

October 2017

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

Mon	Tues	Wed	Thur	Fri	Sat	
2 9:15-10:15am Gentle Yoga 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Cancer ▲ 10:30-12 Family & Friends ▲ 1-2:30pm Art Therapy 6:30-8pm Moving thru Cancer 6:30-8pm NoogieNight	3 9:30-10:20am Meditative Movement 10:30-11:30am Music Therapy 11:30am-12:30pm MT 1:1 & Family 1-2:30pm Living with Cancer ▲ 5:30-6:30pm New Member Mtg 6-8pm Living & Dying Well: Dinner & Discussion 6-8pm Cranes of Hope Origami Cards 6-8pm NoogieNight 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲	4 9:30-10:30am Spring Forest Qigong 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Loss ▲ 11am-1pm Food for Life(3of4) 12:30-1:30pm Improv for Life! 4-5:30pm Connecting w/ Nature thru Art	5 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Perfectly Imperfect Books & Doodles 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living w/ Loss ▲ 6:30-8pm NoogieNight	6	7 11am-1pm Teens & Young Adults Social & Yoga Day	
9 9:15-10:15am Gentle Yoga 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Cancer ▲ 10:30-12 Family & Friends ▲ 1-2:30pm Art Therapy 6:30-8pm Moving thru Cancer 6:30-8pm NoogieNight	10 9:30-10:20am Meditative Movement 10:30-11:30am Music Therapy 11:30am-12:30pm MT 1:1 & Family 1-2:30pm Living w/ Cancer ▲ 1-2:30pm Post-Treatment ▲ 6-7pm Candlelight Yoga 6-8pm Young Survival Coalition 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	11 9:30-10:30am Spring Forest Qigong 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Loss ▲ 11am-12pm New Member Mtg 11am-1pm Food for Life(4of4) 12:30-2:30pm Knit Wits 12:30-1:30pm Improv for Life! 4-5:30pm Connecting w/ Nature thru Art 6:30-8pm Post-Treatment ▲ 6:30-8pm Kundalini Yoga	12 10am-2pm Let the Light In: ½ Day Cancer & Qigong Wksp 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6:30-8pm Perfectly Imperfect Books & Doodles 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living w/ Loss ▲ 6:30-8pm NoogieNight	13	14	
16 9:15-10:15am Gentle Yoga 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Cancer ▲ 10:30-12 Family & Friends ▲ 1-2:30pm Art Therapy 6:30-8pm Moving thru Cancer 6:30-8pm NoogieNight	17 9:30-10:20am Meditative Movement 10:30-11:30am Music Therapy 11:30am-12:30pm MT 1:1 & Family 1-2:30pm Living w/ Cancer ▲ 4-5pm Acoustic Guitar Jam 5:30-6:30pm New Member Mtg 6-7pm Peaceful Mind Yoga 6-8pm Food for Life (1of4) 6-8pm Cranes of Hope Origami Cards 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	18 9:30-10:30am Spring Forest Qigong 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Loss ▲ 12:30-1:30pm Improv for Life! 4-5:30pm Connecting w/ Nature thru Art	19 1-3:30pm Card Making 5-6:15pm Frankly Speaking About Cancer: Clinical Trials 6:30-8pm Art Exploration w/ Families 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living w/ Loss ▲ 6:30-8pm NoogieNight	20	21	
23 9:15-10:15am Gentle Yoga 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Cancer ▲ 10:30-12 Family & Friends ▲ 1-2:30pm Art Therapy 6:30-8pm Moving thru Cancer 6:30-8pm NoogieNight	24 9:30-10:20am Meditative Movement 10:30-11:30am Music Therapy 11:30am-12:30pm MT 1:1 & Family 12-1pm Oral Oncology & Its Cost 1-2:30pm Living w/ Cancer ▲ 1-2:30pm Post-Treatment ▲ 6-8pm Food for Life (2of4) 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	25 9:30-10:30am Spring Forest Qigong 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Loss ▲ 11am-12pm New Member Mtg 12:30-2:30pm Knit Wits 12:30-1:30pm Improv for Life! 4-5:30pm Connecting w/ Nature thru Art 6:30-8pm Post-Treatment ▲ 6:30-8pm Kundalini Yoga	26 12-1pm Exercise for Cancer Recovery 1-3:30pm Card Making 6-8pm Hocus Pocus Halloween Party 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living w/ Loss ▲ 6:30-8pm NoogieNight	27	28	
30 9:15-10:15am Gentle Yoga 10:30-12 Living w/ Cancer ▲ 10:30-12 Living w/ Cancer ▲ 10:30-12 Family & Friends ▲ 1-2:30pm Art Therapy 6:30-8pm Moving thru Cancer 6:30-8pm NoogieNight	31 9:30-10:20am Meditative Movement 10:30-11:30am Music Therapy 11:30am-12:30pm MT 1:1 & Family 1-2:30pm Living w/ Cancer ▲ 5:30-6:30pm New Member Mtg 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Young Adult ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm NoogieNight	<div style="border: 1px solid black; padding: 5px;"> <p>Please sign up for activities at least 24 hours in advance. RSVP at Program@GildasClubTwinCities.org or 612-227-2147.</p> </div>			<div style="border: 1px solid black; padding: 5px;"> <p>Color Code</p> <ul style="list-style-type: none"> ● Support ● Education ● Social Opportunities ● Healthy Lifestyle ● Kids, Teens & Families ● Outside & Community Meetings ▲ Closed Group – Cancelled or Rescheduled </div>	

Gilda's Club Twin Cities

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

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