


# February 2017

All programs and services are offered **at no cost to members.**

Mon	Tues	Wed	Thur	Fri	Sat	
		<b>1</b> 9:30-11am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Mtg 12:30-1:30pm Improv for Life! 6-8pm The Art of Healing 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	<b>2</b> 12-1pm Exercise for Cancer Recovery 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight	<b>3</b>	<b>4</b>	
	<b>6</b> 9:30-10:30am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 12-1pm Music Therapy 1-2pm Music Therapy 1:1 & Family Sessions 1-2:30pm Art Therapy	<b>7</b> 12-1pm Acoustic Guitar Jam 5:30-6:30pm New Member Mtg 6-8pm Cranes of Hope Origami Cards 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	<b>8</b> 9:30-11am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm Feeling Better 12:30-1:30pm Improv for Life! 12:30-2:30pm Knit Wits	<b>9</b> 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight	<b>10</b>	<b>11</b> 10am-1pm Chemo Chick Hero Party
	<b>13</b> 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 12-1pm Music Therapy 1-2pm Music Therapy 1:1 & Family Sessions 1-2:30pm Art Therapy	<b>14</b> 1-2:30pm Post-Treatment ▲ 5-6pm Cultivating Gratitude 6-7pm Valentine Dinner & Social 6-7pm Candlelight Yoga 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	<b>15</b> 9:30-11am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Mtg 12:30-1:30pm Improv for Life! 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	<b>16</b> 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight	<b>16</b>	<b>17</b>
	<b>20</b> 9:30-10:30am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 12-1pm Music Therapy 1-2pm Music Therapy 1:1 & Family Sessions 1-2:30pm Art Therapy	<b>21</b> 12-12:45pm Cardio Drumming 12-1pm Acoustic Guitar Jam 5-6pm Resilience Yoga 5:30-6:30pm New Member Mtg 6-8pm Cranes of Hope Origami Cards 6-8pm Art Therapy: Breast Cancer Post-treatment Group (1 of 6) 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	<b>22</b> 9:30-11am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 12:30-1:30pm Improv for Life! 12:30-2:30pm Knit Wits	<b>23</b> 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight	<b>27</b>	<b>28</b>
	<b>27</b> 9:30-10:30am Gentle Yoga 10-11:30am Euro Café Social: Faschnauts 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 12-1pm Music Therapy 1-2pm Music Therapy 1:1 & Family Sessions 1-2:30pm Art Therapy	<b>28</b> 12-12:45pm Cardio Drumming 12-1pm Acoustic Guitar Jam 1-2:30pm Post-Treatment ▲ 5-6pm Yoga Nidra 6-8pm Art Therapy: Breast Cancer Post-treatment Group (2 of 6) 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	<div style="border: 1px solid black; padding: 5px;"> <p><b>Please sign up for activities at least 24 hours in advance.</b>            RSVP at <a href="mailto:Program@GildasClubTwinCities.org">Program@GildasClubTwinCities.org</a> or 612-227-2147.            Please RSVP so we are aware of your intention to attend.            Activities without sufficient enrollment will be cancelled.</p> </div>		<b>Color Code</b> <ul style="list-style-type: none"> <li>• Support</li> <li>• Education</li> <li>• Social Opportunities</li> <li>• Healthy Lifestyle</li> <li>• Kids, Teens &amp; Families</li> <li>• Outside &amp; Community Meetings</li> <li>▲ Closed Group</li> </ul>	

Gilda's Club Twin Cities

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Calendar and Program Flyers also available at [www.GildasClubTwinCities.org](http://www.GildasClubTwinCities.org).

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