


# August 2017

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

| Mon  | Tues   | Wed   | Thur  | Fri   | Sat       |
|--|--|---|---|---|-----------|
|    | <b>1</b><br>9-11am Garden Club<br>1-2:30pm Post-Treatment ▲<br>1-2pm Media Exploration for Kids & Tweens<br>1-2:30pm Living with Cancer ▲<br>5:30-6:30pm New Member Meeting<br>6-8pm Cranes of Hope Origami Cards<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Young Adult ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm NoogieNight      | <b>2</b><br>9:30-10:30am Spring Forest Qigong<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Loss ▲<br>12:30-1:30pm Improv for Life!<br>1-2:30pm Weaving into Connection<br>6:30-8pm Kundalini Yoga<br>6:30-8pm Post-Treatment ▲                                | <b>3</b><br>1-3:30pm Card Making<br>4-5:15pm Bridging Memoirs<br>6-8pm Social & Yoga for Teens & Young Adults<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm Living with Loss ▲<br>6:30-8pm Art Therapy: Abstract Painting<br>6:30-8pm NoogieNight | <b>4</b>  | <b>5</b>  |
|  | <b>7</b><br>9:15-10:15am Gentle Yoga<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Family & Friends ▲<br>1-2:30pm Art Therapy  | <b>8</b><br>9-11am Garden Club<br>1-2pm Media Exploration for Teens & Young Adults<br>1-2:30pm Living with Cancer ▲<br>6-8pm Young Survival Coalition<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Young Adult ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm NoogieNight           | <b>9</b><br>9:30-10:30am Spring Forest Qigong<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Loss ▲<br>11am-12pm New Member Meeting<br>12:30-1:30pm Improv for Life!<br>1-2:30pm Weaving into Connection<br>12:30-2:30pm Knit Wits                            | <b>10</b><br>1-3:30pm Card Making<br>4-5:15pm Bridging Memoirs<br>5-6pm Integrative Therapies: Cancer Care Overview<br>5:30-6:30pm Two Daughters Food Tasting<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm Living with Loss ▲<br>6:30-8pm Art Therapy: Abstract Painting<br>6:30-8pm NoogieNight | <b>11</b> |
| <b>14</b><br>9:15-10:15am Gentle Yoga<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Family & Friends ▲<br>1-2:30pm Art Therapy | <b>15</b><br>9-11am Garden Club<br>1-2pm Media Exploration for Teens & Young Adults<br>1-2:30pm Living with Cancer ▲<br>5:30-6:30pm New Member Meeting<br>6-8pm Cranes of Hope Origami Cards<br>6-8pm NoogieNight<br>6:30-8pm Post-Treatment ▲<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Young Adult ▲<br>6:30-8pm Family & Friends ▲ | <b>16</b><br>9:30-10:30am Spring Forest Qigong<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Loss ▲<br>12-12:45pm Resilience Yoga<br>12:30-1:30pm Improv for Life!<br>1-2:30pm Weaving into Connection<br>6:30-8pm Kundalini Yoga<br>6:30-8pm Post-Treatment ▲ | <b>17</b><br>1-3:30pm Card Making<br>4-5:15pm Bridging Memoirs<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm Living with Loss ▲<br>6:30-8pm NoogieNight   | <b>Color Code</b><br><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>  |           |
| <b>21</b><br>9:15-10:15am Gentle Yoga<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Family & Friends ▲<br>1-2:30pm Art Therapy | <b>22</b><br>9-11am Garden Club<br>1-2pm Media Exploration for Teens & Young Adults<br>1-2:30pm Living with Cancer ▲<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Young Adult ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm NoogieNight   | <b>23</b><br>9:30-10:30am Spring Forest Qigong<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Loss ▲<br>11am-12pm New Member Meeting<br>12:30-2:30pm Knit Wits<br>12:30-1:30pm Improv for Life!<br>1-2:30pm Weaving into Connection                             | <b>24</b><br>1-3:30pm Card Making<br>4-5:15pm Bridging Memoirs<br>5-6pm Traditional Chinese Medicine & the Treatment of Cancer<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm Living with Loss ▲<br>6:30-8pm NoogieNight                           |   |           |
| <b>28</b><br>9:15-10:15am Gentle Yoga<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Family & Friends ▲<br>1-2:30pm Art Therapy | <b>29</b><br>9-11am Garden Club<br>1-2pm Media Exploration for Teens & Young Adults<br>1-2:30pm Living with Cancer ▲<br>1-2:30pm Post-Treatment ▲<br>5:30-6:30pm New Member Meeting<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Young Adult ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm NoogieNight                                    | <b>30</b><br>9:30-10:30am Spring Forest Qigong<br>10:30am-12pm Living with Cancer ▲<br>10:30am-12pm Living with Loss ▲<br>12:30-1:30pm Improv for Life!<br>6:30-8pm Kundalini Yoga<br>6:30-8pm Post-Treatment ▲   | <b>31</b><br>1-3:30pm Card Making<br>6:30-8pm Living with Cancer ▲<br>6:30-8pm Family & Friends ▲<br>6:30-8pm Living with Loss ▲<br>6:30-8pm NoogieNight  |   |           |

Please sign up for activities at least 24 hours in advance.  
 RSVP at [Program@GildasClubTwinCities.org](mailto:Program@GildasClubTwinCities.org) or 612-227-2147.