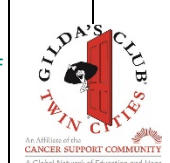


January 2020

Monday	Tuesday	Wednesday	Thursday	Fri	Sat
30 15+ Weekly Support Groups Every Week! See staff for these closed groups	31	1 Clubhouse is Closed Happy New Years!	2 1:00pm-4:00pm Cardmaking 6:30pm-8:00pm Kid Connect	3	4
6 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:00pm-8:00pm Family Night: Families Impacted by Pediatric Brain Tumors	7 3:00pm-4:30pm Rare Cancer Support 5:30pm-6:30pm Candlelight Yoga 6:00pm-8:00pm Cranes of Hope	8 10:00am-11:30am Moms of Children Living with Cancer Support 10:30am-12:00pm Multiple Myeloma Support 10:30am-12:00pm Understanding Your World (1 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-3:00pm Open Art Studio 1:45pm-2:45pm Spring Forest Qigong	9 1:00pm-4:00pm Cardmaking 5:00pm-6:00pm New Member Meeting 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Art Therapy: Self Care Cards (1 of 4)	10	11
13 9:30am-10:30am Gentle Yoga 10:00am-11:30am Euro Cafe 1:00pm-2:30pm Art Therapy 4:00pm-5:00pm Family New Member Meeting 6:00pm-8:00pm Family Night: Families Impacted by Childhood Cancer	14 10:00am-12:00pm Moms with Metastatic Cancer Support 12:00pm-1:00pm New Member Meeting 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Yoga Nidra 6:00pm-7:30pm Young Survival Coalition	15 10:00am-11:00am Birds and Brew 10:30am-12:00pm Understanding Your World (2 of 4) 12:30pm-1:30pm Improv for Life! 12:30-2:30pm Knit Wits 1:45pm-2:45pm Spring Forest Qigong 6:30pm-7:45pm Healing Gong Relaxation	16 1:00pm-4:00pm Cardmaking 5:30pm-6:20pm Meditation for Pain Relief 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Art Therapy: Self Care Cards (2 of 4) 7:00pm-9:00pm CLL Society	17	18
20 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:00pm-8:00pm Family Night: Families Impacted by Adult Cancer	21 5:30pm-6:30pm Candlelight Yoga 6:00pm-8:00pm Cranes of Hope	22 10:30am-12:00pm Understanding Your World (3 of 4) 11:00am-1:00pm Food for Life (1 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-3:00pm Open Art Studio 1:45pm-2:45pm Spring Forest Qigong 4:00pm-6:00pm New Member Social Hour 6:30pm-8:00pm Family Art 6:30pm-8:00pm Young Adult Caregiver Support	23 1:00pm-4:00pm Cardmaking 5:00pm-6:00pm New Member Meeting 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Art Therapy: Self Care Cards (3 of 4)	24	25
27 9:30am-10:30am Gentle Yoga 12:30pm-2:00pm Living Beyond Cancer 1:00pm-2:30pm Art Therapy	28 9:30am-10:30am Dudes and Donuts 12:00pm-1:00pm New Member Meeting 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 6:30pm-8:00pm Brain Tumor Support	29 10:30am-12:00pm Understanding Your World (4 of 4) 11:00am-1:00pm Food for Life (2 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:45pm-2:45pm Spring Forest Qigong 6:30pm-7:45pm Healing Gong Relaxation	30 12:00pm-1:30pm What to Eat During Treatment 1:00pm-4:00pm Cardmaking 5:30pm-6:20pm Meditation for Pain Relief 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Art Therapy: Self Care Cards (4 of 4)	31	1



Support Education Social Opportunities Healthy Lifestyle Children, Teen and Family Outside Groups at Gilda's Club

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February 2020

Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Fri	Sat
27 15+ Weekly Support Groups Every Week! See staff for these closed groups	28	29	30	31	1
3 9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:00pm-8:00pm Family Night: Families Impacted by Pediatric Brain Tumors	4 12:00pm-1:00pm New Member Meeting 3:00pm-4:30pm Rare Cancer Support 5:00pm-6:15pm Lost & Found: Writing 5:30pm-6:30pm Candlelight Yoga 6:00pm-8:00pm Cranes of Hope	5 10:00am-11:30am Moms of Children Living with Cancer Support 10:30am-12:00pm Multiple Myeloma Support 10:30am-12:00pm Maintaining Motivation (1 of 4) 11:00am-1:00pm Food for Life (3 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-3:00pm Open Art Studio 1:45pm-2:45pm Spring Forest Qigong	6 1:00pm-4:00pm Cardmaking 5:30pm-6:20pm Meditation for Pain Relief 6:30pm-8:00pm Kid Connect	7	8
10 9:30am-10:30am Gentle Yoga 10:00am-11:30am Euro Café 1:00pm-2:30pm Art Therapy 4:00pm-5:00pm Family New Member Meeting 6:00pm-8:00pm Family Night: Families Impacted by Childhood Cancer	11 10:00am-12:00pm Moms with Metastatic Cancer Support 1:00pm-3:00pm Open Art Studio 2:00pm-4:00pm Challenges of Cancer and Work 6:00pm-7:30pm Young Survival Coalition 6:30pm-7:30pm Teen Service Club	12 10:00am-11:00am Birds and Brew 10:30am-12:00pm Maintaining Motivation (2 of 4) 11:00am-1:00pm Food for Life (4 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:45pm-2:45pm Spring Forest Qigong 5:30pm-7:30pm AYA Social Night 6:30pm-7:45pm Healing Gong Relaxation	13 1:00pm-4:00pm Cardmaking 5:00pm-6:00pm New Member Meeting 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Art Therapy: Embroidery (1 of 3)	14	15
17 Clubhouse is Closed Presidents Day	18 12:00pm-1:00pm New Member Meeting 5:00pm-6:15pm Lost & Found: Writing 5:30pm-6:30pm Candlelight Yoga 6:00pm-8:00pm Cranes of Hope	19 10:30am-12:00pm Maintaining Motivation (3 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-3:00pm Open Art Studio 1:45pm-2:45pm Spring Forest Qigong	20 12:00pm-1:30pm What to Eat During Treatment 1:00pm-4:00pm Cardmaking 5:30pm-6:20pm Meditation for Pain Relief 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Art Therapy: Embroidery (2 of 3) 7:00pm-9:00pm CLL Society	21	22
24 9:30am-10:30am Gentle Yoga 1:00pm-3:00pm Brave Beauty in the Face of Cancer 1:00pm-2:30pm Art Therapy 6:00pm-8:00pm Family Night: Families Impacted by Adult Cancer	25 9:30am-10:30am Dudes and Donuts 12:00pm-1:00pm Singing Bowl Meditation 1:00pm-3:00pm Open Art Studio 5:30pm-6:30pm Yoga Nidra 6:30pm-8:00pm Brain Tumor Support	26 10:30am-12:00pm Maintaining Motivation (4 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:45pm-2:45pm Spring Forest Qigong 4:00pm-6:00pm New Member Social Hour 6:30pm-8:00pm Family Art 6:30pm-8:00pm Young Adult Caregiver Support 6:30pm-7:45pm Healing Gong Relaxation	27 12:00pm-1:30pm Hospice vs Palliative Care 1:00pm-4:00pm Cardmaking 5:00pm-6:00pm New Member Meeting 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm Art Therapy: Embroidery (3 of 3)	28	29

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An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

March 2020

Gilda's Club Twin Cities

...free cancer support for everyone

Monday	Tuesday	Wednesday	Thursday	Fri	Sat
<p>2</p> <p>9:30am-10:30am Gentle Yoga 9:30am-11:00am Mindfulness/Mandalas 1:00pm-2:30pm Art Therapy 6:00pm-8:00pm Family Night: Families Impacted by Pediatric Brain Tumors</p>	<p>3</p> <p>12:00pm-1:00pm New Member Meeting 3:00pm-4:30pm Rare Cancer Support 5:00pm-6:15pm Writing Workshop 5:30pm-6:30pm Candlelight Yoga 6:00pm-8:00pm Cranes of Hope</p>	<p>4</p> <p>10:00am-11:30am Moms of Children Living with Cancer Support 10:30am-12:00pm Multiple Myeloma Support 10:30am-12:00pm Adapting Effective Strategies (1 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-3:00pm Open Art Studio 1:45pm-2:45pm Spring Forest Qigong</p>	<p>5</p> <p>1:00pm-4:00pm Cardmaking 5:30pm-6:20pm Meditation for Pain Relief 6:30pm-8:00pm Kid Connect</p>	6	7
<p>9</p> <p>9:30am-10:30am Gentle Yoga 9:30am-11:00am Mindfulness/Mandalas 10:00am-11:30am Euro Café 1:00pm-2:30pm Art Therapy 4:00pm-5:00pm Family New Member Meeting 6:00pm-8:00pm Family Night: Families Impacted by Childhood Cancer</p>	<p>10</p> <p>10:00am-12:00pm Moms w Metastatic Cancer Support 1:00pm-3:00pm Open Art Studio 6:00pm-7:30pm Young Survival Coalition</p>	<p>11</p> <p>10:00am-11:00am Birds and Brew 10:30am-12:00pm Adapting Effective Strategies (2 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:45pm-2:45pm Spring Forest Qigong 5:30pm-7:30pm AYA Social Night 6:30pm-7:45pm Healing Gong Relaxation</p>	<p>12</p> <p>1:00pm-4:00pm Cardmaking 5:00pm-6:00pm New Member Meeting 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm AT: Shell Jewelry (1 of 3)</p>	13	14
<p>16</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy 6:00pm-8:00pm Family Night: Families Impacted by Adult Cancer</p>	<p>17</p> <p>12:00pm-1:00pm New Member Meeting 5:00pm-6:15pm Writing Workshop 5:30pm-6:30pm Candlelight Yoga 6:00pm-8:00pm Cranes of Hope</p>	<p>18</p> <p>10:30am-12:00pm Adapting Effective Strategies (3 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:00pm-3:00pm Open Art Studio 1:45pm-2:45pm Spring Forest Qigong</p>	<p>19</p> <p>12:00pm-1:30pm What to Eat During Treatment 1:00pm-4:00pm Cardmaking 5:30pm-6:20pm Meditation for Pain Relief 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm AT: Shell Jewelry (2 of 3) 7:00pm-9:00pm CLL Society</p>	20	21
<p>23</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy</p>	<p>24</p> <p>1:00pm-3:00pm Open Art Studio 12:00pm-1:00pm Singing Bowl Meditation 12:00pm-1:30pm The Power of Storytelling 5:30pm-6:30pm Yoga Nidra 6:30pm-8:00pm Brian Tumor Support</p>	<p>25</p> <p>10:30am-12:00pm Adapting Effective Strategies (4 of 4) 12:30pm-1:30pm Improv for Life! 12:30pm-2:30pm Knit Wits 1:45pm-2:45pm Spring Forest Qigong 4:00pm-6:00pm New Member Social Hour 5:30pm-7:00pm Asking for Help Workshop 6:30pm-7:45pm Healing Gong Relaxation 6:30pm-8:00pm Family Art 6:30pm-8:00pm Young Adult Caregiver Support</p>	<p>26</p> <p>1:00pm-4:00pm Cardmaking 5:00pm-6:00pm New Member Meeting 5:30pm-6:30pm Medical Qigong 6:30pm-8:00pm Kid Connect 6:30pm-8:00pm AT: Shell Jewelry (3 of 3)</p>	27	28
<p>30</p> <p>9:30am-10:30am Gentle Yoga 1:00pm-2:30pm Art Therapy</p>	<p>31</p> <p>9:30am-10:30am Dudes and Donuts 12:00pm-1:00pm New Mem Meeting 5:00pm-6:15pm Writing Workshop</p>	1	<p>2</p> <p>15+ Weekly Support Groups Every Week! See staff for these closed groups</p>		



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10560 Wayzata Blvd, Minneapolis, 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.
 Living with Cancer | Family & Friends | Living with Loss | Young Adult | Post-Treatment

Rev 12/16/2019