


# November 2017

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

Mon	Tues	Wed	Thur	Fri	Sat
	<p><b>Please sign up for activities at least 24 hours in advance.</b>                      RSVP at 612-227-2147 or  <a href="mailto:Program@GildasClubTwinCities.org">Program@GildasClubTwinCities.org</a>.</p>	<p><b>1</b>                      9:30-10:30am                      Spring Forest Qigong                      10:30-12pm Living w/ Cancer ▲                      10:30-12pm Living w/ Loss ▲                      12-1pm                      Exercise for Cancer Recovery                      12:30-1:30pm Improv for Life!</p>	<p><b>2</b>                      1-3:30pm Card Making                      5:30-7pm Evening of Remembrance: Celebrating Life, Honoring Loss                      6:30-8pm Living w/ Cancer ▲                      6:30-8pm Family &amp; Friends ▲                      6:30-8pm Living w/ Loss ▲                      6:30-8pm NoogieNight                      6:30-8pm Collage</p>	<b>3</b>	<b>4</b>
	<p><b>6</b>                      9:15-10:15am Gentle Yoga                      10:30am-12pm                      Living w/ Cancer ▲                      10:30am-12pm                      Living w/ Cancer ▲                      10:30am-12pm                      Family &amp; Friends ▲                      1-2:30pm Art Therapy                      6:30-8pm Moving w/ Cancer</p>	<p><b>7</b>                      9:30-10:20am Meditative Movement                      10:30-11:30am Music Therapy                      11:30-12:30pm Mindfulness &amp; Pain Management thru Music Therapy                      1-2:30pm Living w/ Cancer ▲                      1-2:30pm Post-Treatment ▲                      6-8pm Cranes of Hope Origami Cards                      6-8pm Food for Life (3of4)                      6:30-8pm Living w/ Cancer ▲                      6:30-8pm Young Adult ▲                      6:30-8pm Family &amp; Friends ▲                      6:30-8pm NoogieNight                      6-9pm Night at Brave New Workshop: Social &amp; Comedy</p>	<p><b>8</b>                      9:30-10:30am                      Spring Forest Qigong                      10:30-12pm Living w/ Cancer ▲                      10:30-12pm Living with Loss ▲                      11am-12pm New Member Mtg                      12:30-1:30pm Improv for Life!                      12:30-2:30pm Knit Wits                      5:30-7:30pm                      Parenting through Cancer                      6:30-8pm Post-Treatment ▲                      6:30-8pm Kundalini Yoga                      6:30-8pm                      Transformational Painting</p>	<p><b>9</b>                      10am-12pm                      Look Good Feel Better                      1-3:30pm Card Making                      6:30-8pm Living w/ Cancer ▲                      6:30-8pm Family &amp; Friends ▲                      6:30-8pm Living w/ Loss ▲                      6:30-8pm NoogieNight                      6:30-8pm Collage</p>	<b>10</b> 6-8pm Young Adult Friendsgiving
<p><b>13</b>                      9:15-10:15am Gentle Yoga                      10:30am-12pm                      Living w/ Cancer ▲                      10:30am-12pm                      Living w/ Cancer ▲                      10:30am-12pm                      Family &amp; Friends ▲                      12:30-1:30pm Multiple Myeloma Journey Partner Program                      1-2:30pm Art Therapy                      6:30-8pm Moving w/ Cancer</p>	<p><b>14</b>                      9:30-10:20am Meditative Movement                      10:30-11:30am Music Therapy                      11:30am-12:30pm MT 1:1 &amp; Family                      1-2:30pm Living w/ Cancer ▲                      5:30-6:30pm New Member Mtg                      6-7pm Candlelight Yoga                      6-8pm Young Survival Coalition                      6-8pm Food for Life (4of4)                      6:30-8pm Living w/ Cancer ▲                      6:30-8pm Young Adult ▲                      6:30-8pm Family &amp; Friends ▲                      6:30-8pm NoogieNight                      6:30-8pm Altered Books</p>	<p><b>15</b>                      9:30-10:30am                      Spring Forest Qigong                      10:30-12pm Living w/ Cancer ▲                      10:30-12pm Living w/ Loss ▲                      12-12:45pm Resilience Yoga                      12:30-1:30pm Improv for Life!</p>	<p><b>16</b>                      12-1pm                      Exercise for Cancer Recovery                      1-3:30 Card Making                      6:30-8pm Living w/ Cancer ▲                      6:30-8pm Family &amp; Friends ▲                      6:30-8pm Living w/ Loss ▲                      6:30-8pm NoogieNight                      6:30-8pm Collage</p>	<b>17</b>	<b>18</b>
<p><b>20</b>                      9:15-10:15am Gentle Yoga                      10:30am-12pm                      Living w/ Cancer ▲                      10:30am-12pm                      Living w/ Cancer ▲                      10:30am-12pm                      Family &amp; Friends ▲                      1-2:30pm Art Therapy</p>	<p><b>21</b>                      9:30-10:20am Meditative Movement                      10:30-11:30am Music Therapy                      11:30am-12:30pm MT 1:1 &amp; Family                      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 &amp; Friends ▲                      6:30-8pm NoogieNight</p>	<p><b>22</b>                      9:30-10:30am Spring Qigong                      10:30-12pm Living w/ Cancer ▲                      10:30-12pm Living w/ Loss ▲                      11am-12pm New Member Mtg                      12:30-1:30pm Improv for Life!                      12:30-2:30pm Knit Wits                      6:30-8pm Post-Treatment ▲                      6:30-8pm Kundalini Yoga                      6:30-8pm                      Transformational Painting</p>	<p><b>23</b>                      Clubhouse Closed                      Happy Thanksgiving</p>	<b>24</b>	<b>25</b>
<p><b>27</b>                      9:15-10:15am Gentle Yoga                      10-11:30am Euro Café:                      Mini Egg Frittatas                      10:30am-12pm                      Living w/ Cancer ▲                      10:30am-12pm                      Family &amp; Friends ▲                      12-1pm Guided Imagery for Stress, Sleep &amp; Grief                      1-2:30pm Art Therapy</p>	<p><b>28</b>                      9:30-10:20am Meditative Movement                      10:30-11:30am Music Therapy                      11:30am-12:30pm MT 1:1 &amp; 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 &amp; Friends ▲                      6:30-8pm NoogieNight                      6:30-8pm Altered Books</p>	<p><b>29</b>                      9:30-10:30am                      Spring Forest Qigong                      10:30-12pm Living w/ Cancer ▲                      10:30-12pm Living with Loss ▲                      12:30-1:30pm Improv for Life!</p>	<p><b>30</b>                      12-1pm                      Exercise for Cancer Recovery                      1-3:30 Card Making                      6:30-8pm Living w/ Cancer ▲                      6:30-8pm Family &amp; Friends ▲                      6:30-8pm Living w/ Loss ▲                      6:30-8pm NoogieNight                      6:30-8pm Collage</p>	<p><b>Color Code</b></p> <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>* New Program Offering</li> <li>▲ Closed Group</li> </ul>	

Gilda's Club Twin Cities

612.227.2147 | 10560 Wayzata Blvd, Minnetonka, MN 55305 | [info@GildasClubTwinCities.org](mailto:info@GildasClubTwinCities.org)

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

Rev. 10.19.17

# December 2017

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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> 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 ▲ 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! 12:30-2:30pm Knit Wits 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> 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 6-7pm 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 ▲ 12:30-1:30pm 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> 9:30-10:20am 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 12:30-2:30pm Knit Wits 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> <li>▲ Closed Group</li> </ul>	
<b>31</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.				

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