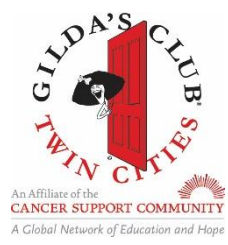
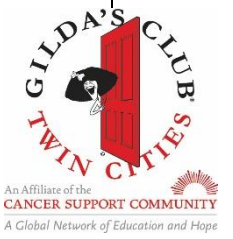


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30am-11:30am Living Fully for Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Support Groups	2	3
5 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	6 9:30am-10:20am Meditative Movement 11:00am-1:00pm Food for Life (4 of 4) 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	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: Found Poetry	8 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 4:30pm-6:00pm Living with Lymphedema 6:30pm-8:00pm Support Groups 7:00pm-9:00pm CLL Society	9	10
12 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	13 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 5:00pm-6:30pm The New Normal: Resilience & Hope for People with Cancer and Caregivers 6:00pm-7:00pm Candlelight Yoga 6:00pm-8:00pm Young Survival Coalition 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 11:30am-12:30pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm Art Therapy: Found Poetry 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups	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: Mapping Loss, Creating Personal Landscapes of Grief 6:30pm-8:00pm Support Groups	16	17
19 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy	20 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 4:30pm-5:30pm Acoustic Guitar Jam 5:30pm-6:30pm New Member Meeting 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups	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 12:30pm-1:30pm Improv for Life!	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 5:00-6:30pm Understanding Healing and the Mind-Body Connection 6:30pm-8:00pm Art Therapy: Mapping Loss, Creating Personal Landscapes of Grief 6:30pm-8:00pm Support Groups	23	24
26 9:15am-10:15am Gentle Yoga 10:00am-12:00pm Look Good Feel Better 10:30am-12:00pm Support Groups 12:30pm-1:30pm Chemo Brain and Fatigue 1:00pm-2:30pm Art Therapy	27 9:30am-10:20am Meditative Movement 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 11:30am-12:30pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm Art Therapy: Found Poetry 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups	29 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: Mapping Loss, Creating Personal Landscapes of Grief 6:30pm-8:00pm Support Groups		
<div style="border: 2px solid black; padding: 5px; display: flex; justify-content: space-between; align-items: center;"> Sign up at GildasClubTwinCities.org, using the MY GCTC app or call 612.227.2147 <div style="display: flex; gap: 10px;"> Support Education Social Opportunities Healthy Lifestyle Kids, Teens & Families </div> </div>					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p>	<p>3</p> <p>9:30am-10:20am Meditative Movement</p> <p>10:30am-12:00pm Containing Cancer thru Art</p> <p>11:00am-1:00pm Food for Life (1 of 4)</p> <p>12:00pm-1:00pm Role of Nutrition in Cancer</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:00pm-7:30pm Parenting through Cancer</p> <p>5:30pm-6:30pm New Member Meeting</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p>	<p>4</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>4:30pm-5:30pm Art Therapy: Mask Making</p>	<p>5</p> <p>10:30am-11:30am Living Fully for Advanced or Chronic Cancer</p> <p>12:00pm-1:00pm Exercise for Cancer Recovery</p> <p>1:00pm-3:30pm Card Making</p> <p>6:30pm-8:00pm Art Therapy: Mapping Loss, Creating Personal Landscapes of Grief</p> <p>6:30pm-8:00pm Support Groups</p>	6	7
<p>9</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p>	<p>10</p> <p>9:30am-10:20am Meditative Movement</p> <p>10:30am-12:00pm Art Therapy: Containing Cancer through Art</p> <p>11:00am-1:00pm Food for Life (2 of 4)</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:00pm-7:30pm Parenting through Cancer</p> <p>6:00pm-7:00pm Candlelight Yoga</p> <p>6:00pm-8:00pm Young Survival Coalition</p> <p>6:30pm-8:00pm Support Groups</p>	<p>11</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>4:30pm-5:30pm Art Therapy: Mask Making</p> <p>5:00pm-6:30pm Sex and Intimacy</p> <p>6:30pm-8:00pm Kundalini Yoga</p> <p>6:30pm-8:00pm Support Groups</p>	<p>12</p> <p>10:30am-11:30am Living Fully for Advanced or Chronic Cancer</p> <p>12:00pm-1:00pm Exercise for Cancer Recovery</p> <p>1:00pm-3:30pm Card Making</p> <p>6:30pm-8:00pm Art Therapy: Mapping Loss, Creating Personal Landscapes of Grief</p> <p>6:30pm-8:00pm Support Groups</p> <p>7:00pm-9:00pm CLL Society</p>	13	14
<p>16</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p> <p>12:00-8:00pm</p> <p>National Healthcare Directive Day</p> <p>Educational Session Times:</p> <ul style="list-style-type: none"> - 12:30pm - 2:30pm - 4:30pm - 6:30pm 	<p>17</p> <p>9:30am-10:20am Meditative Movement</p> <p>10:30am-12:00pm Art Therapy: Containing Cancer through Art</p> <p>11:00am-1:00pm Food for Life (3 of 4)</p> <p>1:00pm-2:30pm Support Groups</p> <p>4:30pm-5:30pm Acoustic Guitar Jam</p> <p>5:30pm-6:30pm New Member Meeting</p> <p>5:00pm-7:30pm Parenting through Cancer</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p>	<p>18</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>4:30pm-5:30pm Art Therapy: Mask Making</p>	<p>19</p> <p>10:30am-11:30am Living Fully for Advanced or Chronic Cancer</p> <p>12:00pm-1:00pm Exercise for Cancer Recovery</p> <p>1:00pm-3:30pm Card Making</p> <p>6:30pm-8:00pm Art Therapy: Mapping Loss, Creating Personal Landscapes of Grief</p> <p>6:30pm-8:00pm Support Groups</p>	20	21
<p>23</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p>	<p>24</p> <p>9:30am-10:20am Meditative Movement</p> <p>10:30am-12:00pm Art Therapy: Containing Cancer through Art</p> <p>11:00am-1:00pm Food for Life (4 of 4)</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:00pm-7:30pm Parenting through Cancer</p> <p>6:30pm-8:00pm Support Groups</p>	<p>25</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-12:00pm Restorative Yoga for Women with Ovarian Cancer</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>4:30pm-5:30pm Art Therapy: Mask Making</p> <p>6:30pm-8:00pm Kundalini Yoga</p> <p>6:30pm-8:00pm Support Groups</p>	<p>26</p> <p>Clubhouse Closed</p> <p>Imagine a Place Breakfast at Doubletree Bloomington</p>	27	28
<p>30</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>12:00pm-1:00pm Facing Issues of Grief & Loss</p> <p>1:00pm-2:30pm Art Therapy</p>					



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