

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|----------|--|
| <p>1</p> <p>10:30am-12:00pm Support Groups</p> <p>12:30pm-2:00pm Pediatric Caregivers Support</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:00pm-8:00pm Family Night for Families Impacted by Pediatric Cancer</p> | <p>2</p> <p>10:30am-12:00pm Open Art Studio</p> <p>12:00pm-1:00pm New Member Meeting</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>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>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 style="text-align: center;">Clubhouse Closes at 3:30pm</p> | <p>4</p> <p style="text-align: center;">Clubhouse Closed <i>Happy 4th of July!</i></p> | 5 | 6 |
| <p>8</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:00am-11:30am Euro Café Social</p> <p>10:00am-12:00pm Intro to Acting for Kids</p> <p>10:30am-12:00pm Support Groups</p> <p>11:30am-1:00pm Simple Ways to Boost Your Energy</p> <p>12:30pm-2:00pm Pediatric Caregivers Support</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:00pm-8:00pm Family Night for Families w/a Parent with Cancer</p> | <p>9</p> <p>10:00am-11:00am Red Bird Club</p> <p>10:00am-12:00pm Intro to Acting for Kids</p> <p>10:30am-12:00pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:30pm-3:00pm Challenges of Cancer & Work</p> <p>5:30pm-6:30pm Nia Dance – Your Way</p> <p>5:30pm-7:00pm Taco Tuesday</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>10:00am-12:00pm Intro to Acting for Kids</p> <p>10:30am-12:00pm Support Groups</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>11</p> <p>10:00am-12:00pm Intro to Acting for Kids</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>5:30pm-6:30pm Intro to Energy Medicine (1 of 2)</p> <p>6:30pm-8:00pm AT: Small Books</p> <p>6:30pm-8:00pm Kid Connect</p> <p>6:30pm-8:00pm Support Groups</p> | 12 | 13 |
| <p>15</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>6:30pm-8:00pm FSAC: Lung Cancer</p> | <p>16</p> <p>10:30am-12:00pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:30pm-6:30pm Gentle Yoga</p> <p>5:30pm-7:30pm Nutrition + Cancer</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>12:00pm-1:00pm 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>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p> | <p>18</p> <p>1:00pm-3:30pm Card Making</p> <p>5:30pm-6:30pm Intro to Energy Medicine (2 of 2)</p> <p>6:30pm-8:00pm AT: Small Books</p> <p>6:30pm-8:00pm Kid Connect</p> <p>6:30pm-8:00pm Support Groups</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>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:00pm-3:00pm Cancer Transitions: Post-Treatment (1 of 6)</p> <p>4:00pm-5:00pm Teen Service Club</p> | <p>23</p> <p>10:30am-12:00pm Open Art Studio</p> <p>1:00pm-2:30pm Support Groups</p> <p>6:30pm-8:00pm Brain Tumor Networking</p> <p>6:30pm-8:00pm Support Groups</p> | <p>24</p> <p>9:30am-10:30am Spring Forest Qigong</p> <p>10:30am-12:00pm Support Groups</p> <p>12:00pm-1:00pm Nutrition & Digestion</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>25</p> <p>1:00pm-3:30pm Card Making</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>5:30pm-6:30pm Acupressure: An Energy Medicine Workshop</p> <p>6:30pm-8:00pm AT: Small Books</p> <p>6:30pm-8:00pm Kid Connect</p> <p>6:30pm-8:00pm Support Groups</p> | 26 | 27 |
| <p>29</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>1:00pm-3:00pm Cancer Transitions: Post-Treatment (2 of 6)</p> | <p>30</p> <p>10:30am-12:00pm Open Art Studio</p> <p>12:00pm-1:00pm New Member Meeting</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:30pm-6:30pm Mindset of the Chemo Conqueror</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>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>1</p> | <p>2</p> | <p>3</p>  |

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

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

August 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--------|----------|
| 29 | 30 | 31 | 1 1:00pm-3:30pm Card Making 6:30pm-8:00pm AT: Small Books 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups | 2 | 3 |
| 5 9:30am-10:30am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 1:00pm-3:00pm Cancer Transitions: Post-Treatment (3 of 6) 6:00pm-8:00pm Family Night for Families Impacted by Pediatric Cancer | 6 10:00am-11:00am Meditative Movements 10:30am-12:00pm Open Art Studio 1:00pm-2:30pm Support Groups Clubhouse Closes at 3:30pm for Volunteer Appreciation Event | 7 9:30am-10:30am Spring Forest Qigong 10:00am-11:30am Multiple Myeloma Meetup 10:30am-12:00pm Support Groups 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups | 8 9:30am-11:00am Illness Perception (1 of 4) 11:00am-1:00pm Food for Life (1 of 4) 1:00pm-3:30pm Card Making 5:00pm-6:00pm New Member Meeting 6:30pm-8:00pm AT: Small Books 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups | 9 | 10 |
| 12 9:30am-10:30am Gentle Yoga 10:00am-11:30am Euro Café Social 10:30am-12:00pm Support Groups 12:00pm-1:00pm Making a Difference with Your Money 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 1:00pm-3:00pm Cancer Transitions: Post-Treatment (4 of 6) 6:30pm-8:00pm Understanding Brain Tumors | 13 10:00am-11:00am Meditative Movements 10:00am-11:00am Red Bird Club 10:30am-12:00pm Open Art Studio 12:00pm-1:00pm New Member Meeting 1:00pm-2:30pm Support Groups 1:30pm-3:00pm Challenges of Cancer & Work 6:00pm-7:30pm Young Survival Coalition 6:30pm-8:00pm Support Groups | 14 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 12:00pm-1:00pm Eating to Reduce Pain & Inflammation 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups | 15 9:30am-11:00am Illness Perception (2 of 4) 11:00am-1:00pm Food for Life (2 of 4) 1:00pm-3:30pm Card Making 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups 7:00pm-9:00pm CLL Society 7:00pm-9:00pm Sleep Difficulties & Cancer | 16 | 17 |
| 19 9:30am-10:30am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 1:00pm-3:00pm Cancer Transitions: Post-Treatment (5 of 6) 6:00pm-8:00pm Family Night for Families w/a Parent with Cancer | 20 10:00am-11:00am Meditative Movements 10:30am-12:00pm Open Art Studio 1:00pm-2:30pm Support Groups 5:30pm-7:30pm Nutrition + Cancer 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 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups | 22 9:30am-11:00am Illness Perception (3 of 4) 11:00am-1:00pm Food for Life (3 of 4) 1:00pm-3:30pm Card Making 5:00pm-6:00pm New Member Meeting 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups | 23 | 24 |
| 26 9:30am-10:30am Gentle Yoga 10:30am-12:00pm Support Groups 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 1:00pm-3:00pm Cancer Transitions: Post-Treatment (6 of 6) 4:00pm-5:00pm Teen Service Club | 27 10:30am-12:00pm Open Art Studio 1:00pm-2:30pm Support Groups 6:30pm-8:00pm Brain Tumor Networking 6:30pm-8:00pm Support Groups | 28 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 12:00pm-1:00pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups | 29 9:30am-11:00am Illness Perception (4 of 4) 11:00am-1:00pm Food for Life (4 of 4) 1:00pm-3:30pm Card Making 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups | 30 | 31 |



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

September 2019

Gilda's Club Twin Cities

...free cancer support for everyone

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--------|----------|
| 2 Clubhouse Closed Labor Day | 3 1:00pm-2:30pm Support Groups 5:00pm-6:00pm New Member Meeting 6:00pm-8:00pm Cranes of Hope Card Club 6:30pm-8:00pm Support Groups | 4 9:30am-10:30am Spring Forest Qigong 10:00am-11:30am Multiple Myeloma Meetup 10:30am-12:00pm Support Groups 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups | 5 9:30am-11:00am Working with Your Support System (1 of 4) 10:30am-12:00pm Compass Course (1 of 8) 1:00pm-3:30pm Card Making 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups | 6 | 7 |
| 9 9:30am-10:30am Gentle Yoga 10:00am-11:30am Euro Café Social 10:30am-12:00pm Support Groups 11:00am-12:00pm Chemo Zone (1 of 3) 12:30pm-2:00pm Newly Diagnosed Parents Support Series 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 6:00pm-8:00pm Family Night for Families Impacted by Pediatric Cancer | 10 10:00am-11:00am Red Bird Club 1:00pm-2:30pm Support Groups 1:30pm-3:00pm Challenges of Cancer & Work 5:30pm-6:30pm Nia Dance – Your Way 5:30pm-7:30pm Nutrition + Cancer 6:00pm-7:30pm Young Survival Coalition 6:30pm-8:00pm Support Groups | 11 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 12:00pm-1:00pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups 3:00pm-4:30pm Meaning Centered Support Series (1 of 8) 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups | 12 9:30am-11:00am Working with Your Support System (2 of 4) 10:30am-12:00pm Compass Course (2 of 8) 1:00pm-3:30pm Card Making 5:30pm-6:30pm Energy Medicine for Seasonal Transition 6:30pm-8:00pm AT: The Art of Nature 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups | 13 | 14 |
| 16 9:30am-10:30am Gentle Yoga 10:30am-12:00pm Support Groups 11:00am-12:00pm Chemo Zone (2 of 3) 12:30pm-2:00pm Newly Diagnosed Parents Support Series 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 6:00pm-8:00pm Family Night for Families w/a Parent with Cancer | 17 1:00pm-2:30pm Support Groups 5:00pm-6:00pm New Member Meeting 5:30pm-6:30pm Gentle Yoga 6:00pm-8:00pm Cranes of Hope Card Club 6:00pm-8:00pm Shining the Light on MPN 6:30pm-8:00pm Support Groups | 18 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 12:00pm-1:00pm Good Foods, Good Moods 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups 3:00pm-4:30pm Meaning Centered Support Series (2 of 8) | 19 9:30am-11:00am Working with Your Support System (3 of 4) 10:30am-12:00pm Compass Course (3 of 8) 12:00pm-1:30pm Nutrition During Cancer Treatment 1:00pm-3:30pm Card Making 5:30pm-6:30pm Candlelight Yoga 6:30pm-8:00pm AT: The Art of Nature 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups 7:00pm-9:00pm CLL Society | 20 | 21 |
| 23 9:30am-10:30am Gentle Yoga 10:30am-12:00pm Support Groups 12:30pm-2:00pm Newly Diagnosed Parents Support Series 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups 4:00pm-5:00pm Teen Service Club | 24 1:00pm-2:30pm Support Groups 5:30pm-6:30pm Parents, Kids and Money 5:30pm-6:30pm Yoga Nidra 5:30pm-7:30pm Teen & YA Social Night 6:30pm-8:00pm Brain Tumor Networking 6:30pm-8:00pm Support Groups | 25 9:30am-10:30am Spring Forest Qigong 10:30am-12:00pm Support Groups 12:00pm-1:00pm New Member Meeting 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-2:30pm Support Groups 3:00pm-4:30pm Meaning Centered Support Series (3 of 8) 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Support Groups | 26 9:30am-11:00am Working with Your Support System (4 of 4) 10:30am-12:00pm Compass Course (4 of 8) 1:00pm-3:30pm Card Making 5:30pm-6:30pm Intro to Energy Medicine (1 of 2) 6:30pm-8:00pm AT: The Art of Nature 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Support Groups | 27 | 28 |
| 30 9:30am-10:30am Gentle Yoga 10:30am-12:00pm Support Groups 11:00am-12:00pm Chemo Zone (3 of 3) 12:30pm-2:00pm Newly Diagnosed Parents Support Series 1:00pm-2:30pm Art Therapy 1:00pm-2:30pm Support Groups | 1 | 2 | 3 | 4 | 5 |



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