

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 1:00 - 2:30pm Knit Wits (V)	2 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	3	4 9:00 - 10:00am Coffee Talk (V)
7 9:30 - 10:30am Gentle Yoga (V)	8	9 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)	10 4:00 - 5:00pm Blood Cancers Support Group (H)	11 9:00 - 10:00am Coffee Talk (V)
14 9:30 - 10:30am Gentle Yoga (V)  2:30 - 3:30pm Using the Enneagram as a Healing Tool (V) 6:30 - 8:00pm Brain Tumor Support Group (V)	15 1:00 - 2:30pm Knit Wits (V) 5:30 - 6:30pm Candlelight Yoga (V)	16 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)	18 9:00 - 10:00am Coffee Talk (V)
21 9:30 - 10:30am Gentle Yoga (V)	22 	23 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) 6:30 - 8:00pm Living with Chronic Cancer (V)	29 1:00 - 2:30pm Knit Wits (V) 5:30 - 6:30pm Candlelight Yoga (V)	30 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	1	2

ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.

Registration is required for all classes and monthly groups. To register visit www.GildasClubMN.org or the My Gilda's Club Twin Cities app. Please see program staff for weekly support group placement.

Calendar Key

Program Areas ●Support Groups ●Education Sessions ●Healthy Lifestyle Classes ●Social Opportunities ●Children, Teen & Family Programs ●Outside Groups

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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			6:30 - 8:00pm Art Therapy: Paper Embroidery 1/3 (V)	9:00 -10:00am Coffee Talk (V)
 5 9:30 - 10:30am Gentle Yoga (V) 10:30am - 12:00pm Using the Enneagram as a Healing Tool (V)	6 1 1:00 - 2:30pm Knit Wits (V) 6:00 - 7:30pm Gifts of Gratitude 1/4 (V)	7 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	8 4:00 - 5:00pm Blood Cancers Support Group (H) 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) 6:30 - 8:00pm Brain Tumor Support Group (V)	 13 6:00 - 7:30pm Gifts of Gratitude 2/4 (V)	14 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) 6:00 - 7:30pm Recently Diagnosed Social Support (V)	15 2:00 - 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) 6:30 - 8:00pm Caregiving & Intimacy (V)	20 1:00 - 2:30pm Knit Wits (V) 6:00 - 7:30pm Gifts of Gratitude 3/4 (V)	21 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 9:00 -10:00am Coffee Talk (V)	23 9:00 -10:00am Coffee Talk (V)
26 Clubhouse Closed Memorial Day	27 6:00 - 7:30pm Gifts of Gratitude 4/4 (V)	28 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 9:00 -10:00am Coffee Talk (V)	30 9:00 -10:00am Coffee Talk (V)

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June

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 - 10:30am Gentle Yoga (V)</p>	<p>3</p> <p>1:00 - 2:30pm Knit Wits (V)</p>	<p>4</p> <p>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)</p>	<p>5</p>	<p>6</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>9</p> <p>9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm Brain Tumor Support Group (V)</p>	<p>10</p>	<p>11</p> <p>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)</p>	<p>12</p> <p>4:00 - 5:00pm Blood Cancers Support Group (H)</p>	<p>13</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>16</p> <p>9:30 - 10:30am Gentle Yoga (V) 10:30am - 12:00pm Using the Enneagram as a Healing Tool (V)</p>	<p>17</p>	<p>18</p> <p>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) 6:00 - 7:30pm Recently Diagnosed Social Support (V)</p>	<p>19</p> <p>Clubhouse Closed Juneteenth</p>	<p>20</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>23</p> <p>9:30 - 10:30am Gentle Yoga (V) 6:30 - 8:00pm Living with Chronic Cancer (V)</p>	<p>24</p>	<p>25</p> <p>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)</p>	<p>26</p> <p>12:00 - 1:00pm New Member Meeting (V)</p>	<p>27</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>30</p> <p>9:30 - 10:30am Gentle Yoga (V)</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

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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.

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

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!

RSVP for all classes and programs at GildasClubMN.org, on the My GCTC app, or by emailing info@GildasClubMN.org
All classes and programs are offered FREE of charge.



Improv for Life™ - Online with Jenni Lilledahl

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!

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.

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

Knit Wits - 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!

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

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.

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

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.

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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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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
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Community Partners April - June 2025



Go back to:
[April](#)
[May](#)
[June](#)

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 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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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

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