


# March 2017

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

Mon	Tues	Wed	Thur	Fri	Sat
	<p><b>Please sign up for activities at least 24 hours in advance.</b> RSVP at 612-227-2147 or <a href="mailto:Program@GildasClubTwinCities.org">Program@GildasClubTwinCities.org</a></p>	<p><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 Meeting 12:30-1:30pm Improv for Life! 6:30-8pm Post-Treatment ▲</p>	<p><b>2</b> 11am-1pm Food for Life part 1 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Living with Cancer ▲ 6:30-8pm Family &amp; Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight</p>	<p><b>3</b></p>	<p><b>4</b> Session 1: 10-11am Session 2: 12:30-1:30pm PCORI Breast Cancer Health &amp; Wellness Focus Group</p>
	<p><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 &amp; Friends ▲ 12-1pm Music Therapy 1-2pm Music Therapy 1:1 &amp; Family Sessions 1-2:30pm Art Therapy</p>	<p><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 &amp; Friends ▲ 6:30-8pm NoogieNight</p>	<p><b>8</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</p>	<p><b>9</b> 11am-1pm Food for Life part 2 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Greet &amp; Eat w/ Jack's Caregiver Coalition 6:30-8pm Living with Cancer ▲ 6:30-8pm Family &amp; Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight</p>	<p><b>10</b></p>
<p><b>13</b> 9:30-10:30am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family &amp; Friends ▲ 1-2:30pm Art Therapy</p>	<p><b>14</b> 12-12:45pm Cardio Drumming 12-1pm Acoustic Guitar Jam 1-2:30pm Post-Treatment ▲ 6-7pm Candlelight Yoga 6-8pm Young Survival Coalition 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family &amp; Friends ▲ 6:30-8pm NoogieNight</p>	<p><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 Meeting 12:30-1:30pm Improv for Life! 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲</p>	<p><b>16</b> 11am-1pm Food for Life part 3 12-1pm Exercise for Cancer Recovery 5-6pm Medical Cannabis 6:30-8pm Living with Cancer ▲ 6:30-8pm Family &amp; Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight 6:30-8:30pm Identity after Breast Cancer: Post-treatment Art Therapy (1 of 6)</p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><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 &amp; Friends ▲ 12-1pm Music Therapy 1-2pm Music Therapy 1:1 &amp; Family Sessions 1-2:30pm Art Therapy</p>	<p><b>21</b> 12-12:45pm Cardio Drumming 5-6pm Resilience Yoga 4-5pm Acoustic Guitar Jam 5:30-6:30pm New Member Mtg 6-8pm Cranes of Hope Origami Cards 6-8pm NoogieNight 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family &amp; Friends ▲</p>	<p><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 5-6pm Anxiety &amp; Depression: Companions to Cancer</p>	<p><b>23</b> 11am-1pm Food for Life part 4 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Living with Cancer ▲ 6:30-8pm Family &amp; Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight 6:30-8:30pm Identity after Breast Cancer: Post-treatment Art Therapy (2 of 6)</p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>27</b> 9:30-10:30am Gentle Yoga 10-11:30am Euro Café: French Crepes 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family &amp; Friends ▲ 12-1pm Music Therapy 1-2pm Music Therapy 1:1 &amp; Family Sessions 1-2:30pm Art Therapy</p>	<p><b>28</b> 12-12:45pm Cardio Drumming 12-1pm Acoustic Guitar Jam 1-2:30pm Post-Treatment ▲ 5-6pm Yoga Nidra 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family &amp; Friends ▲ 6:30-8pm NoogieNight</p>	<p><b>29</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! 6-8pm Game Night 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲</p>	<p><b>30</b> 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Living with Cancer ▲ 6:30-8pm Family &amp; Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight 6:30-8:30pm Identity after Breast Cancer: Post-treatment Art Therapy (3 of 6)</p>	<p><b>Color Code</b></p> <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

612.227.2147 | 10560 Wayzata Blvd, Minnetonka, MN 55305 | [info@GildasClubTwinCities.org](mailto:info@GildasClubTwinCities.org)

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

Rev. 3.1.17

# April 2017

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Mon	Tues	Wed	Thur	Fri	Sat
<b>3</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>4</b> 10-11:30am Inviting Awareness and Intention (1 of 4) 12-1pm Acoustic Guitar Jam 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>5</b> 9:30-11am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12:30-1:30pm Improv for Life!	<b>6</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 6:30-8:30pm Identity after Breast Cancer: Post-treatment Art Therapy (4 of 6)	<b>7</b>	<b>8</b>
<b>10</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>11</b> 10-11:30am Inviting Awareness and Intention (2 of 4) 11:30am-12:30pm The Role of Nutrition in Cancer 12-1pm Acoustic Guitar Jam 1-2:30pm Post-Treatment ▲ 5:30-6:30pm New Member Meeting 6-7pm Candlelight Yoga 6-8pm Young Survival Coalition 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	<b>12</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 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	<b>13</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 6:30-8pm Greet & Eat w/ Jack's Caregiver Coalition 6:30-8:30pm Identity after Breast Cancer: Post-treatment Art Therapy (5 of 6)	<b>14</b>	<b>15</b>
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<b>24</b> 9:30-10:30am Gentle Yoga 10-11:30am Euro Café: Make Your Own Parfait 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	<b>25</b> 12-12:45pm Cardio Drumming 12-1pm Acoustic Guitar Jam 1-2:30pm Post-Treatment ▲ 5-6pm Yoga Nidra 5:30-6:30pm New Member Meeting 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	<b>26</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 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	<b>27</b> 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 5-6:30pm Benefits of the Human-Animal Bond 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight	<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>	

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