

July 2017

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

Mon	Tues	Wed	Thur	Fri	Sat
3 Clubhouse Closed Administrative Work Day	4 Clubhouse Closed Happy 4th of July	5 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	6 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	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 ▲ 1-2:30pm Art Therapy	11 9-11am Garden Club 12-1pm Stress, Food & You 1-2pm Media Exploration for Kids & Tweens 1-2:30pm Living with Cancer ▲ 6-8pm Young Survival Coalition 6-8pm NoogieNight 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲	12 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! 12:30-2:30pm Knit Wits	13 1-3:30pm Card Making 5:30-6:30pm Two Daughters Food Tasting 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight	14	15 9-10am Gentle Yoga 10am-12pm Look Good Feel Better 10:30-11:30am New Member Meeting
17 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	18 9-11am Garden Club 12-1pm Your Energy Solution: Real Food 1-2pm Media Exploration for Kids & Tweens 1-2:30pm Living with Cancer ▲ 1-2:30pm Post-Treatment ▲ 4-5pm 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	19 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! 1-2pm Media Exploration for Preschoolers & Parents 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	20 1-3:30pm Card Making 6:30-8pm Jack's Caregiver Greet & Eat 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Art Therapy: Abstract Painting 6:30-8pm NoogieNight	21	22
24 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	25 9-11am Garden Club 12-1pm Getting a Good Night's Sleep 1-2pm Media Exploration for Kids & Tweens 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	26 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12:30-2:30pm Knit Wits 12:30-1:30pm Improv for Life! 1-2pm Media Exploration for Preschoolers & Parents	27 1-3:30pm Card Making 4-5:15pm Bridging Memoirs 5:30-6:30pm Two Daughters Food Tasting 5-6:15pm What is Naturopathic Oncology? 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Art Therapy: Abstract Painting 6:30-8pm NoogieNight	28	29
31 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					


Color Code

- 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 Program@GildasClubTwinCities.org or 612-227-2147.
 Please RSVP so we are aware of your intention to attend. Activities without sufficient enrollment will be cancelled.

August 2017

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

Mon	Tues	Wed	Thur	Fri	Sat
	1 9-11am Garden Club 1-2pm Media Exploration for Kids & Tweens 1-2:30pm Post-Treatment ▲ 1-2:30pm Living with Cancer ▲ 5:30-6:30pm New Member Meeting 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	2 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! 1-2:30pm Weaving into Connection 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	3 1-3:30pm Card Making 4-5:15pm Bridging Memoirs 6-8pm Social & Yoga for Teens & Young Adults 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Art Therapy: Abstract Painting 6:30-8pm NoogieNight	4	5
	7 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	8 9-11am Garden Club 1-2pm Media Exploration for Teens & Young Adults 1-2:30pm Living with Cancer ▲ 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	9 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! 12:30-2:30pm Knit Wits 1-2:30pm Weaving into Connection	10 1-3:30pm Card Making 4-5:15pm Bridging Memoirs 5-6pm Integrative Therapies: Cancer Care Overview 5:30-6:30pm Two Daughters Food Tasting 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm Abstract Painting 6:30-8pm NoogieNight	11
14 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	15 9-11am Garden Club 1-2pm Media Exploration for Teens & Young Adults 1-2:30pm Living with Cancer ▲ 1-2:30pm Post-Treatment ▲ 4-5pm Acoustic Guitar Jam 5:30-6:30pm New Member Meeting 6-8pm Cranes of Hope Origami Cards 6:30-8pm NoogieNight 6:30-8pm Living with Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲	16 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 12-12:45pm Resilience Yoga 12:30-1:30pm Improv for Life! 1-2:30pm Weaving into Connection 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	17 1-3:30pm Card Making 4-5:15pm Bridging Memoirs 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight	<div style="border: 1px solid black; padding: 5px;"> Color Code <ul style="list-style-type: none"> ● Support ● Education ● Social Opportunities ● Healthy Lifestyle ● Kids, Teens & Families ● Outside & Community Meetings ▲ Closed Group </div>	
21 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	22 9-11am Garden Club 1-2pm Media Exploration for Teens & Young Adults 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	23 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living with Cancer ▲ 10:30am-12pm Living with Loss ▲ 11am-12pm New Member Meeting 12:30-2:30pm Knit Wits 12:30-1:30pm Improv for Life! 1-2:30pm Weaving into Connection	24 1-3:30pm Card Making 4-5:15pm Bridging Memoirs 5-6pm Traditional Chinese Medicine & the Treatment of Cancer 6:30-8pm Living with Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living with Loss ▲ 6:30-8pm NoogieNight		
28 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	29 9-11am Garden Club 1-2pm Media Exploration for Teens & Young Adults 1-2:30pm Living with Cancer ▲ 1-2:30pm Post-Treatment ▲ 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	30 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! 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲	31 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		

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