



An Affiliate of the
CANCER SUPPORT COMMUNITY

1707 Division Street
Nashville, TN 37203

Free cancer
support
May 2018

What's New in May...

A Holistic Perspective on Pain 5/10

Simply Yoga (Williamson County)
Tuesday evenings beginning 5/22

Writing Workshop: Do You Haiku 5/14

Coffee Talk (Williamson County)
5/23 & 30

Gynecologic Cancers Group: Pelvic
and Sexual Health 5/17

Social Security, Medicare, and
Disability Info Session 5/24

The Painting Journal 5/18

Nature's Art (Williamson County) 5/29

Italian Cooking Class 5/18

Multi-Media Art Workshop 5/30

Cooking Class: Meatballs 5/21

Pilates 5/22

Healing Touch 5/22

ELECTRONIC SERVICE REQUESTED

Networking Groups:

Men's Group, 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.

Grand Opening: Williamson County Location

Tuesday, May 15
Remarks and ribbon cutting at 5pm.
Food, games, and tours. 4:30-6:30 pm

Simply Yoga: Tuesdays 6:15-7:15pm, beginning May 22

Coffee Talk: Wednesday, May 23 and 30, 10-11am

Nature's Art: Tuesday, May 29, 1-3pm

*Sign up for all Williamson County activities:
Felice@gildasclubmiddletn.org or 615.329.1124*

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 5/3. Poured acrylics on 5/24.

Art Workshop: Glass Painting

with Diane Booth Come relax, enjoy great conversation, and have fun while painting on glass. No talent required!

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.

Coffee Talk (Williamson County)

with Earl and Julianne Fitz Meet other Gilda's Club members at this casual social hour.

Cooking Class: Meatballs

with Chef Jill Mayo We'll make traditional Italian meatballs and low fat chicken meatballs. Come join this class and lets have a ball!

The Four-week Adrenal/Thyroid Reset

with Danielle Gilbert Series currently closed to new participants. Call to add your name to the list for the next series.

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.

1st Wednesday class requires sign up by 4pm the day prior.

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.

Gynecologic Cancers Group: Pelvic and Sexual Health

with Vikki Pedigo, MSN, WHNP-BC Info session regarding female anatomy and common issues related to cancer treatment, including pelvic pain and sexual health.

Healing Touch

with Kim Breese Healing touch may help balance physical, emotional and spiritual well-being. Come learn a technique to help relax, reduce fatigue, pain and stress. It's a great tool for self-care or to share with others.

A Holistic Perspective on Pain

with JB Ward, PhD Join this cancer survivor and psychologist to learn more about how the mind and the body interact to shape the way we experience pain and what this means for pain management.

In Stitches

with Julianne 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.

Italian Cooking Class

with Angelo Leonardi Join us for this fun class where we'll prepare Shrimp Scampi over Linguini.

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.

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

Multi-Media Art Workshop

with Barbara Kane Create an original, framed art piece using pan pastels and markers. All supplies included; no experience necessary.

Nature's Art (Williamson County)

with Alexine Wilkerson Convert pine cones into colorful zinnias and other flowers that will brighten a room. No rules or talent needed ... just fun, fellowship, and creativity.

The Painting Journal

with Julie Russell Creating a painting journal is an experience aimed at awakening feelings and images that then become transformed in the act of painting. Each person's journal is unique and tends to promote deeper feelings about our connection with others and the surprises in the everyday. No art experience is necessary and the journals and art supplies are provided.

Pilates

with Amy Butler Enjoy the balancing effects of this 50-minute Pilates mat class that focuses both on gentle strengthening and stretching. This mind body centered movement will leave you feeling refreshed and more connected to yourself.

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.

Simply Yoga (Williamson County)

with Ashley Ray Come as you are to move, breathe, and simply be. Gentle stretching paired with movement and breath will guide us into calming our minds. Beginners welcome! In collaboration with Small World Yoga.

Social Security, Medicare, and Disability Info Session

with Frank Cardenas, President FEDlogic, LLC FEDlogic aims to solve an information gap between the government and the people they serve. Frank is here to share information about these complex topics and answer your questions about Social Security Retirement, SS Disability, SSI, and Medicare.

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.

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: Do You Haiku?

with Jane R. Snyder Come see how much fun it is to write haiku. This form of Japanese poetry has three unrhymed lines with five, seven, and five syllables. No experience necessary. Worksheet 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 at 10:30am and 1pm

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MAY 2018

GILDA'S CLUB MIDDLE TENNESSEE

Monday How do I join? Your free membership begins by attending a Tour & Information Session. Please call (615) 329-1124 to make your reservation.	Tuesday 1 9:30-10:30 Movement Class: Nia 10-12 In Stitches 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club	Wednesday 2 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 2-4 Guitar Lessons	Thursday 3 10-12 4-week Adrenal/Thyroid Reset —4 11-12:30 Gynecologic Cancers Group 1:30-4:30 Art Workshop: Acrylics 6-7 Tour & Information Session 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group	Friday 4 10-11 Tai Chi 11:30-12:30 Tour & Information Session 1-3 Guitar Lessons	Sat/Sun 5/6
10:15-11:15 Lifetime Yoga 7 10:30-12:30 Cancer Support Group 6-7:30 Been There, Done That 6-8 Cancer Support Group 6-8 Family & Friends Support Group	10-11 Tap Out Stress 8 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6-7 Tour & Information Session	11-12 Gentle Yoga 9 11-1 Cancer Support Group 11-1 Family & Friends Support Group 2-4 Guitar Lessons	10:30-11:30 Tour & Information Session 10 1:30-4:30 Watercolors Class 6-7 A Holistic Perspective on Pain 6-7:30 Young Adults Grieving the Loss of a Parent 6-8 Cancer Support Group 6-8 Family & Friends Support Group	10-11 Tai Chi 11 11-1 What Feeds You— Alumni Group 1-3 Guitar Lessons	12/13
10:15-11:15 Lifetime Yoga 14 10:30-12:30 Cancer Support Group 11:30-12:30 Tour & Information Session 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Young Adults Living with Cancer 6:30-8 Writing Workshop: Do You Haiku?	Clubhouse Closed for the Grand Opening and Ribbon Cutting of our Williamson County satellite. 15 Please join us in celebrating our new satellite, located inside the Provision Cares Proton Therapy Center, 4:30-6:30pm! 4588 Carothers Pkwy in Franklin	11-12:30 Multiple Myeloma Group 16 11-1 Cancer Support Group 11-1 Family & Friends Support Group 2-4 Guitar Lessons	11-12:30 Gynecologic Cancers Group: Pelvic and Sexual Health 17 1:30-4:30 Open Art Class 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group	10-11 Tai Chi 18 10:30-11:30 Tour & Information Session 11-12:30 The Painting Journal 1-3 Guitar Lessons 1-2:30 Italian Cooking Class	19/20
10:15-11:15 Lifetime Yoga 21 10:30-12:30 Cancer Support Group 1:30-4:30 Cooking Class: Meatballs 6-7 Tour & Information Session 6-7:30 Been There, Done That 6-7:30 Head and Neck Cancer Group 6-8 Cancer Support Group 6-8 Family & Friends Support Group	10-12 Art Workshop: Glass Painting 22 10:30-11:20 Pilates 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6-7:30 Healing Touch	11-12 Gentle Yoga 23 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1:30-2:30 Tour & Information Session 2-4 Guitar Lessons	10-11:30 Social Security, Medicare, and Disability Info Session 24 1:30-4:30 Art Workshop: Acrylics 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Men's Group	Clubhouse Closed 25	26/27 Sign up at least 24 hours in advance for any activity that you would like to attend. 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.
Clubhouse Closed 28	10-12 Art Workshop: Glass Painting 29 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6:30-8 Sisters Network ®	11-1 Cancer Support Group 30 11-1 Family & Friends Support Group 1-3 Multi-Media Art Workshop 2-4 Guitar Lessons	6-7 Tour & Information Session 31 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group	Nashville Clubhouse Hours Monday, Tuesday, and Thursday 9am-8pm Wednesday and Friday 9am-4:30pm	Williamson County Clubhouse Hours Tuesday 9:30am-7:30pm Wednesday 9:30am-3:30pm