

# Activities and Workshops

Reservations are required. Sign up by calling 615.329.1124 or via the free MindBody app.

## EXPRESSIVE ARTS ACTIVITIES

**ART WORKSHOP: ACRYLICS** with Jill Mayo. Easy-to-learn techniques and a beautiful painting to take home. No experience necessary. Whimsical realism style painting on 7/5. Poured acrylics on 7/26.

**ART WORKSHOP: GLASS PAINTING** with Diane Booth. Relax and enjoy great conversation while painting on glass. No talent required.

**GUITAR LESSONS** with Pete Bartels. Learn the basics and begin to play your favorite songs. Beginners welcome. Bring your own instrument, although one may be available to borrow on a short-term basis.

**IN STITCHES** with Julianne Fitz and Janice Speck. Bring your knitting, crocheting, or needlework project and enjoy visiting with others.

**OPEN ART CLASS** with Jill Mayo. Work in acrylics, watercolors, crayons, alcohol inks, or pastels. Most supplies provided or bring your own.

**PAINT A PICTURE FRAME** with Scott Ewing. Customize a 5x7 frame for yourself or make one to give as a gift. All ages.

**QUILTING CLUB** with Diane Booth. Finish that long undone project or start a new one. Fabric and other supplies available to help you get started, or you can bring your own. No experience required.

**WATERCOLORS CLASS** with Jill Mayo. We cover watercolor basics, color theory, and have a great time. No experience necessary.

**WATERCOLORS CLASS (WCo)** with Ronnie Shuler. Relax and enjoy painting with watercolors. You'll leave with a beautiful piece you'll be proud to display. No experience required. All ages welcome.

## NUTRITION AND COOKING CLASSES

**COOKING CLASS: PATRIOTIC PICNIC** with Laura Rodriguez, Creme Catering. We'll prepare festive and delicious dishes like blue kale, goat cheese, and red pepper mini quiches and blueberries with whipped coconut cream and raspberry drizzle.

**COOKING CLASS: SPAGHETTI ALLA NORMA** with Angelo Leonardi. Prepare and enjoy this Sicilian classic, containing tomato, basil, eggplant and ricotta.

**LET'S GO NUTS FOR BREAKFAST!** with Chef Jill Mayo. Create some healthy breakfast choices using nuts and seeds. Included are recipes for soy-, egg-, and gluten-free, as well as diabetic, vegetarian, and vegan diets.

## MIND-BODY & MOVEMENT WORKSHOPS

**DREAMS: NIGHT WISDOM FOR DAILY LIVING** with Gayle Prillaman. Learn how your dreams offer deep wisdom for healing and wholeness. Bring a dream image that still has energy for you.

**GENTLE YOGA** with Michelle Wilkerson. Gentle movement to open and restore the body. Breath work and mindfulness are incorporated throughout.

**GUIDED IMAGERY & RELAXATION** with Claudia Prange. Shown to be of great help to individuals with stress, anxiety, pain, and the discomfort of some cancer treatments.

**GUIDED RELAXATION (WCo)** with Claudia Prange. Practice helpful tools that create emotional balance, while managing the overwhelm of cancers' impact.

**LIFETIME YOGA** with Liz Trinkler. Open yourself, stretch your muscles, and awaken your whole being! Optional props to suit individual needs. Relax and renew with meditation and gentle movement.

**MINDFULNESS SERIES (WCo)** with Dawson Wells, LMSW. Reduce stress and increase well-being. All experience levels welcome. Join us for instruction, practice, and discussion. Commitment to the three-week series required.

**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.

**PILATES** with Amy Butler. Enjoy the balancing effects of this 50-minute pilates mat class that focuses on gentle strengthening and stretching. It will leave you feeling refreshed and connected.

**SIMPLY YOGA (WCo)** with Sally Kuhn, Ashley Ray or PaQuita Pullen. Come as you are to move, breathe, and simply be. Gentle stretching paired with movement and breath will guide us into calming our minds. In collaboration with Small World Yoga.

**TAI CHI** with Chip Forrester & James Schriver. Moving meditation. Movement with awareness. Gently re-awakening the life force. Wear comfortable clothes.

## SUPPORT AND NETWORKING GROUPS

**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.

**LIFE AFTER LOSS** with Warren Thompson, PhD. A 6-week series for adults grieving the loss of a loved one who died in the last year. Commitment to the series required.

**LIVING A MEANINGFUL LIFE (WCo)** with Felice Apolinsky, LCSW. Remember, discover, and explore your passions. Craft an action plan to transform passions into purposeful action, integrating more meaning to your life. Commitment to the 3-week series required.

**PARENTING WITH CANCER IN THE FAMILY (WCo)** with Leslie Welch, MS, CCLS. Connect with other parents who have cancer in the family and kids in the home. Share the good, the bad, and the funny with people who get it.

**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.

**YOUNG ADULTS GRIEVING THE LOSS OF A PARENT.** How do you live after someone you love has died? Join with others for insight and support.

## EDUCATION

**GETTING WIGGY WITH IT** with Christopher Mitchell. All about wigs.

# Activities and Workshops, continued

Reservations are required. Sign up by calling 615.329.1124 or via the free MindBody app.

Get a lesson in caring for your wig, get your current wig cut, and/or try some on. Free wigs available. We'll laugh, have fun, and learn lots! ChristopherDoesHair.com.

**THE UPSIDE OF DOWNSIZING** with Rhonda Smart. Downsizing made easy. Eight things you can get rid of that won't change your life.

## SPECIAL/SOCIAL EVENTS

**COFFEE TALK (WCo)** with Earl and Julianne Fitz. Meet other Gilda's Club members at this casual social hour.

**NOOGIE WONDERLAND: ONE-DAY FUN DAY** with Leslie Welch, MS, CCLS and Megan Forshey, LCSW. A day full of fun: cool activities and lots of laughter. Ages 5-17, who have a loved one with cancer, have a diagnosis themselves, or are grieving the loss of a loved one. Lunch and snacks provided.

## SAVE THE DATE

**ROAD TO RESILIENCE (WCo)** with Erica Stegner Dale, MMFT. Learn to develop resilience, utilizing your skills to recover from challenges. Open to all adults, but may be especially impactful for those who are post-treatment or nearing the completion of treatment. Commitment to the series required. August 1, 8, 15, and 22, 11am-12:30pm at our Williamson County location.

**WHAT FEEDS YOU** with Danielle Gilbert, Certified Health Coach. Topics include nutrient dense foods, healing our gut, and diets vs. healthy habits. As a group, we'll hold each other accountable for making meaningful shifts in the way we nourish ourselves. Commitment to the series required. August 23, September 6 and 20, October 14 and 18, and November 1; 10am-noon at our Nashville Clubhouse.

## Join Us for Gilda's Club Night at the Nashville Sounds!

Saturday, July 7  
First pitch is at 7:05pm.  
First Tennessee Park, Nashville

Wear your Gilda's Club T-shirts and/or hats  
(or anything red!).

Bid on a special edition Gilda's Club baseball jersey worn by your favorite Nashville Sounds player.

Come ready to cheer on our Nashville Sounds as they take on Iowa.

## New to Gilda's Club?

Your FREE membership begins by attending an Information Session. Call or email info@gildasclubmiddletn.org to sign up.

Nashville location	Williamson County location
615.329.1124	615.905.9633
July 5 at 11am	July 10 at 10am
July 12 at 6pm	July 17 at 6pm
July 20 at 10:30am	July 25 at noon
July 24 at 6pm	July 31 at 11:30am
July 31 at 10:30am	

## Please Don't Forget...

Do your part to keep the clubhouse as odor-free as possible. Our members can be incredibly sensitive to smells, so please avoid lingering odors, such as smoke on clothing and perfumes/colognes/body sprays.

Help prevent the spread of germs. Please don't visit the clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.

You must register for all activities - and please cancel if you find you can't come. Knowing how many people are coming allows us to purchase supplies in the right quantities - helping save money and allowing us to remain free of charge for you. It also helps us keep our valuable professional volunteer workshop facilitators engaged and happy.

Be punctual. We ask that you do not attend activities if you are more than 10 minutes late. Latecomers are disruptive.

Do we have your email address? If you're not already receiving monthly updates from us, email info@gildasclubmiddletn.org to be added to our list.

Follow us on Facebook and Twitter for weather-related closures and other important information.



1707 Division Street  
Nashville, TN 37203

## What's New in July:

Cooking Class: Patriotic Picnic, 7/11

Cooking Class: Spaghetti alla Norma, 7/13

Getting Wiggy with It, 7/16

The Upside of Downsizing, 7/17

Watercolors Class (WCo), 7/18

Noogie Wonderland: One-Day Fun Day, 7/19

## 4 Things You Need to Know...

**1** Gilda's Club Middle Tennessee has two locations to serve you:

1707 Division Street, Nashville, 37203  
615.329.1124

4588 Carothers Pkwy, Suite 250, Franklin, 37067  
615.905.9633

**2** Thanks to the support of our generous donors and workshop volunteers, our social and emotional support program is always FREE to anyone impacted by cancer, including those diagnosed and their families and friends.

**3** Reservations are required for all Gilda's Club activities, and signing up is EASY. Simply call the office location you plan to visit, email RSVP@gildasclubmiddletn.org, or use the free MINDBODY app, available via the app store. A desktop version is available via our website.

Tip: If you don't have a MINDBODY account, you'll

ELECTRONIC SERVICE REQUESTED

Mindfulness Series (WCo)  
Three-week series starts 7/24

Parenting with Cancer in the Family (WCo), 7/24

Paint a Picture Frame, 7/26


Let's Go Nuts for Breakfast!, 7/30

**4** need to create one. Just provide your first name, last name, cell number, and email, so that we can keep you updated on our program details. If you already have a MINDBODY account, you're good to go!

Gilda's Club offers several ongoing, weekly support groups, as well as networking groups, such as:

Cancer Support Groups  
Friends and Family Support Group  
Living with Loss Support Group  
Gynecologic Cancers Group  
Multiple Myeloma Group  
Head and Neck Cancer Group  
Young Adults Living with Cancer  
Colorectal Cancers Group  
Sisters Network  
Been There, Done That  
Young Adults Grieving the Loss of a Parent

For more information/sign up, call 615.329.1124.

MON	TUE	WED	THU	FRI
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Been There, Done That 6-8 Family &amp; Friends Support Group</p> <p style="text-align: right;"><b>2</b></p>	<p>9:30-10:30 Movement Class: Nia 10-12 In Stitches 1-2:30 Guided Imagery &amp; Relaxation 4-7 Quilting Club 6:30-8 Life After Loss - 3</p> <p style="text-align: right;"><b>3</b></p>	<p style="text-align: center;">Happy 4th of July! Clubhouse Closed.</p> <p style="text-align: right;"><b>4</b></p>	<p>11-12 Information Session 1:30-4:30 Art Workshop: Acrylics 6-8 Cancer Support Group 6-8 Family &amp; Friends Support Group</p> <p style="text-align: right;"><b>5</b></p>	<p>10-11 Tai Chi 10:30-12:30 Dreams: Night Wisdom for Daily Living 1-3 Guitar Lessons</p> <p style="text-align: right;"><b>6</b></p>
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-8 Family &amp; Friends Support Group 6-8 Young Adults Living with Cancer</p> <p style="text-align: right;"><b>9</b></p>	<p>10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery &amp; Relaxation 4-7 Quilting Club 6:30-8 Life After Loss - 4</p> <p style="text-align: right;"><b>10</b></p>	<p>11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family &amp; Friends Support Group 1:30-3 Cooking Class: Patriotic Picnic 2-4 Guitar Lessons</p> <p style="text-align: right;"><b>11</b></p>	<p>1:30-4:30 Watercolors Class 6-7 Information Session 6-7:30 Young Adults Grieving the Loss of a Parent 6-8 Cancer Support Group 6-8 Family &amp; Friends Support Group 6:30-8 Colorectal Cancers Group</p> <p style="text-align: right;"><b>12</b></p>	<p>10-11 Tai Chi 1-2:30 Cooking Class: Spaghetti alla Norma 1-3 Guitar Lessons</p> <p style="text-align: right;"><b>13</b></p>
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1:30-3 Getting Wiggy With It 6-7:30 Been There, Done That 6-8 Family &amp; Friends Support Group</p> <p style="text-align: right;"><b>16</b></p>	<p>10-12 Art Workshop: Glass Painting 10:30-11:30 The Upside of Downsizing 1-2:30 Guided Imagery &amp; Relaxation 4-7 Quilting Club 6:30-8 Life After Loss - 5</p> <p style="text-align: right;"><b>17</b></p>	<p>11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family &amp; Friends Support Group 2-4 Guitar Lessons</p> <p style="text-align: right;"><b>18</b></p>	<p>9:30-2:30 Noogie Wonderland: One-Day Fun Day 1:30-4:30 Open Art Class 6-8 Cancer Support Group 6-8 Family &amp; Friends Support Group</p> <p style="text-align: right;"><b>19</b></p>	<p>10-11 Tai Chi 10:30-11:30 Information Session 11-1 What Feeds You - Alumni Group 1-3 Guitar Lessons</p> <p style="text-align: right;"><b>20</b></p>
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-8 Family &amp; Friends Support Group 6-8 Young Adults Living with Cancer</p> <p style="text-align: right;"><b>23</b></p>	<p>10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 1-2:30 Guided Imagery &amp; Relaxation 4-7 Quilting Club 6-7 Information Session 6:30-8 Life After Loss - 6</p> <p style="text-align: right;"><b>24</b></p>	<p>11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family &amp; Friends Support Group 2-4 Guitar Lessons</p> <p style="text-align: right;"><b>25</b></p>	<p>10-11 Paint a Picture Frame 11-12:30 Gynecologic Cancers Group 1:30-4:30 Art Workshop: Acrylics 6-8 Cancer Support Group 6-8 Family &amp; Friends Support Group 6:30-8 Colorectal Cancers Group</p> <p style="text-align: right;"><b>26</b></p>	<p>10-11 Tai Chi 1-3 Guitar Lessons</p> <p style="text-align: right;"><b>27</b></p>
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1:30-4:30 Let's Go Nuts for Breakfast! 6-7:30 Been There, Done That 6-7:30 Head and Neck Cancers Group 6-8 Family &amp; Friends Support Group</p> <p style="text-align: right;"><b>30</b></p>	<p>9:30-10:30 Movement Class: Nia 10:30-11:30 Information Session 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery &amp; Relaxation 4-7 Quilting Club 6:30-8 Sisters Network</p> <p style="text-align: right;"><b>31</b></p>	<p>Nashville Clubhouse Hours</p> <p>Monday, Tuesday, and Thursday, 9am-8pm Wednesday and Friday, 9am-4:30pm</p>		<p>Help us spread the word about our free cancer support services.</p> 

MON	TUE	WED	THU	FRI
<p style="text-align: right;"><b>2</b></p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 6:15-7:15 Simply Yoga</p> <p style="text-align: right;"><b>3</b></p>	<p style="text-align: center;">Happy 4th of July! Clubhouse Closed.</p> <p style="text-align: right;"><b>4</b></p>	<p style="text-align: right;"><b>5</b></p>	<p style="text-align: right;"><b>6</b></p>
<p style="text-align: right;"><b>9</b></p>	<p>10-11 Information Session 10-11 Simply Yoga 10-11:30 Guided Relaxation 6:15-7:15 Simply Yoga</p> <p style="text-align: right;"><b>10</b></p>	<p>1-2 Coffee Talk</p> <p style="text-align: right;"><b>11</b></p>	<p style="text-align: right;"><b>12</b></p>	<p>10-11:30 Living a Meaningful Life - 1</p> <p style="text-align: right;"><b>13</b></p>
<p style="text-align: right;"><b>16</b></p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 6-7 Information Session 6:15-7:15 Simply Yoga</p> <p style="text-align: right;"><b>17</b></p>	<p>10-12 Watercolors Class</p> <p style="text-align: right;"><b>18</b></p>	<p style="text-align: right;"><b>19</b></p>	<p>10-11:30 Living a Meaningful Life - 2</p> <p style="text-align: right;"><b>20</b></p>
<p style="text-align: right;"><b>23</b></p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 12-1 Parenting with Cancer in the Family 5:30-7 Mindfulness Series - 1 6:15-7:15 Simply Yoga</p> <p style="text-align: right;"><b>24</b></p>	<p>12-1 Information Session</p> <p style="text-align: right;"><b>25</b></p>	<p style="text-align: right;"><b>26</b></p>	<p>10-11:30 Living a Meaningful Life - 3</p> <p style="text-align: right;"><b>27</b></p>
<p style="text-align: right;"><b>30</b></p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Information Session 5:30-7 Mindfulness Series - 2 6:15-7:15 Simply Yoga</p> <p style="text-align: right;"><b>31</b></p>			<p>Williamson County Clubhouse Hours</p> <p>Tuesday 9:30am-7:30pm Wednesday 9:30am-3:30pm Fridays by appointment</p>