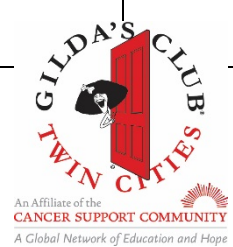


October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</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>2</p> <p>10:30am-12:00pm AT Finding Balance: Wellness through Art</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Group</p> <p>5:30pm-7:30pm Family Night</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p>	<p>3</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>4</p> <p>12:00pm-1:00pm Exercise for EveryBODY</p> <p>12:00pm-1:30pm Nutrition During Cancer Treatment</p> <p>1:00pm-3:30pm Card Making</p> <p>5:30pm-6:30pm Kid Support Parent Orientation</p> <p>6:30pm-8:00pm Support Groups</p>	5	6
<p>8</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>9</p> <p>9:30am-10:20am Meditative Movements</p> <p>10:30am-12:00pm AT Finding Balance: Wellness through Art</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:00pm-7:00pm Candlelight Yoga</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:00pm-8:00pm Young Survival Coalition</p>	<p>10</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>10:30am-12:00pm Iris Fold Card Making</p> <p>11:00am-12:00pm Restorative Yoga for Women</p> <p>11:00am-1:00pm Food for Life 1 of 4</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>11</p> <p>12:00pm-1:00pm Exercise for EveryBODY</p> <p>1:00pm-3:30pm Card Making</p> <p>6:30pm-8:00pm Kid Support</p> <p>5:30pm-6:30pm New Member Meeting</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Art Therapy: Building Creative Resiliency</p>	12	13
<p>15</p> <p>9:15am-10:15am Gentle Yoga</p> <p>10:00am-11:30am Euro Café Social</p> <p>10:30am-12:00pm Support Groups</p> <p>12:00pm-1:00pm Financial Strategies for Women</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:30pm-8:00pm PH&D Moving Fwd after Loss</p> <p>6:00pm-7:30pm YSC Social</p> <p>6:30pm-7:00pm Book Reading with Katy Tessman</p>	<p>16</p> <p>9:30am-10:20am Meditative Movements</p> <p>10:30am-12:00pm AT Finding Balance: Wellness through Art</p> <p>1:00pm-2:30pm Open Art Studio</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 Support Groups</p>	<p>17</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>11:00am-1:00pm Food for Life 2 of 4</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p>	<p>18</p> <p>12:00pm-1:00pm Exercise for EveryBODY</p> <p>1:00pm-3:30pm Card Making</p> <p>5:00pm-6:00pm Dear Cancer Writing Workshop (Middle School)</p> <p>6:30pm-8:00pm Kid Support</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Art Therapy: Building Creative Resiliency</p> <p>7:00pm-9:00pm CLL Society</p>	19	20
<p>22</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>1:00pm-2:30pm Meaning Centered Psychotherapy</p> <p>4:00pm-5:00pm Anger: Dealing with Difficult Emotions</p> <p>4:00pm-5:00pm New Member Meeting</p>	<p>23</p> <p>9:30am-10:20am Meditative Movements</p> <p>10:30am-12:00pm AT Finding Balance: Wellness through Art</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:00pm-6:30pm Gilda's Great Chili Cook-off</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm In Sickness and in Health: Weathering the Cancer Storm as a Couple</p>	<p>24</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>10:30am-12:00pm Iris Fold Card Making</p> <p>11:00am-12:00pm Restorative Yoga for Women</p> <p>11:00am-1:00pm Food for Life 3 of 4</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>25</p> <p>12:00pm-1:00pm Exercise for EveryBODY</p> <p>1:00pm-3:30pm Card Making</p> <p>5:00pm-6:00pm Dear Cancer Writing Workshop (Middle School)</p> <p>6:00pm-8:00pm Hocus Pocus Halloween Party</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Art Therapy: Building Creative Resiliency</p>	26	27
<p>29</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>1:00pm-2:30pm Meaning Centered Psychotherapy</p>	<p>30</p> <p>9:30am-10:20am Meditative Movements</p> <p>10:30am-12:00pm AT Finding Balance: Wellness through Art</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:30pm-8:00pm Support Groups</p>	<p>31</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>11:00am-1:00pm Food for Life 4 of 4</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p>			



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


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Learn more about Support Groups by attending a New Member Meeting or calling 612.227.2147. *Rev. 9.25.18*
 Living with Cancer | Family & Friends | Living with Loss | Young Adult | Post-Treatment

November 2018

Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00am-12:00pm Breathe'n'Paint 11:00am-1:00pm Food for Life (1 of 4) 12:00pm-1:00pm Exercise for EveryBODY 6:30pm-8:00pm Kid Support 6:30pm-8:00pm Support Groups 6:30pm-8:00pm AT: Creative Resiliency	2	3
5 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 1:00pm-2:30pm Meaning Centered Psychotherapy	6 9:30am-10:20am Meditative Movements 9:30am-10:30am Challenges of Cancer and Work 10:30am-12:00pm AT Finding Balance: Wellness through Art 1:00pm-2:30pm Open Art Studio 1:00pm-2:30pm Support Groups Clubhouse Closing at 3pm – Election Day! 7:30pm-9:30pm Night on the Town @ BNW	7 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! 1:00pm-2:30pm Support Groups 6:00pm-8:00pm Fall Evening of Remembrance 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups	8 10:00am-12:00pm Breathe'n'Paint 11:00am-1:00pm Food for Life (2 of 4) 12:00pm-1:00pm Exercise for EveryBODY 1:00pm-3:30pm Card Making 5:00pm-6:00pm Dear Cancer Workshop (HS) 5:30pm-6:30pm New Member Meeting 6:30pm-8:00pm Kid Support 6:30pm-8:00pm Support Groups 6:30pm-8:00pm AT: Creative Resiliency 6:30pm-8:00pm FSAC: Clinical Trials	9	10
12 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 1:00pm-2:30pm Meaning Centered Psychotherapy	13 9:30am-10:20am Meditative Movements 10:30am-12:00pm AT Finding Balance: Wellness through Art 1:00pm-2:30pm Open Art Studio 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	14 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 10:30am-12:00pm Iris Handmade Cards 11:00am-12:00pm Restorative Yoga for Women 11:30am-12:30pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups	15 10:00am-12:00pm Breathe'n'Paint 11:00am-1:00pm Food for Life (3 of 4) 12:00pm-1:00pm Exercise for EveryBODY 1:00pm-3:30pm Card Making 5:00pm-6:00pm Dear Cancer Workshop (HS) 5:00pm-6:30pm FSAC: Neuroendocrine & Carcinoid Tumors (NETs) 6:30pm-8:00pm Kid Support 6:30pm-8:00pm Support Groups 6:30pm-8:00pm AT: Creative Resiliency 6:30pm-8:00pm Teen Art Connect 7:00pm-9:00pm CLL Society	16	17
19 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Meaning Centered Psychotherapy 4:00pm-5:00pm New Member Meeting 6:30pm-8:00pm PH&D Moving Fwd after Loss	20 9:30am-10:20am Meditative Movements 1:00pm-2:30pm Support Groups 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 12:30pm-1:30pm Improv for Life! 1:00pm-2:30pm Support Groups Clubhouse Closing at 3pm	22 Clubhouse Closed Happy Thanksgiving	23	24
26 9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Meaning Centered Psychotherapy	27 9:30am-10:20am Meditative Movements 1:00pm-2:30pm Open Art Studio 1:00pm-2:30pm Support Groups 5:30pm-6:30pm Emotional Benefits of Sharing Your Story 6:30pm-8:00pm Support Groups	28 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 10:30am-12:00pm Iris Handmade Cards 11:00am-12:00pm Restorative Yoga for Women 11:30am-12:30pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups	29 11:00am-1:00pm Food for Life (4 of 4) 12:00pm-1:00pm Exercise for EveryBODY 1:00pm-3:30pm Card Making 6:30pm-8:00pm Kid Support 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Teen Art Connect	 <p>GILDA'S CLUB TWIN CITIES An Affiliate of the CANCER SUPPORT COMMUNITY A Global Network of Education and Hope</p>	

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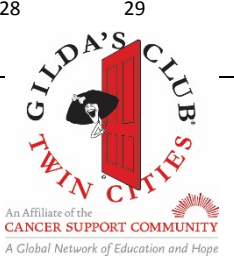
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December 2018

Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
<p>3</p> <p>9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 1:00pm-2:30pm Meaning Centered Psychotherapy</p> <p>Happy Hanukkah</p>	<p>4</p> <p>9:30am-10:20am Meditative Movements 9:30am-10:30am 'Tis the Season for Stress Management: Navigating the Holiday Season with Cancer 1:00pm-2:30pm Open Art Studio 1:00pm-2:30pm Support Groups 5:30pm-6:30pm FSAC: How Do I Tell the Kids? 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups</p>	<p>5</p> <p>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! 6:00pm-8:00pm Holiday Cookie Baking 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Holiday Ornaments</p>	<p>6</p> <p>10:00am-12:00pm Breathe'n'Paint 12:00pm-1:00pm Exercise for EveryBODY 12:00pm-1:30pm Nutrition During Cancer Treatment 1:00pm-3:30pm Card Making 4:30pm-6:00pm Living with Lymphedema 5:30pm-6:30pm New Member Meeting 6:30pm-8:00pm Kid Support 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Teen Art Connect</p>	<p>7</p>	<p>8</p> <p>10:00am-12:00pm My Lymph 2:00pm-5:00pm Frankly Speaking: Metastatic Breast Cancer</p>
<p>10</p> <p>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</p>	<p>11</p> <p>9:30am-10:20am Meditative Movements 1:00pm-2:30pm Open Art Studio 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</p>	<p>12</p> <p>9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 10:30am-12:00pm Iris & OBBB 11:00am-12:00pm Restorative Yoga for Women 11:30am-12:30pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits</p>	<p>13</p> <p>10:00am-12:00pm Breathe'n'Paint 1:00pm-3:30pm Card Making 6:30pm-8:00pm Kid Support 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Teen Art Connect</p>	<p>14</p>	<p>15</p>
<p>17</p> <p>9:15am-10:15am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups</p>	<p>18</p> <p>9:30am-10:20am Meditative Movements 1:00pm-2:30pm Open Art Studio 1:00pm-2:30pm Support Groups 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups</p>	<p>19</p> <p>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! 5:00pm-6:00pm Resiliency, Self-Compassion and Self-Care 6:00pm-7:00pm Holiday Dinner 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups</p>	<p>20</p> <p>10:00am-12:00pm Breathe 'n' Paint 1:00pm-3:30pm Card Making 5:30pm-6:30pm New Member Meeting 6:30pm-8:00pm Support Groups 6:30pm-8:00pm Teen Art Connect 7:00pm-9:00pm CLL Society</p>	<p>21</p>	<p>22</p>
<p>24</p> <p>Clubhouse Closed</p>	<p>25</p> <p>Clubhouse Closed Merry Christmas</p>	<p>26</p> <p>Clubhouse Closed Happy Kwanzaa</p>	<p>27</p> <p>Clubhouse Closed</p>	<p>28</p>	<p>29</p>
<p>31</p> <p>Clubhouse Closed Happy New Year</p>					

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