

August 2018

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

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

Support Education Social Opportunities Healthy Lifestyle Kids, Teens & Families

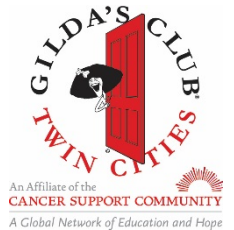
10560 Wayzata Blvd, Minnetonka, MN 55305 | 612.227.2147
Visit www.GildasClubTwinCities.org to learn more.

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?		
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Support

Education

Social Opportunities

Healthy Lifestyle

Kids, Teens & Families