

# October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 1:00 - 2:30pm <b>Knit Wits (V)</b> <del>5:30 - 6:30pm <b>Candlelight Yoga (V)</b></del>	2 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b>	3 <del>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></del>	4 9:00 - 10:00am <b>Coffee Talk (V)</b>	5
7 9:30 - 10:30am <b>Gentle Yoga (V)</b>  6:00 - 8:00pm <b>Food for Life (V)</b>	8	9 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b>	10 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	11 9:00 - 10:00am <b>Coffee Talk (V)</b>	12
14 9:30 - 10:30am <b>Gentle Yoga (V)</b>  6:30 - 8:00 pm <b>Brain Tumor Support Group (V)</b>	15 1:00 - 2:30pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	16 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 5:00 - 6:00pm <b>New Member Meeting (V)</b>	17 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	18 9:00 - 10:00am <b>Coffee Talk (V)</b>	19
21 9:30 - 10:30am <b>Gentle Yoga (V)</b>	22	23 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 6:00 - 7:30pm <b>Recently Diagnosed Social Support (V)</b>	24 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	25 9:00 - 10:00am <b>Coffee Talk (V)</b>	26
28 9:30 - 10:30am <b>Gentle Yoga (V)</b>  6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b>	29 1:00 - 2:30pm <b>Knit Wits (V)</b>	30 12:30 - 1:45pm <b>Improv for Life (V)</b> <del>4:00 - 2:00pm <b>Beginner Qigong (V)</b></del>	31 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	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](http://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](mailto:info@GildasClubMN.org) | [www.GildasClubMN.org](http://www.GildasClubMN.org) to learn more



# November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 9:00 - 10:00am <b>Coffee Talk (V)</b>	2
4 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:00 - 7:30pm <b>Frankly Speaking About Liver Cancer (V)</b> 6:00 - 8:00pm <b>Food for Life (V)</b>	5 1:00 - 2:30pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	6 12:30 - 1:45pm <b>Improv for Life (V)</b> <del>4:00 - 2:00pm <b>Beginner Qigong (V)</b></del>	7 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	8 9:00 - 10:00am <b>Coffee Talk (V)</b>	9
11 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:30 - 8:00 pm <b>Brain Tumor Support Group (V)</b>	12	13 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 6:00 - 7:30pm <b>Recently Diagnosed Social Support (V)</b>	14 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 6:00 - 7:30pm <b>Financial Cancer Care (V)</b>	15 9:00 - 10:00am <b>Coffee Talk (V)</b>	16
18 9:30 - 10:30am <b>Gentle Yoga (V)</b>	19 1:00 - 2:30pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	20 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 5:00 - 6:00pm <b>New Member Meeting (V)</b>	21 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	22 9:00 - 10:00am <b>Coffee Talk (V)</b>	23
25 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b>	26	27 12:30 - 1:45pm <b>Improv for Life (V)</b> <del>4:00 - 2:00pm <b>Beginner Qigong (V)</b></del>	28 <b>Clubhouse Closed Thanksgiving</b>	29	30

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# December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:30 - 10:30am <b>Gentle Yoga (V)</b>	3 1:00 - 2:30pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	4 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 6:00 - 7:30pm <b>How to Manage Stress: Research and Practical Skills (V)</b>	5 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 6:00 - 7:30pm <b>Financial Cancer Care (V)</b> 6:30 - 8:00pm <b>Art Therapy: Paper Stars (V)</b>	6 9:00 - 10:00am <b>Coffee Talk (V)</b>	7
9 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:30 - 8:00 pm <b>Brain Tumor Support Group (V)</b>	10 6:00 - 7:30pm <b>Ugly Sweater Social (V)</b>	11 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 6:00 - 7:30pm <b>Recently Diagnosed Social Support (V)</b>	12 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 6:30 - 8:00pm <b>Art Therapy: Paper Stars (V)</b>	13 9:00 - 10:00am <b>Coffee Talk (V)</b>	14
16 9:30 - 10:30am <b>Gentle Yoga (V)</b>	17 1:00 - 2:30pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	18 12:30 - 1:45pm <b>Improv for Life (V)</b> 5:00 - 6:00pm <b>New Member Meeting (V)</b>	19 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	20 9:00 - 10:00am <b>Coffee Talk (V)</b>	21
23 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:30 - 8:00 pm <b>Living with Chronic Cancer (V)</b>	24	25 <b>Clubhouse Closed Christmas Day</b>	26 <b>Clubhouse Closed Admin Week</b>	27 <b>Clubhouse Closed Admin Week</b>	28
30 <b>Clubhouse Closed Admin Week</b>	31 <b>Clubhouse Closed Admin Week</b>	1 <b>Clubhouse Closed New Year's Day</b>	2 <b>Support Groups Only</b>	3 <b>Support Groups Only</b>	4

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

## Healthy Lifestyle October - December 2024



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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

### **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.

### **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!

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
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Follow us online: [f /GildasClubMN](https://www.facebook.com/GildasClubMN)

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## Healthy Lifestyle October - December 2024



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### **Improv for Life™ - Online with Jenni Lilledahl**

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

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**

**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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## Social Opportunities October - December 2024



Go back to:  
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### 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!

NEW

### Knit Wits - Online

**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!

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!

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### **Angel Foundation Financial Cancer Care - Online with the Angel Foundation**

**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

### **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 Wednesday 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.

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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](https://GildasClubMN.org/New-Member-Meeting-Sign-Up) to get started!

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