

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Clubhouse Closed Happy New Year	2 1:00pm-2:30pm Support Groups 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Mask Making	3 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 10:00am-11:00am My GCTC training 11:00am-12:00pm New Member Meeting 12:30pm-1:30pm Improv for Life! 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups	4 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Art Therapy: Printmaking 6:30pm-8:00pm Support Groups	5	6
8 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	9 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 5:30pm-6:30pm New Member Meeting 6:00pm-7:00pm Candlelight Yoga 6:00pm-8:00pm Young Survival Coalition 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Mask Making	10 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits	11 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 5:30pm-6:30pm My GCTC training 6:30pm-8:00pm Art Therapy: Printmaking 6:30pm-8:00pm Support Groups	12	13
15 9:15am-10:15am Gentle Yoga 10:00am-11:30am Art Exploration with Families 10:30am-12:00pm Support Groups 12:00pm-1:00pm My GCTC training 1:00pm-2:30pm Art Therapy	16 9:30am-10:20am Meditative Movement 10:30am-11:30am Music Heals 11:30am-12:30pm Music Heals 1:1 & Family 1:00pm-2:30pm Support Groups 2:30pm-3:30pm My GCTC training 5:00pm-6:00pm Estate Planning: Basics and Beyond 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups	17 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 11:00am-12:00pm New Member Meeting 12:00pm-12:45pm Resilience Yoga 12:30pm-1:30pm Improv for Life! 5:30pm-6:30pm My GCTC training 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups	18 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Art Therapy: Printmaking 6:30pm-8:00pm Support Groups	19	20
22 9:15am-10:15am Gentle Yoga 10:00am-11:00am My GCTC training 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	23 9:30am-10:20am Meditative Movement 10:30am-11:30am Music Heals 11:30am-12:30pm Music Heals 1:1 & Family 1:00pm-2:30pm Support Groups 5:30pm-6:30pm New Member Meeting 6:00pm-7:00pm My GCTC training 6:30pm-8:00pm Art Therapy: Mask Making 6:30pm-8:00pm Support Groups	24 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 10:00am-11:00am My GCTC training 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 12:00pm-1:00pm Mental Health: Finding Balance During the Complexity of Cancer 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits	25 12:00pm-1:00pm Exercise for Cancer Recovery 12:30pm-1:30pm My GCTC training 1:00pm-3:30pm Card Making 6:30pm-8:00pm Art Therapy: Printmaking 6:30pm-8:00pm Support Groups	26	27
29 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	30 9:30am-10:20am Meditative Movement 10:30am-11:30am Music Heals 11:30am-12:30pm Music Heals 1:1 & Family 1:00pm-2:30pm Support Groups 4:00pm-5:00pm Creating Sustainable Change 6:30pm-8:00pm Support Groups	31 9:30-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 11:00am-12:00pm New Member Meeting 12:30pm-1:30pm Improv for Life! 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups			
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Support
Education
Social Opportunities
Healthy Lifestyle
Kids, Teens & Families

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Art Therapy: Pamphlet Books 6:30pm-8:00pm Support Groups	2	3
5 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	6 9:30am-10:20am Meditative Movement 10:30am-11:30am Music Heals 11:00am-1:00pm Food for Life (1 of 4) 11:30am-12:30pm Music Heals 1:1 & Family 1:00pm-2:30pm Support Groups 5:30pm-6:30pm New Member Meeting 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Mask Making	7 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 12:30pm-1:30pm Improv for Life! 4:30pm-5:30pm Art Therapy: Mandalas	8 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 5:00pm-6:00pm Mental Health: Finding Balance During the Complexity of Cancer 6:30pm-8:00pm Art Therapy: Pamphlet Books 6:30pm-8:00pm Support Groups	9	10
12 9:15am-10:15am Gentle Yoga 10:00am-12:00pm Look Good Feel Better 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	13 9:30am-10:20am Meditative Movement 10:30am-11:30am Music Heals 11:00am-1:00pm Food for Life (2 of 4) 11:30am-12:30pm Music Heals 1:1 & Family 1:00pm-2:30pm Support Groups 5:00pm-6:00pm Living Fully: Simple Mind Body Practices to Find Ease, Relief & Connection 6:00pm-7:00pm Gilda's Valentine Dinner 6:00pm-7:00pm Candlelight Yoga 6:30pm-8:00pm Support Groups	14 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 11:00am-12:00pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm Art Therapy: Mandalas 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Open Art Night	15 10:30am-11:30am Living Fully for Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Art Therapy: Pamphlet Books 6:30pm-8:00pm Support Groups	16	17
19 Clubhouse Closed President's Day	20 9:30am-10:20am Meditative Movement 10:30am-11:30am Music Heals 11:00am-1:00pm Food for Life (3 of 4) 11:30am-12:30pm Music Heals 1:1 & Family 1:00pm-2:30pm Support Groups Clubhouse closing at 3:00pm. No evening programs.	21 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 12:00pm-12:45pm Resilience Yoga 12:30pm-1:30pm Improv for Life! 4:30pm-5:30pm Art Therapy: Mandalas	22 10:30am-11:30am Living Fully for Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:00pm-8:00pm Young Survival Coalition 6:30pm-8:00pm Art Therapy: Pamphlet Books 6:30pm-8:00pm Support Groups	23	24
26 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	27 9:30am-10:20am Meditative Movement 10:30am-11:30am Music Heals 11:00am-1:00pm Food for Life (4 of 4) 11:30am-12:30pm Music Heals 1:1 & Family 1:00pm-2:30pm Support Groups 6:30pm-8:00pm Support Groups	28 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer 11:00am-12:00pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm Art Therapy: Mandalas 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Open Art Night			

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