

Monday	Tuesday	Wednesday	Thursday	Friday
31 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (V) 1:30 - 3:30pm Meditative Mandala Workshop (C) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	1 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	2 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 11:00am - 12:00pm Book Discussion (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails and Mingle (C)	3 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Support Group (H) 5:30 - 6:30pm Family Night Dinner (C)	4 9:00 - 10:00am Coffee Talk (V)
7 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 5:30 - 6:30pm Yoga Flow (C) 6:00 - 7:30pm Young Survival Coalition (C)	8 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)	9 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 11:00am - 12:00pm Book Discussion (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 3:00 - 4:00pm New Member Meeting (C) 4:00 - 5:00pm Mocktails and Mingle (C)	10 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Support Group (H) 5:30 - 6:30pm Family Night Dinner (C)	11 9:00 - 10:00am Coffee Talk (V)
14 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 10:00 - 11:30am Euro Café (C) 2:30 - 3:30pm Using the Enneagram as a Healing Tool (V) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00pm Brain Tumor Support Group (V)	15 10:00 - 11:00am Dudes & Donuts (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 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 10:00am - 1:00pm Healthcare Directives: From Start to Finish (GO) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:00 - 7:30pm Recently Diagnosed Social Support (V)	17 12:00 - 1:00pm New Member Meeting (V) 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 5:00 - 6:00pm Show Us Your Superhero (C)	18 9:00 - 10:00am Coffee Talk (V)
21 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (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 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V) 6:00 - 7:30pm Tending the Spirit: The Role of a Death Doula (V)	24 Clubhouse Closed GCMN Gala	25 9:00 - 10:00am Coffee Talk (V)
28 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00pm Living with Chronic Cancer (V)	29 11:00am - 2:00pm GCMN Birthday Party (C) 12:00 - 1:00pm Chair Yoga (C) 12:00 - 2:00pm Artist Reception: Pamela Gaard (C) 1:00 - 2:30pm Knit Wits (V) 3:45 - 5:00pm Improv for Life™ (C) 5:30 - 6:30pm Candlelight Yoga (V)	30 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	1	2

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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 12:00 - 1:00pm Sound Healing (C) 6:30 - 8:00pm Art Therapy: Paper Embroidery 1/3 (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) 10:30am - 12:00pm Using the Enneagram as a Healing Tool (V) 5:30 - 6:30pm Yoga Flow (C)	6 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (V) 3:45 - 5:00pm Improv for Life™ (C) 6:00 - 7:30pm Gifts of Gratitude 1/4 (V)	7 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	8 1:00 - 4:00pm Card Making (C) 4:00 - 5:00pm Blood Cancers Support Group (H) 4:30 - 7:00pm Who Am I? Collage Workshop (C) 5:30 - 6:30pm Family Night Dinner (C) 6:30 - 8:00pm Art Therapy: Paper Embroidery 2/3 (V)	9 9:00 - 10:00am Coffee Talk (V)
 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) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00pm Brain Tumor Support Group (V)	 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) 6:00 - 7:30pm Gifts of Gratitude 2/4 (V)	14 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 11:00am - 12:00pm Book Discussion (V) 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Beginner Qigong (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (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)	15 12:00 - 1:00pm New Member Meeting (V) 6:30 - 8:00pm Art Therapy: Paper Embroidery 3/3 (V)	16 9:00 - 10:00am Coffee Talk (V)
19 9:30 - 10:30am Gentle Yoga (V) 10:00am - 12:00pm Art with Heart (C) 5:30 - 6:30pm Yoga Flow (C) 6:30 - 8:00pm Caregiving & Intimacy (V)	20 10:00 - 11:00am Dudes & Donuts (C) 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (V) 3:00 - 5:00pm Artist Reception: Chaiya Isenberg (C) 3:45 - 5:00pm Improv for Life™ (C) 6:00 - 7:30pm Gifts of Gratitude 3/4 (V)	21 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Beginner Qigong (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	22 12:00 - 1:00pm Sound Healing (C) 1:00 - 4:00pm Card Making (C) 5:30 - 6:30pm Family Night Dinner (C) 6:00 - 7:00pm Game Night (C)	23 9:00 - 10:00am Coffee Talk (V)
26 Clubhouse Closed Memorial Day	27 12:00 - 1:00pm Chair Yoga (C) 1:00 - 2:30pm Knit Wits (C) 3:45 - 5:00pm Improv for Life™ (C) 6:00 - 7:30pm Gifts of Gratitude 4/4 (V)	28 9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C) 12:30 - 1:45pm Improv for Life™ (V) 1:00 - 2:00pm Beginner Qigong (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	29	30 9:00 - 10:00am Coffee Talk (V)

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Gilda's Club Minnesota

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

June

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>5:30 - 6:30pm Yoga Flow (C)</p>	<p style="text-align: right;">3</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:00 - 2:30pm Knit Wits (V)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p style="text-align: right;">4</p> <p>9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>1:00 - 2:00pm Beginner Qigong (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p>	<p style="text-align: right;">5</p> <p>12:00 - 1:00pm Sound Healing (C)</p> <p>6:30 - 8:00pm Art Therapy: Accordion Books 1/3 (C)</p>	<p style="text-align: right;">6</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p style="text-align: right;">9</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>5:30 - 6:30pm Yoga Flow (C)</p> <p>6:00 - 7:30pm Young Survival Coalition (C)</p> <p>6:30 - 8:00pm Brain Tumor Support Group (V)</p>	<p style="text-align: right;">10</p> <p>11:00am - 12:00pm Birds & Brew (C)</p> <p>11:00am - 2:00pm Tie-Dye Social (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 style="text-align: right;">11</p> <p>9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C)</p> <p>11:00am - 12:00pm Book Discussion (V)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>1:00 - 2:00pm Beginner Qigong (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p> <p>3:00 - 4:00pm New Member Meeting (C)</p> <p>4:00 - 5:00pm Mocktails and Mingle (C)</p>	<p style="text-align: right;">12</p> <p>12:00 - 1:00pm Sound Healing (C)</p> <p>1:00 - 4:00pm Card Making (C)</p> <p>4:00 - 5:00pm Blood Cancers Support Group (H)</p> <p>5:00 - 8:00pm Survivorship Picnic (GO)</p> <p>6:30 - 8:00pm Art Therapy: Accordion Books 2/3 (C)</p>	<p style="text-align: right;">13</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p style="text-align: right;">16</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>10:30am - 12:00pm Using the Enneagram as a Healing Tool (V)</p> <p>5:30 - 6:30pm Yoga Flow (C)</p>	<p style="text-align: right;">17</p> <p>10:00 - 11:00am Dudes & Donuts (C)</p> <p>12:00 - 1:00pm Chair Yoga (C)</p> <p>1:00 - 2:30pm Knit Wits (V)</p> <p>3:45 - 5:00pm Improv for Life™ (C)</p>	<p style="text-align: right;">18</p> <p>9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>1:00 - 2:00pm Beginner Qigong (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p> <p>6:00 - 7:30pm Recently Diagnosed Social Support (V)</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Clubhouse Closed Juneteenth</p>	<p style="text-align: right;">20</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p style="text-align: right;">23</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>5:30 - 6:30pm Yoga Flow (C)</p> <p>6:30 - 8:00pm Living with Chronic Cancer (V)</p>	<p style="text-align: right;">24</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 style="text-align: right;">25</p> <p>9:00am - 12:00pm Immunocompromised Clubhouse Sessions (C)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>1:00 - 2:00pm Beginner Qigong (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p>	<p style="text-align: right;">26</p> <p>12:00 - 1:00pm New Member Meeting (V)</p> <p>12:00 - 1:00pm Sound Healing (C)</p> <p>1:00 - 4:00pm Card Making (C)</p> <p>5:30 - 6:30pm Family Night Dinner (C)</p> <p>6:00 - 7:00pm Game Night (C)</p> <p>6:30 - 8:00pm Art Therapy: Accordion Books 3/3 (C)</p>	<p style="text-align: right;">27</p> <p>9:00 - 10:00am Coffee Talk (V)</p>
<p style="text-align: right;">30</p> <p>9:30 - 10:30am Gentle Yoga (V)</p> <p>10:00am - 12:00pm Art with Heart (C)</p> <p>5:30 - 6:30pm Yoga Flow (C)</p>	<p style="text-align: right;">1</p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>	<p style="text-align: right;">4</p>

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



Candlelight Yoga - Online with DeAnn Hoff

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

No occurrence April 15

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 - 1:00pm

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.

Gentle Yoga - Online with Betty Christensen

Mondays from 9:30 - 10:30am

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 Madeline Blasberg, Whitney Leming-Salisbury, Sonja Saunders, and Mark Wheat

Mondays from 5:30 - 6:30pm

Weekly yoga flow 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.

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Beginner Qigong: Ancient Chinese, Gentle Healing Exercises - Online with Marie Mathay

Wednesdays, May 14 - June 25 from 1:00 - 2:00pm

For centuries, the Chinese have recognized the beneficial effects of 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!

Transformational Sound Healing - In-person with Kate Jackson

Various Thursdays from 12:00 - 1:00 pm

(April 10 & 17, May 1 & 22, June 12 & 26)

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.

One or two of these sessions may be videotaped for learning purposes only. You will always have the option to opt out of being on video before the session begins.

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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!

Card Making - In-Person with Wendy Peterson

Various Thursdays from 1:00 - 4:00 pm

April 10 & 17, May 8 & 22, June 12 & 26

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.

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NEW

Meditative Mandala Workshop - In-Person with Dawn Jenkins

Tuesday, April 1 from 1:30 - 3:30 pm

Join instructor Dawn Jenkins for a workshop that will introduce you to the art of creating mandalas. No drawing experience necessary (Dawn says can't draw a straight line and good news, you don't need to either!). The process is meditative in that it takes some focus, some letting go, and a little effort. Your efforts are rewarded with relaxation, a sense of presence, and the joy of self-expression.

What is a mandala? Typically it is an intricate, fairly symmetrical pattern within a circular design, where small elements get repeated. We draw in ink, and release the need for perfection. No prior art experience necessary, just the willingness to enjoy a calming and mindful artistic experience. All necessary materials will be provided.

The Gifts of Gratitude - Online with Joan Saunders

Tuesdays in May 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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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

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

(April 8, May 13, June 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.

Book Discussion - Online with Cindy Fandel

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

(April 9, May 14, June 11)

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 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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Dudes and Donuts - In-Person with Fred Schommer

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

(April 15, May 20, June 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

(April 14, May 12, June 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 1:30 - 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!

Mocktails and Mingle - In-Person with Paul Gordon

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

(April 9, May 14, June 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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GCMN Birthday Party - In-Person with Gilda's Club Staff

Tuesday, April 29 from 11:00 am - 2:00 pm

Gilda's Club Minnesota opened its red doors for the first time in 2014, and eleven years later, we're celebrating this milestone! Join us for treats and socializing at this open house-style birthday celebration. Feel free to bring your friends and family along to join in the festivities and see what Gilda's Club is all about!

NEW

Artist Reception: Pamela Gaard - In-Person with Gilda's Club Staff

Tuesday, April 29 from 12:00 - 2:00 pm

Mingle and learn about GCMN featured artist Pamela Gaard's work and artistic journey.

NEW

Artist Reception: Chaiya Isenberg - In-Person with Gilda's Club Staff

Tuesday, April 29 from 3:00 - 5:00 pm

Mingle and learn about GCMN featured artist Chaiya Isenberg's work and artistic journey.

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NEW

Tie-Dye Social - In-Person with Roseanne Smith

Tuesday, June 10 from 11:00 am - 2:00 pm

Get creative and add some color to your wardrobe at our Tie-Dye Social! Stop by between 11:00 am and 2:00 pm to design your own vibrant creation. Be sure to set aside at least 30 minutes to tie and dye your item.

A limited supply of white Walk for Gilda's shirts will be available (one per member, sizes are limited). You are also encouraged to bring your own white, natural-fiber items (100% cotton, rayon, or silk) to dye. Please bring a plastic bag to take your dyed item home, as the color will need to be washed out later. Join us for some colorful fun and leave with a one-of-a-kind keepsake!

NEW

Immunocompromised Clubhouse Sessions - In-Person

Wednesdays from 9:00 am - 12:00 pm

Immunocompromised families and individuals are invited to use the GCMN clubhouse on Wednesday mornings from 9:00 am to 12:00 pm. Whether you're looking for a quiet spot to unwind with your family or a chance to meet others in a safe environment, this time is for you.

To keep the clubhouse safe during this time, attendance will be limited to three families at a time. Staff will be masked while members are in the clubhouse.

To reserve time in the clubhouse, please email Program@Info@GildasClubMN.org with the names of each member of your party.

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.



NEW

Using the Enneagram as a Healing Tool - Online with Kate Jackson and Patty Nelson

Monday, April 14 from 2:00 - 3:30 pm

Monday, May 5 from 10:30 am - 12:00 pm

Monday, June 16 from 10:30 am - 12:00 pm

Discover how the Enneagram—a tool for deep self-awareness—can support you on your path to healing. In this workshop, you'll learn how the three primary ways we perceive and experience the world (head, heart, and body) can help you:

- Strengthen communication and build deeper connections with others
- Identify and meet your personal needs with greater clarity and confidence
- Cultivate emotional, mental, and physical wellbeing through greater self-understanding

Your facilitators, both of whom have experienced profound healing through the Enneagram, will share practical strategies to help empower you to support your healing journey.

NEW

Show Us Your Superhero! - In person with Barbara Porwit and Nichole Johnson

Thursday, April 17 from 5:00 - 6:00pm

Bring out your inner superhero with the Breast Cancer Superheroes! Learn about the origins and research behind the Breast Cancer Superheroes Portrait Project and play with your own superhero coloring sheet, drawing, writing, or collage to access your superpowers. Pop art, the hero's journey and positive psychology combine in this fun and easy invitation to reimagine yourself as limitless. No previous art experience is needed. Anyone can join in! Superhero costumes are optional but encouraged.

Presented in partnership with the Breast Cancer Superhero Portrait Project.

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.



NEW

Tending the Spirit: The Role of a Death Doula - Online with Nina Guertin

Wednesday, April 23 from 6:00 - 7:30 pm

Most people know what a Birth Doula does, but what does a Death Doula do? Join Gilda's Club and Death Doula Nina Guertin for the first in a three-part series of open conversations about practical, emotional, and spiritual considerations for end of life.

Presented in partnership with Tending the Spirit.

NEW

Empowering Intimacy: Caregiving & Intimacy - Online with Jen Fecher

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

Caregiving can present many challenges, but it's important to remember that relationships can still grow and evolve, even in the midst of chaos. Intimacy plays a key role in nurturing these connections. Whether you're caring for a family member, friend, or partner, learning to deepen your emotional and physical connection can strengthen your bond. Sometimes, discovering new ways to connect intimately and communicate in diverse ways can create space for reconnection.

Join us as we explore intimacy within various caregiving relationships, the unique challenges caregivers and their loved ones face, and strategies for improving connection. Empowering Intimacy is here to provide support, education, and tools to help you navigate your caregiving journey, enhancing relationships and partnerships through knowledge and connection.

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.



Art Therapy

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

Wednesdays 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.

Art Therapy: Paper Embroidery - Online with Karie Amstutz, LMFT, ATR

Thursdays, May 1, 8, and 15 from 6:30 - 8:00 pm

Paper embroidery is back with three different embroidery patterns! Stitching is a calming activity and the enjoyment is doubled when done in community with others, even if it is virtual. Register by April 21st to receive your kit.

Please plan to attend all three sessions in this program.

Art Therapy: Accordion Books - In person with Karie Amstutz, LMFT, ATR

Thursdays, June 5, 12, and 26 from 6:30 - 8:00 pm

Accordions books are simply folded paper glued into a front and back cover. In these art therapy sessions, we'll make three different books and jazz them up each week: an affirmation book, a snowflake book, and a distinctive art book. Anticipate gently guided conversation between each book and how they relate to the cancer journey.

Please plan to attend all three sessions in this program.

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.



Open Monthly Groups

Brain Tumor Monthly Support Group - Online

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

(April 14, May 12, June 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.

Supported by Humor to Fight the Tumor.

Recently Diagnosed Social Support - Online with Dr. Tasha Carlson

Wednesdays, April 16, May 14, June 18 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 Monday of the month from 6:30 - 8:00 pm

(April 28, June 23)

No sessions in May

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
All classes and programs are offered FREE of charge.



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 or call 612-227-2147.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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Children, Teen, & Family Programming April - June 2025



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Family Night Dinner - In-person with GCMN Volunteers **Second and fourth Thursday of each month from 5:30 - 6:30 pm** **(April 10, May 8 & 22, 26)**

No occurrence April 24, June 12

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. Please email Program@GildasClubMN.org with any dietary restrictions.

Game Night - In-person with Madeline Humphrey **Thursday, May 22 and Thursday, June 26 from 6:00 - 7:00 pm**

Bring your friends and family to game night at Gilda's Club! Socialize with fellow members over card games, board games, and more. All ages are invited to game night. Please make sure all family and friends are registered.

Survivorship Picnic - In-person at Rosland Park's Picnic Pavilion with the Masonic Cancer Center **Thursday, June 12 from 5:00 - 8:00 pm**

Picnic Pavilion, Rosland Park (4300 W 66th St, Edina, MN)

Gilda's Club is teaming up with the Masonic Cancer Center for the third annual Survivorship Picnic. This free, family-friendly gathering is an opportunity for our cancer community to come together to celebrate Survivorship Awareness Month, the journey each survivor has been on, and the community alongside each step of the way. The Survivorship Picnic is open to all cancer survivors, their families, caregivers, friends and loved ones. The event will be family friendly and open to the public with a variety of activities for all ages. RSVP at Survivorship.UMN.Edu/Our-Events-Survivorship-Picnic.

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.

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) [@Gildas_Club_MN](https://www.instagram.com/Gildas_Club_MN)



Who Am I? A Collage Workshop for Self-Discovery - In-person with Leslie Boyle-Milroy

Thursday, May 8 from 4:30 - 7:00 pm

In this engaging and creative workshop, participants will explore their identity through the art of collage. Using a mix of drawn images, symbols, magazine clippings, and personal photos, you will create a visual representation of the unique qualities that make you who you are. This workshop is an opportunity to reflect on and express your personality, values, and inspirations in a meaningful and artistic way.

During the session, you will consider aspects of your life such as:

- Your favorite hobbies and activities
- Your strengths and unique traits
- Important people and places you love
- Favorite foods, books, movies, or characters
- Words you live by and personal values

Collage is an expressive, hands-on way to bring together different elements of your identity into a single piece of art. Whether you are drawn to words, colors, textures, or images, you will have the freedom to craft a collage that represents your story. No prior artistic experience is needed—just an open mind and a willingness to explore!

This workshop is suitable for ages 12 and up. Whether you are looking to express yourself, reflect on your journey, or simply enjoy a creative activity, this workshop provides a fun and inspiring space to do so. Join us and bring your unique story to life through the power of collage!

This workshop will include a break for dinner. Please inform Gilda's Club at Program@GildasClubMN.org if you have dietary restrictions.

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 April - June 2025



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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 Edina Senior Center

Wednesday, April 16 from 10:00am - 1:00 pm

Edina Senior Center (5280 Grandview Square, Edina, MN)

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 Healthcare Directives with experts from medical, legal, social work, and thanatology fields available to answer your questions. Notaries will be on site to legalize finished documents.

To register, visit MinnesotaHospice.com/Event/Healthcare-Directives-From-Start-To-Finish or call the Edina Senior Center at 952-833-9570.

In partnership with Cancer Legal Care, Edina Senior Center, and Minnesota Hospice.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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[@Gildas_Club_MN](https://www.instagram.com/Gildas_Club_MN)

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!

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.



Community Partners April - June 2025



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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
(April 10, May 8, June 12)

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.

Young Survival Coalition - In-person and Online with Dr. Tasha Carlson
Mondays, April 7, May 12, June 9 from 6:00 - 7:30 pm

Young Survival Coalition is a support and networking group for women diagnosed with breast cancer prior to their 41st birthday, dealing with challenges unique to this age group such as such as navigating cancer while having young children or getting started in a career and dealing with survivorship issues which can have long-lived effects on one's life. YSC is a national organization which has local chapters throughout the country. MN YSC - Twin Cities is run by volunteer peer state leaders who themselves have been through breast cancer. YSC meets once a month in person to provide support and maintains an active Facebook group with digital resources, which serves as a place to ask questions, get suggestions, and more.

Learn more by searching Facebook for "MN Young Survival Coalition" or email YoungSurvivalCoalitionMN@gmail.com.

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
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