



An Affiliate of the  
CANCER SUPPORT COMMUNITY

Free cancer  
support  
April 2018

**What's New in April...**

- Online Signup: Tech Tutorial  
4/2, 12, & 16
- Tap Out Stress 4/10
- Dinner Series: Estate and Financial  
Planning 4/10  
Sign up by April 6
- Movement Class: Nia 4/10 & 24
- The Four-week Adrenal/Thyroid Reset  
Four-week series starts 4/12
- Cooking Class: National Garlic Day 4/12
- Journaling Series  
Five-week series starts 4/12
- Writing Workshop: The Poet in You!  
Six-week series begins 4/16
- Dreams: Night Wisdom for Daily Living  
4/17
- Art Workshop: Shell Art 4/18
- No More Bad Hair Days 4/18
- How to Make Kombucha Tea 4/20
- Art Workshop: Yikes Stripes  
4/25
- Technical Cooking Class 4/30
- Head and Neck Group: Tasting Event 4/30

**ELECTRONIC SERVICE REQUESTED**

**Networking Groups:**  
Men's Group (day and evening option),  
Gynecologic Cancers Group, Multiple  
Myeloma Group, Head and Neck Cancer  
Group, Young Adults Living with Cancer,  
Colorectal Cancers Group, and Sisters  
Network®

**Weekly Support Groups:**  
Interested in a weekly, on-going **Cancer  
Support Group** or **Family & Friends Sup-  
port Group**? Call 615.329.1124 for more  
information.

- Art Workshop: Acrylics**  
*with Jill Mayo* Simple to learn techniques and a beautiful painting to take home. No experience necessary. All supplies are provided. Whimsical realism style painting on 4/5. Poured acrylics on 4/26.
- Art Workshop: Glass Painting**  
*with Diane Booth* Come relax, enjoy great conversation, and have fun while painting on glass. No talent required!
- Art Workshop: Shell Art**  
*with Alexine Wilkerson* Create art and ornaments (angels, critters) and ways to display these beauties from the sea. No talent required!
- Art Workshop: Yikes Stripes**  
*with Barbara Kane* Color, cut, and randomly glue strips of paper to another sheet. Find out how this will create a surprisingly beautiful art piece. No experience necessary; all supplies included.
- Been There, Done That**  
Finished with cancer treatment? Back to school? Back to life? If so...this group is for you! Connect with other middle and high schoolers who totally get it.
- Cooking Class: National Garlic Day**  
*with Laura Rodriguez, Crème Catering* It's National Garlic Day! We'll make 40 clove garlic chicken, potato salad with roasted garlic, Caesar dressing, and chili garlic shrimp toast.
- Dinner Series: Estate and Financial Planning**  
*with Allie Bohannon and Branch Howard, Attorneys-at-Law* An overview of estate planning to get your necessary documents organized and in place. Receive materials that will give you the tools to put together a comprehensive binder with pertinent estate documents and financial information. **Dinner provided. Reservations required by 4/6.** Thanks to First Tennessee for their sponsorship.
- Dreams: Night Wisdom for Daily Living**  
*with Laura Hileman and Gayle Prillaman* Come learn how your dreams offer deep wisdom for healing and wholeness. Practice easy dream-tending skills and hear how dreams helped Laura in her own cancer journey.
- The Four-week Adrenal/Thyroid Reset**  
*with Danielle Gilbert* Adrenal and thyroid dysfunction may cause fatigue, sleep issues, low energy, mood swings, and the inability to lose weight. Learn how to make changes to potentially feel rested, energized and balanced. Commitment to series required. Also meets 5/3.
- Gentle Yoga**  
*with Michelle Wilkerson* Combines gentle movement to open the body as well as restorative yoga poses. Breath work and mindfulness are incorporated throughout. No prior yoga experience necessary.
- Guided Imagery & Relaxation**  
*with Claudia Prange* Guided imagery has been shown to be of great help to individuals with stress, depression, pain and the discomfort of some cancer treatments.
- Guitar Lessons**  
*with Pete Bartels* Learn the basics and begin to play your favorite songs. Total beginners welcome. Bring your own instrument; although one may be available to borrow on a short-term basis.
- Head and Neck Cancer Group: Tasting Event**  
Try out some delicious foods that are easy to eat for people who may have chewing or swallowing challenges. Dinner provided, but feel free to bring a favorite dish to share.
- How to Make Kombucha Tea**  
*with Cameron Simmons* Wellness experts rave about the probiotic wonders of fermented foods. Instead of spending a fortune at the store, learn how to make this wonder drink in your own home.
- In Stitches**  
*with Julie Fitz and Janice Speck* Bring your knitting, crocheting, or needlework project and enjoy visiting with others. If you need a lesson or a refresher, we can get you "in stitches" as well.
- Journaling Series**  
*with Leigh Branham* An opportunity for self-expression, discovery, and emotional release in a safe group environment where all are invited, but not required to read aloud what they have written. Writing prompts provided. Confidentiality required and no critiquing. Commitment to series required. Also meets May 3 and 10.
- Life After Loss**  
A 6-week series for adults grieving the loss of a loved one who died in the last year. Series in progress. Call to add your name to the list for the next session.

- Lifetime Yoga**  
*with Liz Trinkler* Take this opportunity to open yourself, stretch your muscles and awaken your whole being! Optional props to suit your individual needs. Relax & renew with meditation & gentle movement.
- Making Port Pillows**  
*with Keri Kane* These small cushions give people with ports relief from the pressure of across-the-shoulder seat belts. Let's get together to make one for you or one to share. Sewing beginners welcome.
- Men's Group**  
*with Dawson Wells, LMSW* An opportunity for support, education, challenge, and growth. For men with a diagnosis, men who have a family member with a diagnosis, or who are grieving a loss.
- Movement Class: Nia**  
*with Kim Lane* Nia is a holistic fitness practice that combines dance, martial arts, and mindfulness. Non-impact and adaptable to individual abilities, it's practiced barefoot and leaves you energized and balanced. More info: www.nianow.com
- Music Medicine**  
*with Adam Summers, MA, MT-BC and Tayla Racca, Belmont music therapy student* Learn ways music can be therapeutic. Experience group song writing, drumming, singing, and other forms of music that encourage self-expression, socialization, and creativity.
- No More Bad Hair Days**  
*with the Stylists of Fruition Salon* Finished chemo and wondering what to do with your new post-chemo hair? Get a free cut and/or color, learn styling tricks, and experiment with products. New participants only. Maximum of 10 participants.
- Online Signup: Tech Tutorial**  
*with Leslie Welch* We are adding an online signup system to make it easier to sign up for Gilda's Club activities from home or on the go. Join us to learn more and get your questions answered.
- Open Art Class**  
*with Jill Mayo* Work on acrylic painting, watercolor painting, coloring, alcohol inks, or pastels. Most supplies are provided or you can bring your own.
- Quilting Club**  
*with Diane Booth* Join us and finish that long undone project or start a new one. Fabric and other supplies available to help you get started, or you may bring your own. No experience required.
- Tai Chi**  
*with Chip Forrester & James Schriver* Moving meditation. Movement with awareness. Gently re-awakening the life force. Wear comfortable clothes.
- Tap Out Stress**  
*with Alicia Thompson, Life Coach* Learn how to use the Emotional Freedom Technique, which may reduce your stress and emotional overwhelm. Leave with a technique you can use throughout your day to manage stress and anxiety.
- Technical Cooking Class**  
*with Chef Jill Mayo* Everything you want to know in the kitchen... knife skills, temperatures, spices & herbs, and more. Bring a note pad, a pencil, and your questions. This is a no-food class.
- Teen Time**  
Teens gather to connect with other teens who know what it's like to have cancer themselves or to have cancer in the family.
- Watercolors Class**  
*with Jill Mayo* We cover watercolor basics, color theory and have a great time. No experience necessary. Beginner through the advanced welcome. Supplies provided.
- What Feeds You - Alumni Group**  
*with Danielle Gilbert* Open to anyone who has completed the "What Feeds You" series. New topics will be introduced at each session.
- Writing Workshop: The Poet in You!**  
*with Jane R. Snyder* Come see how much fun it can be to write poems. Six weeks, six poetic forms, and six chances to discover how creative you are. No experience necessary. Commitment to series required. Worksheets provided. Limit 8. Just bring your favorite pen!
- Young Adults Grieving the Loss of a Parent**  
How do you live after someone you love has died? Join with others to gain insight & support.

**GILDA'S CLUB MIDDLE TENNESSEE, Williamson County Location**  
4588 Carothers Pkwy, Suite 250 • Franklin, TN 37067 (located inside the Provision CARES Proton Therapy Center)

**Tour and Information Sessions**  
*Interested in learning more about participating or volunteering?*  
**Sign up: Felice@gildasclubmiddletn.org or 615.329.1124**

- Tuesday, May 8 at 11am and 6pm
- Wednesday, May 9 at 10:30am and 1pm
- Wednesday, May 16 at 10:30am and 1pm
- Tuesday, May 22 at 11am and 6pm
- Wednesday, May 23 at 10:30am and 1pm
- Tuesday, May 29 at 11am and 6pm
- Wednesday, May 30, 10:30am and 1pm

**Save the Date!**  
**Grand Opening: Williamson County Location**  
Tuesday, May 15, 2018  
4:30-6:30 pm  
*More details to follow.*

**Coffee Talk**  
**Wednesday, May 23 and 30, 10-11am**  
Meet other Gilda's Club members at this casual social hour.  
**Sign up: Felice@gildasclubmiddletn.org or 615.329.1124**



# APRIL 2018

# GILDA'S CLUB MIDDLE TENNESSEE

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Sat/Sun 7/8
10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 11:45-12:15 Online Signup: Tech Tutorial 6-7:30 Been There, Done That: Music Medicine 6-8 Cancer Support Group 6-8 Family & Friends Support Group	10-12 In Stitches 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6-7 <b>Tour &amp; Information Session</b> 6:30-8 Life after Loss- 3	11-1 Cancer Support Group 11-1 Family & Friends Support Group 2-4 Guitar Lessons	11-12:30 Gynecologic Cancers Group 1:30-4:30 Art Workshop: Acrylics 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Teen Time 6:30-8 Colorectal Cancers Group	10-11 Tai Chi 11:30-12:30 <b>Tour &amp; Information Session</b> 1-3 Guitar Lessons	
10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7 <b>Tour &amp; Information Session</b> 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Young Adults Living with Cancer	9:30-10:30 Movement Class: Nia 10-11 Tap Out Stress 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6-8 Dinner Series: Estate and Financial Planning 6:30-8 Life after Loss- 4	11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 2-4 Guitar Lessons	10-12 4-week Adrenal/Thyroid Reset -1 10:30-12 Cooking Class: National Garlic Day 12:15-12:45 Online Signup: Tech Tutorial 1:30-4:30 Watercolors Class 6-7:30 Young Adults Grieving the Loss of a Parent 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Journaling Series- 1	10-11 Tai Chi 10:30-11:30 <b>Tour &amp; Information Session</b> 11-1 What Feeds You- Alumni Group 1-3 Guitar Lessons	14/15
10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 11:45-12:15 Online Signup: Tech Tutorial 6-7:30 Been There, Done That 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Making Port Pillows 6:15-7 Music Medicine 6:30-8 Writing Workshop: The Poet in You!- 1	10-12 Art Workshop: Glass Painting 11-12 <b>Tour &amp; Information Session</b> 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6-7:30 Breast Cancer Group 6-8 Dreams: Night Wisdom for Daily Living 6:30-8 Life after Loss- 5	11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-3 Art Workshop: Shell Art 2-4 Guitar Lessons  6pm No More Bad Hair Days	10-12 4-week Adrenal/Thyroid Reset -2 10:30-11:30 <b>Tour &amp; Information Session</b> 11-12:30 Gynecologic Cancers Group 1:30-4:30 Open Art Class 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Journaling Series- 2 6:30-8 Colorectal Cancers Group	10-11 Tai Chi 11-12 How to Make Kombucha Tea 1-3 Guitar Lessons	21/22
10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7 <b>Tour &amp; Information Session</b> 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Young Adults Living with Cancer 6:15-7 Music Medicine 6:30-8 Writing Workshop: The Poet in You!- 2	9:30-10:30 Movement Class: Nia 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6:30-8 Life after Loss-6 6:30-8 Sisters Network ®	11-12 Gentle Yoga 11-12:30 Men's Group 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-3 Art Workshop: Yikes Stripes 2-4 Guitar Lessons	10-12 4-week Adrenal/Thyroid Reset -3 10:30-11:30 <b>Tour &amp; Information Session</b> 1:30-4:30 Art Workshop: Acrylics 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Journaling Series- 3 6:30-8 Men's Group	10-11 Tai Chi 1-3 Guitar Lessons	28/29  <b>Sign up at least 24 hours in advance for any activity that you would like to attend.</b> <b>We order supplies and assign rooms based on the number of reservations; therefore, if you must cancel, please let us know as soon as possible.</b>
10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 11:30-12:30 <b>Tour &amp; Information Session</b> 1:30-4:30 Technical Cooking Class 6-7:30 Been There, Done That 6-7:30 Head and Neck Cancer Group: Tasting Event 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:15-7 Music Medicine 6:30-8 Writing Workshop: The Poet in You!- 3				<b>Nashville Clubhouse Hours</b>  <b>Monday, Tuesday, and Thursday</b> <b>9am-8pm</b> <b>Wednesday and Friday</b> <b>9am-4:30pm</b>	<b>How do I join? Your free membership begins by attending a Tour &amp; Information Session.</b> <b>Please call (615) 329-1124 to make your reservation.</b>