

May 2017

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

Mon	Tues	Wed	Thur	Fri	Sat
1 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	2 9-11am Garden Club 11am-1pm Food for Life part 1 1-2:30pm Living with Cancer ▲ 4-5pm 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	3 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12:30-1:30pm Improv for Life!	4 12-1pm Exercise for Cancer Recovery 1-3pm Uncovering the Gifts of Cancer through Art 4-5:30pm Heartwarming Handwork 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Kids Open Art Night 6:30-8pm NoogieNight	5	6
8 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	9 9-11am Garden Club 11am-1pm Food for Life part 2 1-2:30pm Living with Cancer ▲ 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	10 Imagine A Place Breakfast CLUBHOUSE CLOSED	11 12-1pm Exercise for Cancer Recovery 1-3pm Uncovering the Gifts of Cancer through Art 4-5:30pm Heartwarming Handwork 4:30-6pm Understanding & Living with Lymphedema 6:30-8pm Greet & Eat w/ Jack's Caregiver Coalition 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Kids Open Art Night 6:30-8pm NoogieNight	12	13
15 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	16 9-11am Garden Club 11am-1pm Food for Life part 3 1-2:30pm Living with Cancer ▲ 4-5pm Acoustic Guitar Jam 5-6pm Resilience Yoga 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	17 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12:30-1:30pm Improv for Life! 2-3:30pm Creative Journaling	18 12-1pm Exercise for Cancer Recovery 1-3pm Uncovering the Gifts of Cancer through Art 1-3:30pm Card Making 4-5:30pm Heartwarming Handwork 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Kids Open Art Night 6:30-8pm NoogieNight	19	20
22 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	23 9-11am Garden Club 11am-1pm Food for Life part 4 1-2:30pm Living with Cancer ▲ 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	24 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 2-3:30pm Creative Journaling 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	25 12-1pm Exercise for Cancer Recovery 1-3pm Uncovering the Gifts of Cancer through Art 1-3:30pm Card Making 4-5:30pm Heartwarming Handwork 5-6:30pm Self-Compassion & Mindfulness for Caregivers 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Kids Open Art Night 6:30-8pm NoogieNight	26	27
29 CLUBHOUSE CLOSED Memorial Day	30 9-11am Garden Club 1-2:30pm Living with Cancer ▲ 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	31 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Living with Loss ▲ 12:30-1:30pm Improv for Life! 2-3:30pm Creative Journaling	Color Code <ul style="list-style-type: none"> ● Support ● Education ● Social Opportunities ● Healthy Lifestyle ● Kids, Teens & Families ● Outside & Community Meetings ▲ Closed Group 		
Please register for activities at least 24 hours in advance at Program@GildasClubTwinCities.org or 612-227-2147.					

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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June 2017

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Mon	Tues	Wed	Thur	Fri	Sat
	<p>Please sign up for activities at least 24 hours in advance. RSVP at Program@GildasClubTwinCities.org or 612-227-2147. <i>Please RSVP so we are aware of your intention to attend.</i> <i>Activities without sufficient enrollment will be cancelled.</i></p>		<p>1 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 5-6:15pm Humor & Healing 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight</p>	<p>Color Code</p> <ul style="list-style-type: none"> ● Support ● Education ● Social Opportunities ● Healthy Lifestyle ● Kids, Teens & Families ● Outside & Community Meetings ▲ Closed Group 	
	<p>5 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy</p>	<p>6 9-11am Garden Club 1-2:30pm Living with Cancer ▲ 1-2:30pm Post-Treatment ▲ 4-5pm 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</p>	<p>7 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12:30-1:30pm Improv for Life! 2-3:30pm Creative Journaling 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲</p>	<p>8 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 5-6pm Estate Planning: Basics & Beyond 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight</p>	
<p>12 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy</p>	<p>13 9-11am Garden Club 1-2:30pm Living with Cancer ▲ 5:30-6:30pm New Member Meeting 6-7pm Candlelight Yoga 6-8pm Young Survival Coalition 6-8pm NoogieNight 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲</p>	<p>14 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 2-3:30pm Creative Journaling</p>	<p>15 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</p>	16	17
<p>19 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy</p>	<p>20 9-11am Garden Club 1-2:30pm Living with Cancer ▲ 1-2:30pm Post-Treatment ▲ 4-5pm Acoustic Guitar Jam 5-6pm Resilience Yoga 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</p>	<p>21 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12:30-1:30pm Improv for Life! 2-3:30pm Creative Journaling 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲</p>	<p>22 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 5:30-6:30pm Frankly Speaking About Cancer: Immunotherapy 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight</p>	23	24 9:30am-3:30pm 3rd annual Family & Friends Day
<p>26 9:15-10:15am Gentle Yoga 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy</p>	<p>27 9-11am Garden Club 1-2:30pm Living with Cancer ▲ 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</p>	<p>28 Gilda Radner's Birthday! 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 2-3:30pm Creative Journaling</p>	<p>29 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</p>	30	

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