


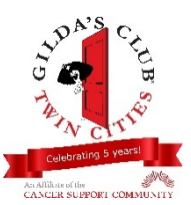
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>2</p> <p>9:30am-10:30am Yoga for Mind, Body &amp; Spirit</p> <p>10:30am-12:00pm AT: Finding Balance</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:30pm-2:30pm Belly Dancing for Women</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>11:30am-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>1:00pm-2:30pm Support Groups</p> <p>3:00pm-4:30pm Meaning-Centered Support (5/6)</p>	<p>4</p> <p>10:30am-12:00pm Compass Course (4/8)</p> <p>1:00pm-3:30pm Card Making</p> <p>1:30pm-2:30pm Tai Chi</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Teen Art Connect</p>	5	6
<p>8</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:00am-11:30am Euro Café Social</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>5:00pm-6:00pm New Member Meeting</p>	<p>9</p> <p>9:30am-10:30am Yoga for Mind, Body &amp; Spirit</p> <p>10:30am-12:00pm AT: Finding Balance</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:30pm-2:30pm Belly Dancing for Women</p> <p>1:30pm-3:30pm Challenges of Cancer &amp; Work</p> <p>6:00pm-7:00pm Candlelight Yoga</p> <p>6:00pm-7:30pm Young Survival Coalition</p> <p>6:30pm-8:00pm Support Groups</p>	<p>10</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-1:00pm Food for Life (1/4)</p> <p>12:00pm-1:00pm Stress, Food &amp; You</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>1:00pm-2:30pm Support Groups</p> <p>3:00pm-4:30pm Meaning-Centered Support (6/6)</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>11</p> <p>10:30am-12:00pm Compass Course (5/8)</p> <p>1:00pm-3:00pm Brain Tumor Networking Group</p> <p>1:00pm-3:30pm Card Making</p> <p>1:30pm-2:30pm Tai Chi</p> <p>6:30pm-7:30pm Book Club</p> <p>6:30pm-8:00pm AT: Painting w/o a Brush</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Teen Art Connect</p>	12	13
<p>15</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>12:30pm-2:00pm Moms with Metastatic Cancer Support Series</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>16</p> <p>9:30am-10:30am Yoga for Mind, Body &amp; Spirit</p> <p>10:00am-12:00pm 7 Savvy Secrets to Financial Success</p> <p>10:30am-12:00pm AT: Finding Balance</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:30pm-2:30pm Belly Dancing for Women</p> <p>5:30pm-6:30pm Kid Support Orientation</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-1:00pm Food for Life (2/4)</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>1:00pm-2:30pm Support Groups</p>	<p>18</p> <p>10:30am-12:00pm Compass Course (6/8)</p> <p>1:00pm-3:00pm Advance Care Planning Workshop</p> <p>1:00pm-3:30pm Card Making</p> <p>1:30pm-2:30pm Tai Chi</p> <p>6:30pm-8:00pm AT: Painting w/o a Brush</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Teen Art Connect</p> <p>7:00pm-9:00pm CLL Society</p>	19	20
<p>22</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>12:30pm-2:00pm Moms with Metastatic Cancer Support Series</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>23</p> <p style="text-align: center;"><b>Clubhouse Closed</b> <b>Celebrate a Place Breakfast</b> (sign up at <a href="http://bit.ly/GildaBreakfast">bit.ly/GildaBreakfast</a>)</p>	<p>24</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-1:00pm Food for Life (3/4)</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>25</p> <p>10:30am-12:00pm Compass Course (7/8)</p> <p>1:00pm-3:30pm Card Making</p> <p>1:30pm-2:30pm Tai Chi</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>5:30pm-6:30pm Energy Medicine (1/3)</p> <p>6:30pm-7:30pm Book Club</p> <p>6:30pm-8:00pm AT: Painting w/o a Brush</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Teen Art Connect</p>	26	27
<p>29</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>12:30pm-2:00pm Moms with Metastatic Cancer Support Series</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>30</p> <p>9:30am-10:30am Yoga for Mind, Body &amp; Spirit</p> <p>9:30am-11:00am Developing Self-Advocacy (1/5)</p> <p>10:30am-12:00pm AT: Finding Balance</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:30pm-2:30pm Belly Dancing for Women</p> <p>5:30pm-7:30pm Teen &amp; YA Social Night</p> <p>6:00pm-7:00pm Yoga Nidra: Yoga of Deep Rest</p> <p>6:30pm-8:00pm Kid Support</p> <p>6:30pm-8:00pm Support Groups</p>			 <p>GILDA'S CLUB TWIN CITIES Celebrating 5 years! An Affiliate of the CANCER SUPPORT COMMUNITY</p>	

Sign up at [GildasClubTwinCities.org](http://GildasClubTwinCities.org), using the MY GCTC app or call 612.227.2147

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Living with Cancer | Family & Friends | Living with Loss | Young Adult | Post-Treatment


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<p>6</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>12:30pm-2:00pm Moms with Metastatic Cancer Support Series</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:00pm-6:00pm New Member Meeting</p>	<p>7</p> <p>9:30am-10:30am Yoga for Mind, Body &amp; Spirit</p> <p>9:30am-11:00am Developing Self-Advocacy (2/5)</p> <p>10:30am-12:00pm AT: Finding Balance</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:30pm-2:30pm Belly Dancing for Women</p> <p>5:30pm-6:30pm Positive Parenting Pearls</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Kid Support</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>12:00pm-1:00pm Energy Solution: Real Food</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>1:00pm-2:30pm Support Groups</p> <p>3:00pm-4:30pm Meaning-Centered Support (2/8)</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>9</p> <p>1:00pm-3:00pm Brain Tumor Networking Group</p> <p>1:00pm-3:30pm Card Making</p> <p>1:30pm-2:30pm Tai Chi</p> <p>5:30pm-6:30pm Energy Medicine (3/3)</p> <p>6:30pm-7:30pm Book Club</p> <p>6:30pm-8:00pm AT: HOPE as a Path to Healing</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Teen Art Connect</p>	10	11
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<p>27</p> <p style="text-align: center;"><b>Clubhouse Closed Memorial Day</b></p>	<p>28</p> <p>9:30am-10:30am Yoga for Mind, Body &amp; Spirit</p> <p>9:30am-11:00am Developing Self-Advocacy (5/5)</p> <p>1:00pm-2:30pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:30pm-2:30pm Belly Dancing for Women</p> <p>5:30pm-7:30pm Teen &amp; YA Social Night</p> <p>6:00pm-7:00pm Yoga Nidra: Yoga of Deep Rest</p> <p>6:30pm-8:00pm Kid Support</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>11:30pm-12:30pm New Member Meeting</p> <p>12:30pm-1:30pm Improv for Life!</p> <p>12:30pm-2:30pm Knit Wits</p> <p>1:00pm-2:30pm Support Groups</p> <p>3:00pm-4:30pm Meaning-Centered Support (5/8)</p>	<p>30</p> <p>12:00pm-1:30pm Nutrition During Cancer</p> <p>1:00pm-3:30pm Card Making</p> <p>1:30pm-2:30pm Tai Chi</p> <p>5:30pm-6:30pm Energy Medicine (2/3)</p> <p>6:30pm-8:00pm Support Groups</p>	31	

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Social Opportunities
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 Living with Cancer | Family & Friends | Living with Loss | Young Adult | Post-Treatment

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