

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 <b>Clubhouse Closed New Year's Day</b>	2 <b>Support Groups Only</b>	3 <b>Support Groups Only</b>	4
6 9:30 - 10:30am <b>Gentle Yoga (V)</b>	7 1:30 - 3:00pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	8 11:00am - 12:00pm <b>Book Discussion (V)</b> 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 6:30 - 7:30pm <b>Restorative Yoga (V)</b>	9 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 4:00 - 5:00pm <b>Blood Cancer Support Group (H)</b>	10 9:00 - 10:00am <b>Coffee Talk (V)</b>	11
13 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:30 - 8:00 pm <b>Brain Tumor Support Group (V)</b>	14 4:00 - 5:00pm <b>The Transformative Power of Volunteering (V)</b>	15 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> 6:00 - 7:30pm <b>Recently Diagnosed Social Support (V)</b> 6:30 - 7:30pm <b>Restorative Yoga (V)</b>	16 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>  <b>Sponsored in honor of Martha Raid</b>	17 9:00 - 10:00am <b>Coffee Talk (V)</b>	18
20 <b>Clubhouse Closed Dr. Martin Luther King Jr. Day</b>	21 1:30 - 3:00pm <b>Knit Wits (V)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	22 12:30 - 1:45pm <b>Improv for Life (V)</b> 1:00 - 2:00pm <b>Beginner Qigong (V)</b> 6:30 - 7:30pm <b>Restorative Yoga (V)</b>	23 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	24 9:00 - 10:00am <b>Coffee Talk (V)</b>	25
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**ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.**

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**Calendar Key**

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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**

***First and third Tuesday of each month from 5:30 - 6:30 pm***

***No occurrence February 18, March 4)***

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.

**NEW**

### **Restorative Yoga: A Gentle Practice for All - Online with Aria Martin**

***Wednesdays from 6:30 - 7:30 pm***

Unwind and recharge with Restorative Yoga, a calming practice designed to meet you where you are. Led by an experienced instructor skilled in adapting movements to your unique needs, this class invites you to explore yoga on a mat or from the comfort of a chair.

Through gentle poses and mindful breathing, you'll create space for relaxation and renewal, leaving you feeling centered and restored. Perfect for beginners and seasoned yogis alike.

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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### **Beginner Qigong - Online with Marie Mathay**

***Wednesdays in January from 1:00 - 2:00 pm***

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™ - Online with Jenni Lilledahl**

***Online: 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!

### **The Gifts of Gratitude - Online with Joan Saunders**

***Tuesdays in February from 6:00 - 7:30 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. Gifts of Gratitude is a series, so attendees should plan on attending all four sessions if possible.

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NEW

### **Book Discussion - Online with Cindy Fandel**

***Second Wednesday of each month from 11:00 am - 12:00 pm***

***(January 8, February 12, March 12)***

Join us for a lively and engaging virtual book discussion! This is a wonderful opportunity to connect with others, share your thoughts, and hear different perspectives on the books you're reading. Whether you've just started a new novel or have a favorite book you'd love to talk about, this is a perfect space to relax, socialize, and enjoy great conversations about literature.

### **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!

### **Knit Wits - Online**

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

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NEW

### **The Transformative Power of Volunteering - Online with Renee Anderson**

**Tuesday, January 14 from 4:00 - 5:00pm**

Discover how volunteering can uplift not only the lives of those you help but also your own. This workshop explores the profound mental, physical, and emotional benefits of giving back, particularly for individuals impacted by cancer. Learn how small acts of service can reduce stress, improve well-being, and foster a sense of purpose and connection. Whether you're seeking ways to heal, thrive, or simply make a difference, this session will provide actionable steps to integrate volunteering into your life in meaningful ways. Open to all who are interested in the life-changing power of service.

NEW

### **The Benefits of Nature in Winter - Online with Erica Timko Olson, PhD, RN**

**Wednesday, February 5 from 6:00 - 7:30 pm**

Learn how utilizing nature during the winter months offers a variety of physical, mental, and emotional benefits. Whether through physical activity, emotional healing, or simply enjoying the peace and beauty of the natural world, connecting with nature can play a vital role in supporting both the mind and body during treatment, recovery, and caregiving.

### **Cancer & Illness: Intimacy, Body Image, and Sexual Dysfunction - Online with Jen Fecher**

**Wednesday, February 19 from 6:30 - 8:00 pm**

Experiencing body image issues along with intimacy challenges and sexual dysfunction is very common for cancer patients and their partners in survivorship. Knowing how to better improve your self-view for a better self-connection can help you face the challenges that might be holding you or your relationship back. Empowering Intimacy is here to support and educate you to help you to learn about healing body image issues, self-connection, embracing intimacy, and combating common intimacy and sexual dysfunction issues faced by people with male and female bodies. Empower yourself with knowledge and get yourself back on track!

This presentation will be recorded. Participation identification information will be removed/obscured.

*Presented in partnership with Empowering Intimacy.*

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

## Support January - March 2025



Go back to:  
January  
February  
March

### Art Therapy

#### **Nervous System Reboot - Online with Zoe Johnson, MA**


***Thursdays from 3:00 - 5:00 pm***

In this virtual class, you'll experience a unique blend of deep meditation, and mindful creativity. The sessions begin with a demonstration of a simple, mindful art or creativity technique designed to facilitate inner exploration. Following the demo, you'll be guided through a deeply restful meditation allowing for the release of tension and fostering embodied stillness. As you emerge from your meditation, you're encouraged to engage with creativity, following the earlier demonstration, or your own intuitively guided process in which you're encouraged to focus mostly on the process vs. the outcome. The session concludes with group sharing, where you're invited to share your experiences in a supportive and non-judgmental environment. This class offers a holistic experience, combining creativity, relaxation, and community, leaving you feeling refreshed and creatively inspired.

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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](mailto:info@GildasClubMN.org)

Follow us online:  /GildasClubMN

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### Open Monthly Groups

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

***Second Monday of each month from 6:30pm - 8:00 pm***

***(January 13, February 10, March 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.

#### **Recently Diagnosed Social Support - Online with Dr. Tasha Carlson**

***January 15, February 17, & March 26 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**

***Fourth Monday of each month from 6:30 - 8:00 pm***

***(January 27, February 24, March 24)***

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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### Weekly Support Groups

Our weekly support groups provide a consistent and supportive space for members to connect with others who understand their journey. These small, ongoing groups focus on circumstances rather than diagnoses and require a commitment to regular attendance. To join, members must first attend a New Member Meeting to learn about Gilda's Club programs and then schedule a one-on-one Customized Membership Plan (CMP) session with a licensed mental health professional. Lasting up to an hour, the CMP session allows members to share their experiences, determine the best group fit, explore additional programs, and identify helpful external resources. For more information, visit [GildasClubMN.org/Find-Support/Getting-Started](https://GildasClubMN.org/Find-Support/Getting-Started) or call 612-227-2147.

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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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## Community Partners



Go back to:  
[January](#)  
[February](#)  
[March](#)

*Gilda's Club occasionally hosts programming by other community organizations. Learn more about the external organizations hosting support groups and more at Gilda's Club, and find out how you can get involved:*

**Twin Cities All Blood Cancers Group - In-person and Online with Michelle Johnson, LSW, ACM and Kimberly Odden, LSW**  
**Second Thursday of each month from 4:00 - 5:00 pm**  
**(January 9, February 13, March 13)**


The Leukemia & Lymphoma Society's Twin Cities All Blood Cancers group will address specific issues related to a blood cancer diagnosis and will provide an opportunity for attendees to discuss concerns, anxieties, feelings related to illness, treatment and other related issues. The meetings are designed to provide mutual support and education to members by meeting with others whose situations are similar to their own. They are a resource to support coping, in conjunction with your or a loved one's medical treatment.

Participation is free, but pre-registration is required. Learn more and register at [LLS.org/Event/Twin-Cities-All-Blood-Cancers-Group-2025](https://LLS.org/Event/Twin-Cities-All-Blood-Cancers-Group-2025).

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