Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30am-10:20am Meditative Movement 10:30am-12:00pm Art Therapy: Found Objects 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	9:30am-10:30am Spring Forest Qigong 10:00am-11:30am Multiple Myeloma Meetup 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 AT: Tissue Paper Collage	3 10:30am-11:30am Living Fully with Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 5:00pm-6:30pm Nutrition During Cancer Treatment 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Spirit Dolls	4	5
7 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 1:00pm-2:30pm Support Groups	8 9:30am-10:20am Meditative Movement 10:30am-12:00pm Art Therapy: Found Objects 1:00pm-2:30pm Support Groups 6:00pm-7:00pm Candlelight Yoga 6:00pm-8:00pm Young Survival Coalition 6:30pm-8:00pm Support Groups	9 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga 11:30am-12:30pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm AT: Tissue Paper Collage 5:00pm-6:30pm Exercise: Conquer Fatigue, Improve Survivorship 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Open Art Night for Families	10 10:30am-11:30am Living Fully with Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Spirit Dolls	11	12
14 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups	15 9:30am-10:20am Meditative Movement 10:30am-12:00pm Art Therapy: Found Objects 1:00pm-2:30pm Support Groups 4:00pm-5:00pm Acoustic Guitar Jam 5:00pm-6:30pm The Patient's Role in Advancing Cancer Research 5:30pm-6:30pm New Member Meeting 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups	16 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 AT: Tissue Paper Collage	17 10:30am-11:30am Living Fully with Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Spirit Dolls 7:00pm-9:00pm CLL Society	18	19
21 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 5:30pm-8:00pm PH&D Moving Forward After Loss	22 9:30am-10:20am Meditative Movement 10:30am-12:00pm Art Therapy: Found Objects 1:00pm-2:30pm Support Groups 5:00pm-6:30pm Mindful Self-Compassion Strategies 6:00pm-7:00pm Candlelight Yoga 6:30pm-8:00pm Support Groups	9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga 11:30am-12:30pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm AT: Tissue Paper Collage 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups	24 10:30am-11:30am Living Fully with Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Support Groups	25 25 A	S CAUB
28 Clubhouse Closed Memorial Day	9:30am-10:20am Meditative Movement 10:30am-12:00pm Art Therapy: Found Objects 1:00pm-2:30pm Support Groups 5:30pm-6:30pm New Member Meeting 6:30pm-8:00pm Support Groups	30 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!	31 10:30am-11:30am Living Fully with Advanced or Chronic Cancer 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Spirit Dolls	An Affiliate of the CANCER SUPPORT	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
4 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups	5 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 1:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups	6 9:00am-10:30am Foundations of Change(1 of 4) 9:30am-10:30am Spring Forest Qigong 10:00am-11:30am Multiple Myeloma Meetup 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! 1:00pm-2:30pm Open Art Studio 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups	7 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 5:00pm-6:30pm Nutrition During Cancer Treatment 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Spirit Dolls	8	9 12:00-2:00pm After of Remembrance
11 9:15am-10:15am Gentle Yoga 10:00am-11:30am Euro Café Social 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups	12 9:30am-10:20am Meditative Movement 12:00pm-1:00pm Financial Strategies for Women 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Art Therapy: Journey Jars 3:00pm-4:30pm Art Media Exploration for Teens 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	13 9:00am-10:30am Foundations of Change(2 of4) 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 1:00pm-2:30pm Open Art Studio	14 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 3:00pm-4:30pm Painting Through Movement for Kids 4:30pm-6:00pm Living with Lymphedema 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Art Therapy: Spirit Dolls	15	16
18 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 5:30pm-8:00pm PH&D Moving Forward After Loss	19 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 1:00pm-4:30pm Art Therapy: Journey Jars 3:00pm-4:30pm Art Media Exploration for Teens 4:00pm-5:00pm Acoustic Guitar Jam 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups	20 9:00am-10:30am Foundations of Change(3 of 4) 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! 1:00pm-2:30pm Open Art Studio 6:30pm-8:00pm Kundalini Yoga 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Open Art Night for Families	21 12:00pm-1:00pm 1:00pm-3:30pm 3:00pm-4:30pm Painting Through Movement for Kids 6:30pm-8:00pm 7:00pm-9:00pm 6:30pm-8:00pm Art Therapy: Spirit Dolls	22	10:00am- 2:00pm Friends & Family Day
25 9:15am-10:15am	26 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Art Therapy: Journey Jars 3:00pm-4:30pm Art Media Exploration for Teens 5:30pm-6:30pm New Member Meeting 6:30pm-8:00pm Support Groups	9:00am-10:30am Foundations of Change(4 of 4) 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 1:00pm-2:30pm Open Art Studio	28 12:00pm-1:00pm Exercise for Cancer Recovery 1:00pm-3:30pm Card Making 3:00pm-4:30pm Painting Through Movement for Kids 6:30pm-8:00pm Support Groups	An Affiliate of CANCER S	· · · · · · · · · · · · · · · · · · ·

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Support

Education

Social Opportunities

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Kids, Teens & Families