

Monday	Tuesday	Wednesday	Thursday	Friday
30 12:00 - 1:00pm <del>Chair Yoga (C)</del> 1:30 - 3:00pm <b>Knit Wits (V)</b> 3:30 - 4:30pm <b>Vinyasa Yoga (C)</b> 3:45 - 5:00pm <b>Improv for Life™ (C)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	1 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	2 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	3 <del>5:00 - 6:00pm Yin Yoga (C)</del> 6:00 - 7:00pm <del>Cribbage Club (C)</del>	4 <b>No Programming Fourth of July</b>
7 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b> 6:00 - 7:30pm <b>Young Survival Coalition (C)</b>	8 9:30 - 11:30am <b>Birds &amp; Brew On the Go (GO)</b> <del>12:00 - 1:00pm Chair Yoga (C)</del> 1:00 - 2:30pm <b>Knit Wits (C)</b> 3:30 - 4:30pm <b>Vinyasa Yoga (C)</b> 3:45 - 5:00pm <b>Improv for Life™ (C)</b>	9 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 3:00 - 4:00pm <b>New Member Meeting (C)</b> 4:00 - 5:00pm <b>Mocktails and Mingle (C)</b>	10 12:00 - 1:00pm <b>Sound Healing (C)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 4:00 - 5:00pm <b>Blood Cancers Support Group (H)</b> 5:00 - 6:00pm <b>Yin Yoga (C)</b> 5:00 - 6:30pm <b>Feeling Whole 1/6 (C)</b> 5:30 - 6:30pm <b>Family Night Dinner (C)</b> 5:30 - 6:30pm <b>Building a Family Legacy (C)</b>	11 9:00 - 10:00am <b>Coffee Talk (V)</b>
14 10:00am - 12:00pm <b>Art with Heart (C)</b> 10:00 - 11:30am <b>Euro Café (C)</b> 2:00 - 3:30pm <b>Using the Enneagram as a Healing Tool (V)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b>	15 10:00 - 11:00am <b>Dudes &amp; Donuts (C)</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 3:00pm <b>Knit Wits (V)</b> 3:30 - 4:30pm <b>Vinyasa Yoga (C)</b> 3:45 - 5:00pm <b>Improv for Life™ (C)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	16 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	17 12:00 - 1:00pm <b>New Member Meeting (V)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 5:00 - 6:00pm <b>Yin Yoga (C)</b> <del>5:00 - 6:30pm Feeling Whole (C)</del> 6:00 - 7:00pm <b>Cribbage Club (C)</b>	18 9:00 - 10:00am <b>Coffee Talk (V)</b>
21 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b>	22 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 3:00pm <b>Food that's Packed (C)</b> 1:00 - 2:30pm <b>Knit Wits (C)</b> 3:30 - 4:30pm <b>Vinyasa Yoga (C)</b> 3:45 - 5:00pm <b>Improv for Life™ (C)</b>	23 <del>9:00 - 9:30am Qi Gong (V)</del> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 12:00 - 1:30pm <b>Tending the Spirit: Modalities for Healing (C)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	24 3:00 - 5:00pm <b>Birds &amp; Brew On the Go (GO)</b> 5:00 - 6:00pm <b>Yin Yoga (C)</b> 5:00 - 6:30pm <b>Feeling Whole 2/6 (C)</b> 5:30 - 6:30pm <b>Family Night Dinner (C)</b>	25 9:00 - 10:00am <b>Coffee Talk (V)</b>
28 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b> 6:30 - 8:00pm <b>Living with Chronic Cancer (V)</b>	29 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 3:00pm <b>Knit Wits (V)</b> 3:30 - 4:30pm <b>Vinyasa Yoga (C)</b> 3:45 - 5:00pm <b>Improv for Life™ (C)</b>	30 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	31 5:00 - 6:00pm <b>Yin Yoga (C)</b> 5:00 - 6:30pm <b>Feeling Whole 3/6 (C)</b> 5:30 - 7:00pm <b>Clay Paint-by-Numbers (C)</b> 6:00 - 7:00pm <b>Cribbage Club (C)</b>	1

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# August

Monday		Tuesday		Wednesday		Thursday		Friday	
	28		29		30		31		1
								9:00 - 10:00am	Coffee Talk (V)
	4	12:00 - 1:00pm <b>Chair Yoga (C)</b>	5	9:00 - 9:30am <b>Qi Gong (V)</b>	6	1:00 - 4:00pm <b>Card Making (C)</b>	7	9:00 - 10:00am	Coffee Talk (V)
10:00am - 12:00pm <b>Art with Heart (C)</b>		1:30 - 3:00pm <b>Knit Wits (V)</b>		9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b>		5:00 - 6:00pm <b>Yin Yoga (C)</b>			
5:30 - 6:30pm <b>Yoga Flow (C)</b>		1:30 - 2:30pm <b>Meditation (Yes, You Can) 1/4 (C)</b>		12:30 - 1:45pm <b>Improv for Life™ (V)</b>		5:00 - 6:30pm <b>Feeling Whole 4/6 (C)</b>			
6:00 - 7:30pm <b>Young Survival Coalition (C)</b>		3:30 - 4:30pm <b>Yin Yoga (C)</b>		3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>		5:30 - 6:30pm <b>My Family Workshop (C)</b>			
		3:45 - 5:00pm <b>Improv for Life™ (C)</b>				6:00 - 7:00pm <b>Cribbage Club (C)</b>			
	11	11:00am - 12:00pm <b>Birds &amp; Brew (C)</b>	12	9:00 - 9:30am <b>Qi Gong (V)</b>	13	12:00 - 1:00pm <b>Sound Healing (C)</b>	14	9:00 - 10:00am	Coffee Talk (V)
10:00am - 12:00pm <b>Art with Heart (C)</b>		12:00 - 1:00pm <b>Chair Yoga (C)</b>		9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b>		4:00 - 5:00pm <b>Blood Cancers Support Group (H)</b>			
10:00 - 11:30am <b>Euro Café (C)</b>		1:00 - 2:30pm <b>Knit Wits (C)</b>		12:30 - 1:45pm <b>Improv for Life™ (V)</b>		5:00 - 6:00pm <b>Yin Yoga (C)</b>			
5:30 - 6:30pm <b>Yoga Flow (C)</b>		1:30 - 2:30pm <b>Meditation (Yes, You Can) 2/4 (C)</b>		3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>		5:00 - 6:30pm <b>Feeling Whole 5/6 (C)</b>			
		3:30 - 4:30pm <b>Yin Yoga (C)</b>		3:00 - 4:00pm <b>New Member Meeting (C)</b>		5:30 - 6:30pm <b>Family Night Dinner (C)</b>			
		3:45 - 5:00pm <b>Improv for Life™ (C)</b>		4:00 - 5:00pm <b>Mocktails &amp; Mingle (C)</b>					
10:00am - 12:00pm <b>Art with Heart (C)</b>	18	10:00 - 11:00am <b>Dudes &amp; Donuts (C)</b>	19	9:00 - 9:30am <b>Qi Gong (V)</b>	20	12:00 - 1:00pm <b>New Member Meeting (V)</b>	21	9:00 - 10:00am	Coffee Talk (V)
2:00 - 3:30pm <b>Using the Enneagram as a Healing Tool (V)</b>		12:00 - 1:00pm <b>Chair Yoga (C)</b>		9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b>		12:00 - 1:00pm <b>Sound Healing (C)</b>			
5:30 - 6:30pm <b>Yoga Flow (C)</b>		1:30 - 3:00pm <b>Knit Wits (V)</b>		12:30 - 1:45pm <b>Improv for Life™ (V)</b>		1:00 - 4:00pm <b>Card Making (C)</b>			
6:30 - 8:00pm <b>Empowering Intimacy: Cancer Treatment &amp; Sexual Dysfunction (V)</b>		1:30 - 2:30pm <b>Meditation (Yes, You Can) 3/4 (C)</b>		3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>		5:00 - 6:00pm <b>Yin Yoga (C)</b>			
		3:30 - 4:30pm <b>Yin Yoga (C)</b>				5:00 - 6:30pm <b>Feeling Whole 6/6 (C)</b>			
		3:45 - 5:00pm <b>Improv for Life™ (C)</b>				5:30 - 7:00pm <b>Memory Box Workshop (C)</b>			
						6:00 - 7:00pm <b>Cribbage Club (C)</b>			
10:00am - 12:00pm <b>Art with Heart (C)</b>	25	12:00 - 1:00pm <b>Chair Yoga (C)</b>	26	9:00 - 9:30am <b>Qi Gong (V)</b>	27	5:00 - 6:00pm <b>Yin Yoga (C)</b>	28	9:00 - 10:00am	Coffee Talk (V)
5:30 - 6:30pm <b>Yoga Flow (C)</b>		1:00 - 2:30pm <b>Knit Wits (C)</b>		9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b>		5:00 - 6:30pm <b>Feeling Whole 1/6 (C)</b>			
6:30 - 8:00pm <b>Living with Chronic Cancer (V)</b>		1:30 - 2:30pm <b>Meditation (Yes, You Can) 4/4 (C)</b>		12:30 - 1:45pm <b>Improv for Life™ (V)</b>		<del>5:30 - 6:30pm <b>Family Night Dinner (C)</b></del>			
		3:00 - 5:00pm <b>Artist Reception: Andrew Sjostrom (C)</b>		3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>					
		3:30 - 4:30pm <b>Yin Yoga (C)</b>							
		3:45 - 5:00pm <b>Improv for Life™ (C)</b>							

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# September

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Clubhouse Closed Labor Day</b> 1		12:00 - 1:00pm <b>Chair Yoga (C)</b> 2 1:30 - 3:00pm <b>Knit Wits (V)</b> 3:30 - 4:30pm <b>Yin Yoga (C)</b> 3:45 - 5:00pm <b>Improv for Life™ (C)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>		9:00 - 9:30am <b>Qi Gong (V)</b> 3 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> <del>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></del>		1:00 - 4:00pm <b>Card Making (C)</b> 4 5:00 - 6:00pm <b>Yin Yoga (C)</b> 5:00 - 6:30pm <b>Feeling Whole 2/6 (C)</b> 6:00 - 7:00pm <b>Cribbage Club (C)</b>		9:00 - 10:00am <b>Coffee Talk (V)</b> 5	
		8 10:00am - 12:00pm <b>Art with Heart (C)</b> 10:00 - 11:30am <b>Euro Café (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b> 6:00 - 7:30pm <b>Young Survival Coalition (C)</b>		9 11:00am - 12:00pm <b>Birds &amp; Brew (C)</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:00 - 2:30pm <b>Knit Wits (C)</b> <del>3:30 - 4:30pm <b>Yin Yoga (C)</b></del> 3:45 - 5:00pm <b>Improv for Life™ (C)</b>		10 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> <del>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></del> 3:00 - 4:00pm <b>New Member Meeting (C)</b> 4:00 - 5:00pm <b>Mocktails and Mingle (C)</b>		11 4:00 - 5:00pm <b>Blood Cancers Support Group (H)</b> 5:00 - 6:00pm <b>Yin Yoga (C)</b> 5:00 - 6:30pm <b>Feeling Whole 3/6 (C)</b> 5:00 - 6:30pm <b>Self-Advocacy in Healthcare (V)</b> 5:30 - 6:30pm <b>Family Night Dinner (C)</b>	
15 10:00am - 12:00pm <b>Art with Heart (C)</b> 2:00 - 3:30pm <b>Using the Enneagram as a Healing Tool (V)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b>		16 10:00 - 11:00am <b>Dudes &amp; Donuts (C)</b> 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 3:00pm <b>Knit Wits (V)</b> 1:30 - 2:30pm <b>Blooming Heart (C)</b> <del>3:30 - 4:30pm <b>Yin Yoga (C)</b></del> 3:45 - 5:00pm <b>Improv for Life™ (C)</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>		17 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> <del>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></del>		18 12:00 - 1:00pm <b>New Member Meeting (V)</b> 12:00 - 1:00pm <b>Sound Healing (C)</b> 1:00 - 4:00pm <b>Card Making (C)</b> 5:00 - 6:00pm <b>Yin Yoga (C)</b> 5:00 - 6:30pm <b>Feeling Whole 4/6 (C)</b> 5:30 - 7:00pm <b>Artful Light Switch Plates (C)</b> 6:00 - 7:00pm <b>Cribbage Club (C)</b>		19 9:00 - 10:00am <b>Coffee Talk (V)</b>	
22 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b> 6:30 - 8:00pm <b>Living with Chronic Cancer (V)</b>		23 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:00 - 2:30pm <b>Knit Wits (C)</b> <del>3:30 - 4:30pm <b>Yin Yoga (C)</b></del> 3:45 - 5:00pm <b>Improv for Life (C)</b>		24 9:00 - 9:30am <b>Qi Gong (V)</b> 9:00am - 12:00pm <b>Immunocompromised Clubhouse Sessions (C)</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> <del>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b></del>		25 12:00 - 1:00pm <b>Sound Healing (C)</b> 5:00 - 6:00pm <b>Yin Yoga (C)</b> 5:00 - 6:30pm <b>Feeling Whole 5/6 (C)</b> 5:30 - 6:30pm <b>Family Night Dinner (C)</b>		26 9:00 - 10:00am <b>Coffee Talk (V)</b>	
29 10:00am - 12:00pm <b>Art with Heart (C)</b> 5:30 - 6:30pm <b>Yoga Flow (C)</b>		30 12:00 - 1:00pm <b>Chair Yoga (C)</b> 1:30 - 3:00pm <b>Knit Wits (V)</b> <del>3:30 - 4:30pm <b>Yin Yoga (C)</b></del> 3:45 - 5:00pm <b>Improv for Life (C)</b>		30 🧡 Wear orange for World Leukemia Day 🧡 Wear gold for Childhood Cancer Awareness Month 🟢 Wear lime green for World Lymphoma Awareness Day		30 🟢 Wear teal for Ovarian Cancer Awareness Month 🟡 Wear light blue for Prostate Cancer Awareness Month 🟣 Wear purple for Gynecologic Cancer Awareness Month		30 🟣 Wear pink, blue, and teal for Thyroid Cancer Awareness Month	

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## **Candlelight Yoga - Online with DeAnn Hoff**

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

**No occurrences in August**

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 July 1, July 8**

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.*

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NEW

## **Yin Yoga - In-person with Frank Diaz**

***Tuesdays from 3:30 - 4:30 pm***

***Thursdays from 5:00 - 6:00 pm***

***No occurrence July 3***

Yin is a deeply grounding, introspective practice that invites students into longer-held postures, often supported by props, to target connective tissues and promote a sense of calm and surrender. It is a meditative journey, woven with stories from nature, Buddhist philosophy, and celestial imagery, reminding us of our connection to the earth and the cosmos. Accompanied by soothing instrumental music, water sounds, or the ambient tones of nature, this class offers an inner sanctuary of stillness, reflection, and deep release.

## **Yoga Flow - In-Person with Madeline Blasberg, Whitney Leming-Salisbury, Sonja Saunders, and Mark Wheat**

***Mondays from 5:30 - 6:30 pm***

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.

NEW

## **Qi Gong - Online with Susan Flannigan**

***Wednesdays from 9:00 - 9:30 am***

***No session July 23***

Susan Flannigan is inviting you to join 30 minute drop-in Qi Gong sessions at 9:00 am on Wednesday mornings, where 18 gentle movements are combined with mindfulness imagery. The Qi in this ancient Chinese practice stands for energy and Gong stands for work.

*Please leave your camera on for the duration of the session.*

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## **Transformational Sound Healing - In-person with Kate Jackson**

***Various Thursdays from 12:00 - 1:00 pm***

***(July 10 & 17, August 14 & 21, September 18 & 25)***

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.

## **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***

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!

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## Card Making - In-Person with Wendy Peterson

**Various Thursdays from 1:00 - 4:00 pm**

**(July 10 & 17, August 7 & 21, September 4 & 18)**

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.

NEW

## Blooming Heart - In-Person with Dawn Jenkins

**Tuesday, September 16 from 1:30 - 2:30 pm**

Join Dawn for a meditative workshop where we will be drawing a heart in bloom. This workshop is colorful, lighthearted, supportive, and a casual way to connect with others, try something relaxing, and take a break from the day-to-day.

NEW

## Food that's Packed - In-Person with Dawn Jenkins

**Tuesday, July 22 from 1:30 - 2:30 pm**

Join Dawn for some real talk about nutrient density and getting the most from the food you eat, along with samples of nutrient-dense foods!

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All classes and programs are offered FREE of charge.



NEW

## Clay Paint-by-Numbers - In-Person with Chaiya Isenberg

**Thursday, July 31 from 5:30 - 7:00 pm**

Join Gilda's Club for a tactile twist on a classic favorite! In this creative workshop, members will bring a paint-by-number design to life—using clay instead of paint! This hands-on experience is both calming and engaging, offering a new way to explore color, texture, and creativity. Kits are provided with everything you need.

All materials included. No experience necessary.

NEW

## Memory Box Workshop - In-Person with Chaiya Isenberg

**Thursday, August 21 from 5:30 - 7:00 pm**

Create a personalized keepsake to hold memories, hopes, or healing! In this guided workshop, members will transform small boxes into unique and meaningful memory boxes using mixed media, paint, and personal touches. Whether you fill it with letters, photos, or symbolic items, this box becomes a sacred space for reflection, remembrance, or resilience. No artistic experience needed—just bring yourself and your story. All supplies are provided.

NEW

## Artful Light Switches - In-Person with Chaiya Isenberg

**Thursday, September 18 from 5:30 - 7:00 pm**

Add a spark of creativity to the everyday! In this fun and relaxed workshop, members will decorate their own light switch covers using paint, decoupage, and other mixed media techniques. Whether whimsical, abstract, or meaningful, your design can bring a little brightness to your home and spirit. All materials—including switch plates—are provided. No art experience necessary!

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)  
All classes and programs are offered FREE of charge.



NEW

## **Meditation: Feeling Whole - In-Person with Ben Hoff**

**Thursdays from 5:00 - 6:30 pm**

**Series 1: July 10 - August 21 (No session July 17)**

**Series 2: August 28 - October 2**

### **6-class series**

This is a six class meditation series where we'll come together to create a space where we can let go of all of our troubles and pressures of life. Through various meditation exercises we will work to cultivate a feeling of peace and wholeness within ourselves. Each week you will learn a new seated meditation technique to take home and practice. Whether this is your first time meditating or you are a seasoned yogi, this class is welcome to all!

*Please plan to attend each session in the series you register for.*

NEW

## **Meditation (Yes, You Can) - In-Person with Dawn Jenkins**

**Tuesdays in August from 1:30 - 2:30 pm**

### **4-class Series**

Join Dawn for a four week series that introduces some practical tips to approaching and practicing meditation. No experience is necessary! Some movement will happen each class, for which you can be on a chair or on a mat on the floor.

*Please plan to attend each session in the series you register for.*

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## **Art with Heart - In-person with Chaiya Isenberg**

***Mondays, 10:00 am - 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***

***(August 12 & September 9)***

***No occurrence in July***

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.

NEW

## **Cribbage Club - In-Person with Deb Fjeld and Cyndi Graham**

***1st, 3<sup>rd</sup>, and 5<sup>th</sup> Thursday of each month from 6:00 - 7:00 pm***

***No occurrence July 3***

Join us for fun, friendly competition, and community at our Cribbage Club! Whether you're a seasoned player or brand new to the game, all are welcome to come play, learn, and connect. Cards, pegs, and good company provided!

## **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**  
**(July 15, August 19, September 16)**

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**  
**(July 14, August 11, September 8)**

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**  
**(July 9, August 13, September 10)**

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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## Artist Reception: Andrew Sjostrom - In-Person with Gilda's Club Staff

**Tuesday, August 26 from 3:00 - 5:00 pm**

Mingle and learn about GCMN featured artist Andrew Sjostrom's work and artistic journey.

## 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](mailto:Program@Info@GildasClubMN.org) with the names of each member of your party.

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

**Monday, July 14 from 2:00 - 3:30 pm**

**Monday, August 18 from 10:30 am - 12:00 pm**

**Monday, September 15 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

### **Tending the Spirit: Modalities for Healing - In-person with Nina Guertin**

**Wednesday, July 23 from 12:00 - 1:30 pm**

This session offers a gentle introduction to contemplative and creative healing practices. Participants will engage in a simple watercolor exercise and learn about the use of vibration (including sound baths, tuning forks, singing bowls, and gongs), aromatherapy, and various hands-on art activities such as working with clay, altar building, collage, and alcohol inks.

*Presented in partnership with Tending the Spirit.*

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NEW

### **Empowering Intimacy: Cancer Treatment & Sexual Dysfunction - Online with Jen Fecher**

**Monday, August 18 from 6:30 - 8:00 pm**

If cancer alone wasn't enough, the treatments and interventions required to survive can take a true toll on the body, mind, and sexual function. Various treatments for men and women can trigger certain specific issues, but as a whole, sexual dysfunction is very common amongst cancer patients with every treatment type, and thusly their partners. At this education session, we will discuss the most common side effects and sexual dysfunction issues with multiple common types of cancer treatments and review holistic options and therapies available to help restore lost function and support relationship connection. Empowering Intimacy is here to support, educate, and empower you to learn about your body, embrace changes, be open to new adventures, and fulfill your desires all while finding your new sexual wellness path into survivorship.

*Presented in partnership with Empowering Intimacy.*

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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### **The Power of Storytelling - In person with Mary Gossett, MSW, LICSW**

**Saturday, August 23 from 11:00 am - 3:00 pm**

Everyone who walks through the doors of Gilda's Club has a unique story to tell. A cancer diagnosis affects not only the individual but their entire family, and the way we remember and talk about these experiences can sometimes be confusing or different from what actually happened. How we recall our story shapes how we see the world, and sometimes the memories of trauma don't match up with the reality of our experiences.

In this workshop, you'll have the chance to share your cancer story using a "life-line" structure, which helps frame your story in a clear and balanced way — one that includes both the challenges and the moments of hope. You'll be guided through a simple structure to tell your story, experience validation and support and then listen to another member's story, offering the same validation and support. By the end of the workshop, you will have the tools to understand and remember your story, not as a story of trauma, but as a testimony of strength.

This workshop is appropriate for all Gilda's Club members - living with cancer, friends and family, and those living with the loss of a loved one to a cancer diagnosis. Lunch will be provided.

NEW

### **Self-Advocacy in Healthcare - Online with Mandy Wilk**

**Thursday, September 11 from 5:00 - 6:30 pm**

Join us for an informative talk about self-advocacy in healthcare with Mandy Wilk, the first known patient to undergo a double-lung transplant for stage 4 colorectal cancer. Mandy Wilk's case marked a significant milestone in cancer treatment, offering new hope for patients with advanced cancers. From the day she was diagnosed, Mandy learned quickly that being your own health advocate is the key to ensuring you get the treatments that you feel are best for you. But, how do you do that when you have no experience and are trying to navigate a new diagnosis? Join Mandy as she retells her story and experience navigating healthcare, medical treatments, and more, underscoring the importance of self-advocacy in healthcare.

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### **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.

### **Living with Chronic Cancer Monthly Support Group - Online**

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

***(July 28, August 25, September 22)***

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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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](https://GildasClubMN.org/Find-Support/Getting-Started) or call 612-227-2147.

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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# Children, Teen, & Family Programming July - September 2025



Go back to:  
July  
August  
September

**Family Night Dinner - In-person with GCMN Volunteers**  
**Second and fourth Thursday of each month from 5:30 - 6:30 pm**  
**(July 10 & 24, August 14, September 11 & 25)**  
**No occurrence August 28**

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](mailto:Program@GildasClubMN.org) with any dietary restrictions.

NEW

**Building a Family Legacy: Celebration Plate - In-person with Empowered Kids**  
**Thursday, July 10 from 5:30 - 6:30 pm**

Legacy is often thought of as the impact a person leaves after they have died, but what does legacy really look like? Legacy is built over time through everyday interactions leading to lasting memories. Life is filled with moments that should be acknowledged (a birthday, a positive report card, first lost tooth). The child life specialists of Empowered Kids will facilitate a legacy building group art activity where each family will create a custom celebration plate to be used for special moments, now and in the future. Materials will be provided.

*Presented in partnership with Empowered Kids.*

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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)

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NEW

### **My Family: A Creative Workshop for Families - In-person with Leslie Boyle-Milroy**

**Thursday, August 7 from 4:30 - 5:30 pm**

In this hands-on workshop, families and/or individuals will create visual representations of each family member ("family member" is defined however each attendee likes, and can include immediate family, close friends, chosen family, etc.) by sculpting or drawing objects that symbolize their personalities and interests. Instead of traditional portraits, participants will use their imagination to depict loved ones in unique ways—such as a coffee cup for a coffee-loving parent, a soccer ball for a sports enthusiast, or a book for an avid reader. This fun and interactive session fosters creativity, self-expression, and family bonding.

During the session, you will:

- Choose an object that represents each family member
- Sculpt with Model Magic or draw using markers and paper
- Share and discuss your creations with the group
- Explore what makes each person in your family special

This activity encourages participants to think symbolically and celebrate the individuality of their loved ones while working together as a family.

This workshop is suitable for families with children ages 6 and up. Whether you're looking for a fun bonding activity or a way to express your family's unique dynamics, this session offers a creative and meaningful experience for all.

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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# Gilda's on the Go July - September 2025



Go back to:  
July  
August  
September

*"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!*

## **Birds and Brew On the Go - In-person with Lisa Keitel**

**Tuesday, July 8 from 9:30 - 11:30 am**

**Thursday, July 24 from 3:00 - 5:00 pm**

**Westwood Hills Nature Center (8300 West Franklin Avenue, St. Louis Park)**


Join us for a Birds and Brew field trip to [Westwood Hills Nature Center](#) in St. Louis Park, where we'll walk through the nature center and make frequent stops to watch and listen to the birds that call it home. Walking will be paced to meet the needs of attendees.

Please feel free to bring a chair or stool to rest during our stops, as park benches are spaced far apart. Please dress accordingly considering the weather. If you have binoculars, please bring them! If not, we will have some on hand to use.

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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 July - September 2025



Go back to:  
[July](#)  
[August](#)  
[September](#)

*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**  
**(July 10, August 14, September 11)**

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).

**Young Survival Coalition - In-person and Online with Dr. Tasha Carlson**  
**Mondays, July 7 & August 4 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](mailto:YoungSurvivalCoalitionMN@gmail.com).

**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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