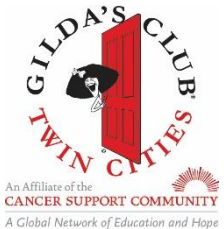


August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:00am-11:30am Multiple Myeloma Meetup</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-12:00pm Restorative Yoga for Women</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>2</p> <p>1:00pm-3:30pm Card Making</p> <p>5:00pm-6:30pm Nutrition During Cancer Treatment</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Art Therapy: What's in the Art Studio?</p> <p>6:30pm-8:00pm Run Club</p> <p>6:30pm-8:00pm Art Media Exploration for Teens</p>	3	4
<p>6</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:00am-12:00pm Create Your Family Tree</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>7</p> <p>11:00am-12:30pm Quick, Easy & Healthy: Make Ahead Meals for an On-the-Go Life</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Teen Scene: Improv for Life!</p> <p>6:30pm-8:00pm Support Groups</p>	<p>8</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</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>4:00pm-5:00pm AT: Exploring Mosaic Art</p>	<p>9</p> <p>1:00pm-3:30pm Card Making</p> <p>5:30pm-6:30pm New Member Meeting</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Run Club</p> <p>6:30pm-8:00pm Art Therapy: What's in the Art Studio?</p> <p>6:30pm-8:00pm Art Media Exploration for Teens</p>	10	11
<p>13</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:00am-11:30am Euro Café Social</p> <p>10:00am-12:00pm Create Your Family Tree</p> <p>10:00am-12:00pm Look Good Feel Better</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>14</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:00pm-7:30pm Frankly Speaking about Cancer: How Do I Tell the Kids?</p> <p>6:00pm-8:00pm Young Survival Coalition</p> <p>6:30pm-8:00pm Support Groups</p>	<p>15</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</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>4:00pm-5:00pm AT: Exploring Mosaic Art</p> <p>6:00pm-8:00pm Teen Art Connect: Weaving into Connection</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>16</p> <p>1:00pm-3:30pm Card Making</p> <p>5:00pm-6:30pm Not Letting Fear and Anger Drive Us</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Art Therapy: What's in the Art Studio?</p> <p>6:30pm-8:00pm Art Media Exploration for Teens</p> <p>7:00pm-9:00pm CLL Society</p>	17	18
<p>20</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>1:00pm-2:30pm Support Groups</p>	<p>21</p> <p>1:00pm-2:30pm Support Groups</p> <p>4:00pm-5:00pm Acoustic Guitar Jam</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p>	<p>22</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</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>4:00pm-5:00pm AT: Exploring Mosaic Art</p>	<p>23</p> <p>5:30pm-6:30pm New Member Meeting</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Art Media Exploration for Teens</p>	24	25
<p>27</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>28</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:30pm-8:00pm Support Groups</p>	<p>29</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</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>4:00pm-5:00pm AT: Exploring Mosaic Art</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>30</p> <p>1:00pm-3:30pm Card Making</p> <p>6:30pm-8:00pm Support Groups</p>		

Sign up at GildasClubTwinCities.org, using the MY GCTC app or call 612.227.2147

Support Education Social Opportunities Healthy Lifestyle Kids, Teens & Families

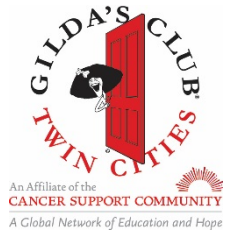
10560 Wayzata Blvd, Minnetonka, MN 55305 | 612.227.2147
Visit www.GildasClubTwinCities.org to learn more.

Learn more about Support Groups by attending a New Member Meeting or calling 612.227.2147. *Rev. 7.27.18*
Living with Cancer | Family & Friends | Living with Loss | Young Adult | Post-Treatment

September 2018

Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3 Clubhouse Closed Labor Day	4 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Art Therapy: Altered Books 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups	5 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 12:30pm-1:30pm Improv for Life! 4:30pm-5:30pm Art Therapy: Mixed Media Postcards	6 1:00pm-3:30pm Card Making 5:00pm-6:30pm Nutrition During Cancer Treatment 5:30pm-6:30pm New Member Meeting 6:30pm-8:00pm Support Groups	7	8
10 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	11 9:30am-10:20am Meditative Movement 11:30am-12:30pm New Member Meeting 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Art Therapy: Altered Books 6:00pm-7:00pm Candlelight Yoga 6:00pm-8:00pm Young Survival Coalition 6:30pm-8:00pm Support Groups	12 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm Art Therapy: Mixed Media Postcards 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups	13 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 6:30pm-8:00pm Art Therapy: What's in the Art Studio?	14	15
17 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 10:30am-12:00pm Yoga: ON & OFF the Wall 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 5:30pm-6:30pm New Member Meeting 6:30pm-8:00pm PH&D Moving Forward After Loss	18 9:30am-10:20am Meditative Movement 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Art Therapy: Altered Books 4:00pm-5:00pm Acoustic Guitar Jam 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups	19 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women 12:30pm-1:30pm Improv for Life! 4:30pm-5:30pm Art Therapy: Mixed Media Postcards	20 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: What's in the Art Studio? 7:00pm-9:00pm Frankly Speaking About Cancer: Chronic Lymphocytic Leukemia (CLL) 7:00pm-9:00pm CLL Society	21	22 10:00am-1:00pm Shining the Light on MPN
24 9:15am-10:15am Gentle Yoga 9:30am-10:30am Finding Meaning and Purpose 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups	25 9:30am-10:20am Meditative Movement 11:30am-12:30pm New Member Meeting 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Art Therapy: Altered Books 6:30pm-8:00pm Support Groups	26 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 11:00am-12:00pm Restorative Yoga for Women 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 4:30pm-5:30pm Art Therapy: Mixed Media Postcards 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups	27 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: What's in the Art Studio?		

Sign up at GildasClubTwinCities.org, using the MY GCTC app or call 612.227.2147

Support **Education** **Social Opportunities** **Healthy Lifestyle** **Kids, Teens & Families**