

April 2017

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

| Mon | Tues | Wed | Thur | Fri | Sat |
|---|---|---|--|--|--|
| | | | | | 1 |
| 3 9:30-10:30am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy | 4 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 | 5 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 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) 6:30-8pm Open Art Night for Kids | 7 | 8 |
| 10 9:15-10:15am 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 | 11 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 | 12 9:30-10:30am 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 ▲ 6:30-8pm Healing Spring Within: Art with Heart | 13 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) 6:30-8pm Open Art Night for Kids | 14 | 15 |
| 17 9:15-10:15am 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 | 18 10-11:30am Inviting Awareness and Intention (3 of 4) 12-12:45pm Cardio Drumming 4-5pm Acoustic Guitar Jam 5-6pm Resilience Yoga 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 & Friends ▲ | 19 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12-1pm Juicing 101 12:30-1:30pm Improv for Life! | 20 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 6:30-8:30pm Identity after Breast Cancer: Post-treatment Art Therapy (6 of 6) 6:30-8pm Open Art Night for Kids | 21 | 22 10am-12pm Qigong for Kids 10am-3pm Qigong Workshop for Teens & Adults 1-3pm Seed Bombs: Planting Seeds of Joy |
| 24 9:15-10:15am 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 | 25 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 | 26 9:30-10:30am 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 ▲ 6:30-8pm Healing Spring Within: Art with Heart | 27 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 4-5:30pm Heartwarming Handwork 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 6:30-8pm Open Art Night for Kids 6:30-8pm Uncovering the Gifts of Cancer Through Art | Color Code <ul style="list-style-type: none"> ● Support ● Education ● Social Opportunities ● Healthy Lifestyle ● Kids, Teens & Families ● Outside & Community Meetings ▲ Closed Group | |

Please sign up for activities at least 24 hours in advance.
 RSVP at 612-227-2147 or Program@GildasClubTwinCities.org

Gilda's Club Twin Cities

612.227.2147 | 10560 Wayzata Blvd, Minnetonka, MN 55305 | info@GildasClubTwinCities.org

Calendar and Program Flyers also available at www.GildasClubTwinCities.org.

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