

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 1:30 - 3:00pm Knit Wits (V)	2 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	3	4 No Programming Fourth of July
7	8	9 9:00 - 9:30am Qi Gong (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 2:00 - 3:30pm Using the Enneagram as a Healing Tool (V)	15 1:30 - 3:00pm Knit Wits (V) 5:30 - 6:30pm Candlelight Yoga (V)	16 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	17 12:00 - 1:00pm New Member Meeting (V)	18 9:00 - 10:00am Coffee Talk (V)
21	22	23 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	24	25 9:00 - 10:00am Coffee Talk (V)
28 6:30 - 8:00pm Living with Chronic Cancer (V)	29 1:30 - 3:00pm Knit Wits (V)	30 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	31	1

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
Location (V) - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.
 10560 Wayzata Blvd, Minneapolis, MN 55305 | info@GildasClubMN.org | www.GildasClubMN.org to learn more



August

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 9:00 -10:00am Coffee Talk (V)
4	5 1:30 - 3:00pm Knit Wits (V)	6 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	7	8 9:00 -10:00am Coffee Talk (V)
11	12	13 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	14 4:00 - 5:00pm Blood Cancers Support Group (H)	15 9:00 -10:00am Coffee Talk (V)
18 2:00 - 3:30pm Using the Enneagram as a Healing Tool (V) 6:30 - 8:00pm Empowering Intimacy: Cancer Treatment & Sexual Dysfunction (V)	19 1:30 - 3:00pm Knit Wits (V)	20 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	21 12:00 - 1:00pm New Member Meeting (V)	22 9:00 -10:00am Coffee Talk (V)
25 6:30 - 8:00pm Living with Chronic Cancer (V)	26	27 9:00 - 9:30am Qi Gong (V) 12:30 - 1:45pm Improv for Life™ (V) 3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)	28	29 9:00 -10:00am Coffee Talk (V)

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September

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Clubhouse Closed Labor Day</p>	<p>2</p> <p>1:30 - 3:00pm Knit Wits (V)</p> <p>5:30 - 6:30pm Candlelight Yoga (V)</p>	<p>3</p> <p>9:00 - 9:30am Qi Gong (V)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p>	<p>4</p> 	<p>5</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>9:00 - 9:30am Qi Gong (V)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p>	<p>11</p>  <p>4:00 - 5:00pm Blood Cancers Support Group (H)</p> <p>5:00 - 6:30pm Self-Advocacy in Healthcare (V)</p>	<p>12</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>15</p>  <p>2:00 - 3:30pm Using the Enneagram as a Healing Tool (V)</p>	<p>16</p>  <p>1:30 - 3:00pm Knit Wits (V)</p> <p>5:30 - 6:30pm Candlelight Yoga (V)</p>	<p>17</p> <p>9:00 - 9:30am Qi Gong (V)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p>	<p>18</p>  <p>12:00 - 1:00pm New Member Meeting (V)</p>	<p>19</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>22</p> <p>6:30 - 8:00pm Living with Chronic Cancer (V)</p>	<p>23</p> 	<p>24</p> <p>9:00 - 9:30am Qi Gong (V)</p> <p>12:30 - 1:45pm Improv for Life™ (V)</p> <p>3:00 - 5:00pm Art Therapy: Nervous System Reboot (V)</p>	<p>25</p> 	<p>26</p> <p>9:00 -10:00am Coffee Talk (V)</p>
<p>29</p>	<p>30</p> <p>1:30 - 3:00pm Knit Wits (V)</p>	<p> Wear orange for World Leukemia Day</p> <p> Wear gold for Childhood Cancer Awareness Month</p> <p> Wear lime green for World Lymphoma Awareness Day</p> <p> Wear teal for Ovarian Cancer Awareness Month</p> <p> Wear light blue for Prostate Cancer Awareness Month</p> <p> Wear purple for Gynecologic Cancer Awareness Month</p> <p> Wear pink, blue, and teal for Thyroid Cancer Awareness Month</p>		

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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.

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.

Improv for Life™ - Online with Jenni Lilledahl

Wednesdays from 12:30 - 1:45 pm

Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness, and, of course, some laughter. No experience is necessary and all are welcome!

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.



Social Opportunities July - September 2025



Go back to:
July
August
September

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 - In-Person and Online with Gilda's Club Volunteers


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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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:  /GildasClubMN

 @Gildas_Club_MN



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.

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

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.

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.

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: 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.

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.

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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 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.

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.

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