

# December 2017

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

Mon	Tues	Wed	Thur	Fri	Sat
<b>4</b> 9:15-10:15am Gentle Yoga 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	<b>5</b> <del>9:30-10:20am</del> 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 ▲ 1-2:30pm Winter Ornaments 5-6pm Living with Purpose in Daily Life 6-7pm Holiday Dinner 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	<b>6</b> 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Living w/ Loss ▲ 11am-12pm New Member Mtg 12:30-1:30pm Improv for Life! <del>12:30-2:30pm Knit Wits</del> 5:30-7:30pm Cookie Baking 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲ 6:30-8pm Transformational Painting	<b>7</b> 12-1pm Exercise for Cancer Recovery 1-3:30 Card Making 4:30-6pm Living with Lymphedema 6-8pm Open Art Studio 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living w/ Loss ▲ 6:30-8pm NoogieNight	<b>8</b> 6-8pm Young Adult Cookie Making	<b>9</b>
<b>11</b> 9:15-10:15am Gentle Yoga 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	<b>12</b> <del>9:30-10:20am</del> 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 6-7pm 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 6:30-8pm Altered Books <b>Happy Hanukkah</b>	<b>13</b> 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Living w/ Loss ▲ 12:30-2:30pm Knit Wits 12:30-1:30pm Improv for Life!	<b>14</b> 12-1pm Exercise for Cancer Recovery 1-3:30 Card Making 5-6pm Grief & The Holidays 6:30-8pm Winter Ornaments 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living w/ Loss ▲ 6:30-8pm NoogieNight	<b>15</b>	<b>16</b>
<b>18</b> 9:15-10:15am Gentle Yoga 10-11:30am Euro Café: Fruit French Toast 11am Artist Talk & Reading 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Family & Friends ▲ 1-2:30pm Art Therapy	<b>19</b> <del>9:30-10:20am</del> Meditative Movement 12-1pm Staying Well During the Cold & Flu Season 1-2:30pm Living w/ Cancer ▲ 1-2:30pm Post-Treatment ▲ 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	<b>20</b> 9:30-10:30am Spring Forest Qigong 10:30am-12pm Living w/ Cancer ▲ 10:30am-12pm Living w/ Loss ▲ 11am-12pm New Member Mtg 12-12:45pm Resilience Yoga <del>12:30-2:30pm Knit Wits</del> 12:30-1:30pm Improv for Life! 6:30-8pm Kundalini Yoga 6:30-8pm Post-Treatment ▲ 6:30-8pm Transformational Painting	<b>21</b> 12-1pm Exercise for Cancer Recovery 6-8pm Open Art Studio 6:30-8pm Living w/ Cancer ▲ 6:30-8pm Family & Friends ▲ 6:30-8pm Living w/ Loss ▲ 6:30-8pm NoogieNight	<b>22</b>	<b>23</b>
<b>25</b> <b>Clubhouse Closed</b> <b>Merry Christmas</b>	<b>26</b> 10:30am-12:00pm Extra Support for the Holiday (Drop In Group) <b>Clubhouse Closed</b> <b>Happy Kwanzaa</b>	<b>27</b> <b>Clubhouse Closed</b> <b>Happy Holidays</b>	<b>28</b> <b>Clubhouse Closed</b> <b>Happy Holidays</b>	<b>Color Code</b> <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> </ul> ▲ Closed Group – Cancelled or Rescheduled	
<b>Jan 1</b> <b>Clubhouse Closed</b> <b>Happy New Year</b>	<b>Please sign up for activities at least 24 hours in advance.</b> RSVP at <a href="mailto:Program@GildasClubTwinCities.org">Program@GildasClubTwinCities.org</a> or 612-227-2147.				

Gilda's Club Twin Cities

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Calendar and Program Flyers also available at [www.GildasClubTwinCities.org](http://www.GildasClubTwinCities.org).

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