm Living with Chronic Cancer (V)	12:00 - 1:00pm Chair Yoga (C) 24 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life (C)	Clubhouse Closed Christmas Day 25	Clubhouse Closed Admin Week 26	Clubhouse Closed Admin Week 27	28
Clubhouse Closed Admin Week 30	Clubhouse Closed Admin Week 31	Clubhouse Closed New Year's Day 1	Support Groups Only 2	Support Groups Only 3	4

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Gentle Yoga - Online with Betty Christensen

Mondays from 9:30 - 10:30 am

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 from 5:30 - 6:30 pm - New time!

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

Yoga Nidra: A Profoundly Deep Rest - In-Person with Zoe Johnson

Mondays from 12:30 - 2:00 pm

Yoga Nidra is a guided meditation practice designed to induce deep relaxation with conscious awareness. The class begins with a brief introduction and some gentle breathwork to help you settle in, after which you'll lie down in a comfortable position on a yoga mat with props like blankets, pillows, and bolsters for support. You'll then be guided through a systematic deep relaxation process, encouraging a state of "yogic sleep," where the body remains at rest while the mind stays aware. This state helps release physical, emotional, and mental tension, promoting a sense of inner calm and clarity. This class is suitable for everyone, and no prior yoga or meditation experience is necessary.

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Healthy Lifestyle October - December 2024



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Candlelight Yoga - Online with DeAnn Hoff

1st and 3rd Tuesday of the month from 5:30 - 6:30 pm

No occurrence October 1

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.

Chair Yoga - In-Person with Dawn Jenkins

Tuesdays from 12:00 - 1:00 pm

No occurrence October 22, November 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.

Beginner Qigong - Online with Marie Mathay

Wednesdays from 1:00 - 2:00 pm


No occurrence October 30, November 6 & 27, December 18

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!

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NEW

Transformational Sound Healing - In-person with Kate Jackson

Various Thursdays from 12:00 - 1:00 pm

October 17 & 31, November 7 & 21, December 12

Experience soothing self-healing through the gentle vibrations of different instruments designed to relax and balance your nervous system while releasing pain, inflammation, and fatigue to boost your body's natural capacity to heal. Sound healing has also been shown to promote blood and lymph circulation. Choose to sit or lie down while sounds are played around you. Comfortable clothing is encouraged.

Please note: Sound healing is not suitable for individuals experiencing epilepsy, pregnancy, or anyone with cardiac or brain implants, or severe mental health conditions.

NEW

Creative Movement - In-person with Aileen Norris

Thursdays, October 24 - December 19 from 6:30 - 7:30 pm

Creative movement starts with a simple premise: ALL bodies are dancing bodies. Class starts with gentle prompts aimed at unlocking self-expression, play, and curiosity. Throughout, we'll have the chance to try out different movements, discuss how moving feels, and enjoy one another's company. Prompts are phrased in a way that allows for each person to explore what feels good to them. Class can give you space to release some stress, (re)connect with your body, build movement skills, or make space for joy and delight in your day. No experience necessary; all are welcome. Come once or every week.

Please wear clothes that are comfortable to move in.

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

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

Online: Wednesdays from 12:30 - 1:45 pm

No occurrence December 24

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 - In-Person and Online with Jill and Joel Erickson

In-Person: Monday, December 2 from 6:00 - 8:00 pm

Online: Monday, October 7 and Monday, November 4 from 6:00 - 8:00 pm


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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Card Making - In-Person with Wendy Peterson

Thursdays from 1:00 - 4:00 pm

No occurrence October 17

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!

The Gifts of Gratitude - In-Person with Joan Saunders

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

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.

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Social Opportunities October - December 2024



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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.

Birds and Brew - In-Person with Lisa Keitel

Various Tuesdays from 11:00 am - 12:00 pm

(October 15, November 12)

No occurrence in December

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.

Coffee Talk - Online with Gilda's Club Volunteers

Fridays, 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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Dudes and Donuts - In-Person with Fred Schommer

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

(October 15, November 19, December 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.

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

(October 14, November 11, December 9)

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 and Online

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

Online: Every 1st, 3rd, and 5th Tuesday of the month from 1:00 - 2:30 pm

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!

Mocktails and Mingle - In-Person with Paul Gordon

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

(October 9, November 13, December 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.

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Evening of Remembrance - In-Person with Gilda's Club Staff

Wednesday, October 23 from 6:00 - 8:00 pm

Join the Gilda's Club community, along with friends and family, for a heartfelt Evening of Remembrance as we come together to honor the lives of those we have lost to cancer. Guests are invited to bring photos, keepsakes, or cherished mementos to place on Remembrance Tables, creating a shared space of love and reflection. This evening offers a chance to celebrate their memory, connect with others, and find comfort in the strength of community.

NEW

Chili Cook-off - In-Person with Gilda's Club Staff

Thursday, November 14 from 12:00 - 2:00 pm

Get ready to spice things up at our Chili Cook-Off! This fiery social brings together chili enthusiasts, home cooks, and food lovers for a mouthwatering showdown. Participants will showcase their best chili recipes, each packed with bold flavors, hearty ingredients, and a unique personal twist. Whether it's traditional beef chili, a smoky vegetarian version, or an adventurous new take, competitors will bring the heat to win the coveted "People's Choice Award." Attendees can sample a variety of chili entries, vote for their favorites, and enjoy an unforgettable day dedicated to all things chili. Whether you're competing for the grand prize or just here to taste some incredible chili, this cook-off promises a fun, flavorful experience that will warm your heart and fire up your taste buds.

NEW

Ugly Sweater Social - Online with Gilda's Club Staff

Thursday, December 10 from 6:00 - 7:30 pm

Cozy up with a hot cup of cocoa and your ugliest sweater for a festive virtual Ugly Sweater Social with Gilda's staff and members! Join us for a night of holiday cheer as we showcase our most outlandish sweaters in a fun fashion show. Get ready to test your general knowledge with a lively trivia game that will challenge and entertain you. With great conversation and laughter it's the perfect way to celebrate the season and connect with our community. Don't forget to bring your holiday spirit and your game face!

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.

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Angel Foundation Financial Cancer Care - Online and In-person with the Angel Foundation

In-person: Thursday, October 17 from 6:30 - 8:00 pm

Online: Thursday, November 14 and Thursday, December 5 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. The Angel Foundation will be joined by 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.

Frankly Speaking About Liver Cancer - Online with Shaunequa James

Monday, November 4 from 6:00 - 7:30 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.

NEW

How to Manage Stress: Research and Practical Skills - Online and In-person with Susan Everson-Rose and Kristi White

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

Join us for an engaging panel discussion where experts in stress management research and practical application come together to share their knowledge. This event will explore the latest findings in stress management, discussing how stress affects the body and mind, and review evidence-based strategies for managing it effectively.

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Art Therapy

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

Thursdays from 3:00 - 5:00 pm

No occurrence October 3

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.

NEW

Meditative Art for the Non-Artist - Online with Zoe Johnson, MA

Mondays from 2:30 - 4:00 pm

If you've shied away from trying anything called "art" or "art therapy" thinking perhaps "I can't even draw a stick figure" - this group is for you. Each session begins with a brief, centering meditation, followed by an easy-to-follow demonstration of a calming, meditative art process. Sometimes, you'll create pieces you wish to bring home with you, yet often the art process serves simply as a vehicle guiding you towards embodied presence and mindfulness in which outcome becomes completely irrelevant. This group is for all Gilda's members, in any stage of treatment or caregiving. Expect to leave each session refreshed, embodied, and renewed - you deserve it.

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Art Therapy

NEW

Art Therapy: Fingerprint Identity - In-person with Karie Amstutz, LMFT, ATR

Thursdays, October 10 - 24 from 6:30 - 8:00 pm

(October 10, 17, 24)

3-part series

This 3-week series gives you permission and time to integrate your cancer experience with your sense of identity. You will enrich your sense of self and appreciate your strengths through reflection and writing activities, ending in an individual "thumbprint" that is yours alone.

NEW

Paper Embroidery: Holiday Stars - Online with Karie Amstutz, LMFT, ATR

Thursdays, December 5 & 12 from 6:30 - 8:00 pm

Stitch up two 8"-square paper stars to decorate your home for the winter holidays. It's always an enjoyable time to stitch and talk the evening away. Please sign up in time to get your mailed kit in time for the class.

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Open Monthly Groups

Brain Tumor Monthly Support Group - Online with Nicole Stepan, MSW, LICSW

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

(October 14, November 11, December 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, October 23, November 13, & December 11 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 with Sam North, MA, LPC

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

(October 28, November 25, December 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 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!

Education on the Go: Healthcare Directives from Start to Finish - In-person at Minnesota Hospice

Saturday, November 9 from 10:00am - 1:00 pm

Minnesota Hospice (17645 Juniper Path, Lakeville)

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

In partnership with Cancer Legal Care and Minnesota Hospice.

NEW

Social on the Go: Film Screening: Ain't Got Time to Die - In-person at Marcus West End Cinema

Friday, October 25 from 2:00 ~ 4:15 pm

Marcus West End Cinema (1625 West End Blvd, St. Louis Park)

Join us at the Twin Cities Film Fest for a free screening of *Ain't Got Time to Die*, which explores Rachel Heisham's journey of self-discovery juxtaposed with her battle with cancer. Gilda's Club members are invited to come together to socialize in the theater's lobby at 2:00 p.m. before the screening begins at 2:45 p.m. Tickets may be limited, so reserve your place early!

Content Warning: Coarse Language, Drug & Alcohol Abuse, Nudity

In partnership with the Twin Cities Film Festival.

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Children, Teen, & Family Programming October - December 2024



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NEW

Family Night Dinner - In-person with GCMN Volunteers
Every 1st and 3rd Saturday of the month from 5:00 - 5:30 pm
(October 5, November 2 & 16, December 7 & 21)
No occurrence October 19

Join us for a free, family-friendly dinner! This event offers a warm and welcoming space for families to enjoy a delicious meal together, connect with others, and take a break from their daily routine. Come as you are, and let us take care of dinner!

All family members who plan to attend must register. If they don't have an account, they can be registered as a guest.

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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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All classes and programs are offered FREE of charge.