


# October 2019

Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>11:00am-12:00pm Chemo Zone (3 of 3)</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>1</p> <p>10:30am-11:30am Tai Chi</p> <p>11:30pm-12:30pm New Member Meeting</p> <p>1:00pm-2:30pm Support Groups</p> <p>3:00pm-4:30pm Rare Cancers Meetup</p> <p>5:00pm-6:15pm Lost &amp; Found: Writing through Cancer</p> <p>5:30pm-6:30pm Candlelight Yoga</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Natural Laws of Self Care</p>	<p>2</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Meetup</p>	<p>3</p> <p>9:30am-11:00am Identity, Insecurity and Isolation (1/4)</p> <p>10:30am-12:00pm Compass Course (5/8)</p> <p>1:00pm-4:00pm Card Making</p> <p>6:30pm-8:00pm AT: Gratitude Journals</p> <p>6:30pm-8:00pm Support Groups</p>	<p>4</p>	<p>5</p>
<p>7</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>8</p> <p>10:30am-11:30am Tai Chi</p> <p>1:00pm-2:30pm Support Groups</p> <p>2:00pm-4:00pm Challenges of Cancer &amp; Work</p> <p>5:00pm-6:15pm Lost &amp; Found: Writing through Cancer</p> <p>6:00pm-7:30pm Young Survival Coalition</p> <p>6:30pm-8:00pm Support Groups</p>	<p>9</p> <p>10:00am-11:00am Birds and Brew</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (1/8)</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Navigating Art &amp; Mindfulness</p> <p>6:30pm-8:00pm Support Groups</p>	<p>10</p> <p>9:30am-11:00am Identity, Insecurity and Isolation (2/4)</p> <p>10:30am-12:00pm Compass Course (6/8)</p> <p>1:00pm-4:00pm Card Making</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>6:30pm-7:30pm EM: Breast Health</p> <p>6:30pm-8:00pm AT: Gratitude Journals</p> <p>6:30pm-8:00pm Support Groups</p>	<p>11</p>	<p>12</p> <p>3:00-6:00pm Fall Family Festival</p>
<p>14</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>12:00pm-1:00pm Do One Thing Differently</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>15</p> <p>10:30am-11:30am Tai Chi</p> <p>11:30am-12:30pm New Member Meeting</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>5:00pm-6:15pm Lost &amp; Found: Writing through Cancer</p> <p>5:30pm-6:30pm Candlelight Yoga</p> <p>5:30pm-7:00pm Finding Life Balance</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p>	<p>16</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (2/8)</p>	<p>17</p> <p>9:30am-11:00am Identity, Insecurity and Isolation (3/4)</p> <p>10:30am-12:00pm Compass Course (7/8)</p> <p>1:00pm-4:00pm Card Making</p> <p>6:30pm-8:00pm AT: Gratitude Journals</p> <p>6:30pm-8:00pm Support Groups</p> <p>7:00pm-9:00pm CLL Society</p>	<p>18</p>	<p>19</p>
<p>21</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>22</p> <p>10:30am-11:30am Tai Chi</p> <p>12:00pm-1:00pm Emotions of Cancer</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>5:00pm-6:15pm Lost &amp; Found: Writing through Cancer</p> <p>5:30pm-6:30pm Yoga Nidra</p> <p>6:30pm-8:00pm Brain Tumor Networking</p> <p>6:30pm-8:00pm Support Groups</p>	<p>23</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (3/8)</p> <p>6:00pm-8:00pm Evening of Remembrance</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>24</p> <p>9:30am-11:00am Identity, Insecurity and Isolation (4/4)</p> <p>1:00pm-4:00pm Card Making</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>6:30pm-8:00pm AT: Gratitude Journals</p> <p>6:30pm-8:00pm Support Groups</p>	<p>25</p>	<p>26</p> <p>10:00am-12:00pm FSAC: Cáncer de Seno Metastásico/Invasivo</p> <p><b>OFFSITE</b></p>
<p>28</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>29</p> <p>10:30am-11:30am Tai Chi</p> <p>11:30am-12:30pm New Member Meeting</p> <p>12:00pm-1:30pm Nutrition During Cancer</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>6:30pm-8:00pm Support Groups</p>	<p>30</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (4/8)</p>	<p>31</p> <p>1:00pm-4:00pm Card Making</p> <p>6:30pm-8:00pm AT: Gratitude Journals</p> <p>6:30pm-8:00pm Support Groups</p>	<p>1</p>	<p>2</p> 

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

Also see separate [Child/Teen/Family calendar](#)

**Support** **Education** **Social Opportunities** **Healthy Lifestyle**

# November 2019

Gilda's Club Twin Cities  
...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>9:30am-10:30am Gentle Yoga</p> <p>10:30am-12:00pm Support Groups</p> <p>12:00pm-1:00pm Coping with Caregiver Emotions</p> <p>1:00pm-2:30pm Art Therapy</p> <p>1:00pm-2:30pm Support Groups</p>	<p>5</p> <p>10:30am-11:30am Tai Chi</p> <p>12:00pm-1:00pm Healthy Holiday Tips</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>5:30pm-6:30pm Candlelight Yoga</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Take Care: Natural Laws of Self Care</p>	<p>6</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (5/8)</p> <p><b>Clubhouse closes at 4:30pm for Night on the Town!</b></p>	<p>7</p> <p>9:30am-11:00am Engaging with Your Environment (1/3)</p> <p>1:00pm-4:00pm Card Making</p> <p>5:30pm-7:30pm Food for Life (1/4)</p> <p>6:30pm-7:30pm Energy Medicine for Seasonal Transition</p> <p>6:30pm-8:00pm AT: Gratitude Journals</p> <p>6:30pm-8:00pm Support Groups</p>	8	9
<p>11</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>12</p> <p>10:30am-11:30am Tai Chi</p> <p>1:00pm-2:30pm Support Groups</p> <p>1:00pm-3:00pm Open Art Studio</p> <p>2:00pm-4:00pm Challenges of Cancer &amp; Work</p> <p>6:00pm-7:00pm Impact of Cancer Diagnosis on Family</p> <p>6:00pm-7:30pm Young Survival Coalition</p> <p>6:30pm-8:00pm Support Groups</p>	<p>13</p> <p>10:00am-11:00am Birds and Brew</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (6/8)</p>	<p>14</p> <p>8:00am-9:30am Dudes &amp; Donuts</p> <p>9:30am-11:00am Engaging with Your Environment (2/3)</p> <p>10:30am-12:00pm Compass Course (8/8)</p> <p>1:00pm-4:00pm Card Making</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>5:30pm-7:30pm Food for Life (2/4)</p> <p>6:30pm-7:30pm Intro to Energy Medicine (1/2)</p> <p>6:30pm-8:00pm Support Groups</p>	15	16
<p>18</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>19</p> <p>10:30am-11:30am Tai Chi</p> <p>11:30am-12:30pm New Member Meeting</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:30pm-6:30pm Candlelight Yoga</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p>	<p>20</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (7/8)</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>21</p> <p>9:30am-11:00am Engaging with Your Environment (3/3)</p> <p>1:00pm-4:00pm Card Making</p> <p>5:30pm-7:30pm Food for Life (3/4)</p> <p>6:30pm-7:30pm Intro to Energy Medicine (2/2)</p> <p>6:30pm-8:00pm Support Groups</p> <p>7:00pm-9:00pm CLL Society</p>	22	23
<p>25</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>26</p> <p>10:30am-11:30am Tai Chi</p> <p>12:00pm-1:30pm Nutrition During Cancer</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>5:30pm-6:30pm Yoga Nidra</p> <p>6:30pm-8:00pm Brain Tumor Networking</p> <p>6:30pm-8:00pm Support Groups</p>	<p>27</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>1:45pm-2:45pm Spring Forest Qigong</p> <p><b>Clubhouse closes at 3:00pm</b></p>	<p>28</p> <p><b>Clubhouse Closed</b></p> <p><b>Happy Thanksgiving!</b></p>	29	30




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**Support** **Education** **Social Opportunities** **Healthy Lifestyle**

# December 2019

Gilda's Club Twin Cities  
...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</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>3</p> <p>10:30am-11:30am Tai Chi</p> <p>11:30am-12:30pm New Member Meeting</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:30pm-6:30pm Candlelight Yoga</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p> <p>6:30pm-8:00pm Take Care: Natural Laws of Self Care</p>	<p>4</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>3:00pm-4:30pm Meaning Centered Support (7/8)</p> <p>6:00pm-8:00pm Holiday Soirée</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>5</p> <p>1:00pm-4:00pm Card Making</p> <p>5:30pm-7:30pm Food for Life (4/4)</p> <p>6:30pm-7:30pm Energy Medicine for Holiday Emotions</p> <p>6:30pm-8:00pm AT: Winter Ornaments &amp; Gift Tags</p> <p>6:30pm-8:00pm Support Groups</p>	6	7
<p>9</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>10</p> <p>10:30am-11:30am Tai Chi</p> <p>1:00pm-2:30pm Support Groups</p> <p>2:00pm-4:00pm Challenges of Cancer &amp; Work</p> <p>6:00pm-7:30pm Young Survival Coalition</p> <p>6:30pm-8:00pm Support Groups</p>	<p>11</p> <p>10:00am-11:00am Birds and Brew</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>1:45pm-2:45pm Spring Forest Qigong</p>	<p>12</p> <p>1:00pm-4:00pm Card Making</p> <p>5:00pm-6:00pm New Member Meeting</p> <p>6:30pm-8:00pm AT: Winter Ornaments &amp; Gift Tags</p> <p>6:30pm-8:00pm Support Groups</p>	13	14
<p>16</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>17</p> <p>10:30am-11:30am Tai Chi</p> <p>11:30am-12:30pm New Member Meeting</p> <p>1:00pm-2:30pm Support Groups</p> <p>5:30pm-6:30pm Candlelight Yoga</p> <p>6:00pm-8:00pm Cranes of Hope Card Club</p> <p>6:30pm-8:00pm Support Groups</p>	<p>18</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>1:45pm-2:45pm Spring Forest Qigong</p> <p>6:30pm-7:45pm Healing Gong Relaxation</p> <p>6:30pm-8:00pm Support Groups</p>	<p>19</p> <p>1:00pm-4:00pm Card Making</p> <p>6:30pm-8:00pm Support Groups</p> <p>7:00pm-9:00pm CLL Society</p>	20	21
<p>23</p> <p><b>Clubhouse Closed</b> <b>Happy Hanukkah!</b></p>	<p>24</p> <p><b>Clubhouse Closed</b></p>	<p>25</p> <p><b>Clubhouse Closed</b> <b>Merry Christmas!</b></p>	<p>26</p> <p><b>Clubhouse Closed</b> <b>Happy Kwanzaa!</b></p>	27	28
<p>30</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>31</p> <p>1:00pm-2:30pm Support Groups</p> <p><b>Clubhouse Closes at 3:00pm</b></p>	<p>1</p> <p><b>Clubhouse Closed</b> <b>Happy New Year!</b></p>	2	3	

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Also see separate [Child/Teen/Family calendar](#)

**Support** **Education** **Social Opportunities** **Healthy Lifestyle**

# Children, Teen and Family Programs

Gilda's Club Twin Cities

...free cancer support  
for the whole family the whole time

## October 2019

Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5
7	8 10:30am-12pm Moms w/Metastatic Cancer 5:30-7:30pm Teen & YA Social Night – Taco Tuesday	9	10 6:30-8pm Kid Support (1/8) 6:30-8pm Young Adult Caregiver Networking Night	11	12 3pm-6pm Family Fall Festival
14 6-6:30pm Family Social 6:30-8pm Creative Expression for Teens 6:30-8pm Parenting Child Cancer Support	15	16	17 1-3pm LISTEN/Dear Cancer Teen Writing Workshop 6:30-8pm Kid Support (2/8)	18	19
21 6-6:30pm Family Social 6:30-8pm Kid Support 6:30-8pm Creative Expressions for Teens 6:30-8pm Parenting with Cancer Support	22	23	24 6:30-8pm Kid Support (3/8)	25	26
28 4-5pm Teen Service Club	29	30	31		

## November 2019

Mon	Tues	Wed	Thur	Fri
4 6-8pm Teen/YA Brain Cancer Meetup	5	6	7 9:30-11am Coffee Time with Moms 6:30-8pm Kid Support (4/8)	8
11 6-6:30pm Family Social 6:30-8pm Creative Expression for Teens 6:30-8pm Parenting Child Cancer Support	12 10:30am-12pm Moms w/Metastatic Cancer 5:30-7:30pm Teen & YA Social Night - Friendsgiving 5:30-7:30pm How a Cancer Diagnosis Impacts the Family	13	14 6:30-8pm Kid Support (5/8)	15
18 6-6:30pm Family Social 6:30-8pm Kid Support 6:30-8pm Creative Expressions for Teens 6:30-8pm Parenting with Cancer Support 6:30-8pm LISTEN/Dear Cancer Teen Writing Workshop	19	20	21 6:30-8pm Kid Support (6/8)	22
25 4-5pm Teen Service Club	26	27	28 Clubhouse Closed	29

## December 2019

Mon	Tues	Wed	Thur	Fri
2	3	4	5 6:30-8pm Kid Support (7/8)	6
9 6-6:30pm Family Social 6:30-8pm Creative Expression for Teens 6:30-8pm Parenting Child Cancer Support 6:30-8pm LISTEN/Dear Cancer Teen Writing Workshop	10 10:30am-12pm Moms w/Metastatic Cancer 5:30pm-7:30pm Teen & YA Social Night – Cookie Making	11	12 6:30-8pm Kid Support (8/8)	13
16 6-6:30pm Family Social 6:30-8pm Kid Support 6:30-8pm Creative Expressions for Teens 6:30-8pm Parenting with Cancer Support	17	18	19	20
23 Clubhouse Closed	24 Clubhouse Closed	25 Club Closed	26 Clubhouse Closed	27

Children

Teen & Young Adults

Parents

Families

Sign up at [GildasClubTwinCities.org](http://GildasClubTwinCities.org), using the MY GCTC app or call 612.227.2147  
All participants (including kids and teens) must be registered individually

Also see separate adult program calendar for additional classes



10560 Wayzata Blvd, Minneapolis, MN 55305 | 612.227.2147

Visit [www.GildasClubTwinCities.org](http://www.GildasClubTwinCities.org) to learn more.