

# 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 required. Whimsical realism style painting on 10/4. Poured acrylics on 10/25.

**Art Workshop: Glass Painting** with Diane Booth. Relax and enjoy great conversation while painting on glass. No experience required.

**Art Workshop: Kaleidoscope Word Cards** with Barbara Kane. Create a special card with one word or phrase. No experience required.

**Art Workshop: Halloween Crafts** with Yannan Huang. Let's get in the Halloween spirit and make some spooky crafts. All ages welcome.

**Fun with Fashion: Scarves & Hats (WCo and Nashville)** with Sandy Bowles. Learn fun and creative ways to style your scarves and hats for the upcoming fall and winter seasons.

**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.

**Healing Relections Through Mandalas** with Sarah Rubin. Illness and treatment can be fragmenting experiences. Despite various physical, emotional, and spiritual losses, how does one remain whole? Come visually explore these subjects using a mandala.

**Knitting for Beginners** with Erin Fennell. Learn the basics of knitting while having fun. Class will focus on learning to knit a washcloth.

**Open Art Class** with Jill Mayo. Work in acrylics, watercolors, crayons, alcohol inks or pastels. Supplies provided or bring your own.

**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. Learn watercolor basics, color theory, and have a great time. No experience required.

**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: Harvest Fest** with Laura Rodriguez, Heimerdinger Foundation. Chicken picatta with sage brown "butter," harvest kale salad, butternut squash and apple hash.

**Cooking Class: Le Merveilleux, French Meringues** with Chef Jill Mayo. "Merveilleux" is a popular French treat, meaning "marvelous." When you combine meringue cookies, whipped cream and coated with decadent toppings, the end result is quite marvelous.

**Cooking Class: Risotto** with Angelo Leonardi. Prepare and enjoy this delicious Italian classic.

**Fueling Your Body (WCo)** with Corinne Sterling. Learn strategies for healthy eating, why one way of eating doesn't work for everyone, and more. Make small changes to begin your journey towards health.

**Ketogenic Diet 101** with Danielle Gilbert, Certified Health Coach. We will deconstruct the ketogenic diet; topics will include the benefits and pitfalls of the diet, how to make it work in your life, how it compares to other nutritional options, and more.

**Making Organic Body Products** with Laura Rodriguez, Crème Catering. Learn how to make organic body products using edible ingredients you may already have at home. Free of GMOs and preservatives, 100% plant based and biodegradable.

**What Feeds You (WCo and Nashville)** with Danielle Gilbert, Certified Health Coach. Topics include nutrient dense foods, healing our gut, and diets vs. healthy habits. Currently closed to new participants.

## MIND-BODY & MOVEMENT WORKSHOPS

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

**Group Fitness & Stretching (WCo)** with Erin Strickland, Certified Personal Trainer, and Survivor Fitness Foundation. Join us for a low impact fitness class, complete with stretching and functional movements. Open to all fitness and activity levels.

**Guided Imagery & Relaxation (WCo and Nashville)** with Claudia Prange. Learn and practice techniques that encourage emotional balance, while managing the overwhelm of cancer's impact. Shown to be of great help to individuals with stress, anxiety, pain, and the discomfort of some cancer treatments.

**Introduction to Dreamwork** with Gayle Prillaman. Learn to work with the images in your dreams to gain insight into your emotional life and relationships and positively influence your life journey.

**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. Series currently closed to new participants.

**Movement Class: Nia** with Kim Lane. A holistic fitness practice, done barefooted, that combines dance, martial arts, and mindfulness.

**Pilates** with Amy Butler (Nashville) & Lisa Cantwell (WCo). Enjoy the balancing effects of this mat class that focuses on gentle strengthening and stretching. It will leave you feeling refreshed and connected.

**Relaxation Through Sound** with Karen Renée Robb. Explore the incredible power of voice, rhythm & sound vibration in a compassionate way using frame drums. Leave feeling rejuvenated and enlivened.

**Simply Yoga (WCo)** with Sally Kuhn & Ashley Ray. Come to move, breathe and simply be. Gentle stretching paired with movement & breath will calm your mind. In collaboration w/ Small World Yoga.

**Tai Chi** with Chip Forrester or James Schriver. Join us for this moving meditation, where we'll move with awareness and gently re-awaken the life force. Wear comfortable clothes.

# Activities and Workshops, continued

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

## SUPPORT AND NETWORKING GROUPS

**Been There, Done That** with Megan Ingram Forshey, LCSW. 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.

**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** with Megan Ingram Forshey, LCSW. How do you live after someone you love has died? Join with others for insight and support.

## EDUCATION

**Frankly Speaking about Cancer: Metastatic Breast Cancer (WCo)** with Julie Means-Powell, MD. Learn about the latest treatments. **Lunch provided. Reservations required by Oct. 12.**

**Immunotherapy Q&A** with Douglas Johnson, MD. Bring your questions and learn about one of the most exciting new treatments for cancer. **Dinner provided. Reservations required by Oct. 16.**

**Survivorship Series (WCo)** with Catherine R. Benson, MSN, AGACNP-BC and Maureen Sanger, PhD. Topic-specific sessions for people who have completed treatment in the last year. This final session will address the importance of gentle movement and you will experience a gentle yoga class.

## SPECIAL/SOCIAL EVENTS

**Mamma's Chat & Chew (WCo)** with Leslie Welch, MS, CCLS. Calling all mothers who get what it's like raising kids when cancer has entered the family! Whether you have cancer or are caring for a loved one, all perspective are welcome. Let's share our collective wisdom to brainstorm ways to support our kids. Coffee & healthy bites provided.

## SAVE THE DATE

**Frankly Speaking about Cancer: Multiple Myeloma with Jesus Berdeja, MD** Tuesday, November 6 from 6-8pm at the Nashville location. Dinner provided. Reservations required by Nov. 2.

*To sign up: Call either of our locations, email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org), or use our online sign up system.*

## Did You Know?

**Free counseling sessions are available for Gilda's Club members.** Six sessions are provided free of charge; a commitment to the full six is required. To get started, contact [Felice@GildasClubMiddleTn.org](mailto:Felice@GildasClubMiddleTn.org)

**Parent consultation services** are available to parents of children & teens. For more information, contact [Leslie@GildasClubMiddleTn.org](mailto:Leslie@GildasClubMiddleTn.org)

## New to Gilda's Club?

Your FREE membership begins by attending a mandatory **Information Session**. Call your preferred location or email [info@gildasclubmiddletn.org](mailto:info@gildasclubmiddletn.org) to sign up for this first step.

**Nashville location**  
**615.329.1124**

**October 5 at 11am**  
**October 8 at 6pm**  
**October 18 at 10:30am**  
**October 23 at 6pm**

**Williamson County location**  
**615.905.9633**

**October 2 at 6pm**  
**October 10 at 11am**  
**October 17 at 11am**  
**October 23 at 11:30am**

## Please Don't Forget...

**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 5 minutes late. Latecomers are disruptive.

**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.

**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.

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

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

October 2018 Free Cancer Support



1707 Division Street  
Nashville, TN 37203

## 4 Things You Need to Know...

- 1 Gilda's Club Middle Tennessee has two locations:  
Nashville: 1707 Division Street  
615.329.1124  
Williamson County (WCo):  
4588 Carothers Pkwy, Suite 250; Inside the  
Provision CARES Proton Center; 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.** Call one of our office locations, email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org), or use the free MINDBODY app, available via the app store.

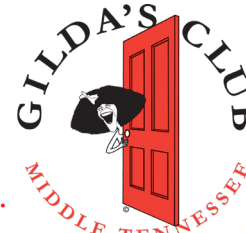
## What's New in October:

### Nashville location:

**Making Organic Body Products**, October 3  
**Fun with Fashion: Scarves & Hats**, October 8  
**Introduction to Dreamwork**, October 10 & 24  
**Healing Reflections Through Mandalas**, October 11  
**Kaleidoscope Word Cards**, October 17  
**Immunothapy Q&A**, October 18  
**Knitting for Beginners**, October 22  
**Ketogenic Diet 101**, October 22  
**Cooking Class: Harvest Fest**, October 24  
**Art Workshop: Halloween Crafts**, October 25  
**Cooking Class: Risotto**, October 26  
**Relaxation Through Sound**, October 29  
**Cooking Class: Le Merveilleux, French Meringues**, Oct. 29

ELECTRONIC SERVICE REQUESTED

- 4 Gilda's Club offers several ongoing, weekly support groups, as well as networking groups, such as:  
Cancer Support Group\*  
Friends and Family 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  
Early Stage Breast Cancer Group  
Lung Cancer Group
- \* Weekly commitment required. For more information, call 615.329.1124.

MON	TUE	WED	THU	FRI
<b>1</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Been There, Done That 6-8 Family & Friends Support Group	<b>2</b> 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club	<b>3</b> 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1:30-3 Making Organic Body Products	<b>4</b> 10-12 What Feeds You - 4 1:30-4:30 Art Workshop: Acrylic Painting 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group	<b>5</b> 10-11 Tai Chi 11-12 <b>Information Session</b> 1-3 Guitar Lessons
<b>8</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1-2 Fun with Fashion: Scarves & Hats 6-7 <b>Information Session</b> 6-8 Young Adults Living with Cancer 6-8 Family & Friends Support Group	<b>9</b> 9:30-10:30 Movement Class: Nia 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons	<b>10</b> 10:30-12:30 Introduction to Dreamwork 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group	<b>11</b> 10-11 Healing Reflections Through Mandalas 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	<b>12</b> 10-11 Tai Chi 1-3 Guitar Lessons
<b>15</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Been There, Done That 6-7:30 Early Stage Breast Cancer Group 6-8 Family & Friends Support Group	<b>16</b> 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club	<b>17</b> 11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-3 Art Workshop: Kaleidoscope Word Cards	<b>18</b> 10-12 What Feeds You - 5 10:30-11:30 <b>Information Session</b> 11-12:30 Gynecologic Cancers Group 1:30-4:30 Open Art Workshop 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Immunotherapy Q&A 6:30-8 Colorectal Cancers Group	<b>19</b> 10-11 Tai Chi 1-3 Guitar Lessons
<b>22</b> 10:15-11:15 Lifetime Yoga 10:30-12 Ketogenic Diet 101 10:30-12:30 Cancer Support Group 11:30-1 Knitting for Beginners 6-8 Young Adults Living with Cancer 6-8 Family & Friends Support Group	<b>23</b> 9:30-10:30 Movement Class: Nia 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 6-7 <b>Information Session</b>	<b>24</b> 10:30-12:30 Introduction to Dreamwork 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1:30-3 Cooking Class: Harvest Fest	<b>25</b> 1:30-4:30 Art Workshop: Acrylic Pouring 6-7:30 Art Workshop: Halloween Crafts 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Lung Cancer Group	<b>26</b> 10-11 Tai Chi 11-1 What Feeds You - Alumni Group 1-3 Guitar Lessons 1:30-3 Cooking Class: Risotto
<b>29</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1:30-4:30 Cooking Class: Le Merveilleux, French Meringues 6-7:30 Relaxation Through Sound 6-7:30 Head and Neck Cancers Group 6-7:30 Been There, Done That 6-8 Family & Friends Support Group	<b>30</b> <b>Clubhouse Closed</b>	<b>31</b> <b>*Clubhouse opens at 10:30am*</b> 11-1 Cancer Support Group 11-1 Family & Friends Support Group	<b>Nashville Clubhouse Hours</b> <b>Monday, Tuesday, and Thursday, 9am-8pm</b> <b>Wednesday and Friday, 9am-4:30pm</b>	<b>You must attend an Information Session before registering for almost Gilda's Club events. Call or email <a href="mailto:info@gildasclubmiddletn.org">info@gildasclubmiddletn.org</a> to sign up for this first step.</b> 

MON	TUE	WED	THU	FRI
<b>1</b>	<b>2</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Mamma's Chat & Chew 5:30-7 Mindfulness Series-2 5:30-7:15 Survivorship Series: <i>Gentle Movement</i> 6-7 <b>Information Session</b> 6:15-7:15 Simply Yoga	<b>3</b> 10-12 What Feeds You- 4	<b>4</b>	<b>5</b> 10-11 Pilates 11-12:30 Cancer Support Group*
<b>8</b>	<b>9</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Fun with Fashion: Scarves & Hats 5:30-7 Mindfulness Series-3	<b>10</b> 11-12 <b>Information Session</b> 11-12:30 Gynecologic Cancers Group	<b>11</b>	<b>12</b> 11-12:30 Cancer Support Group*
<b>15</b>	<b>16</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 12-1:30 Frankly Speaking: Metastatic Breast Cancer	<b>17</b> 10-12 Watercolors Class 11-12 <b>Information Session</b>	<b>18</b>	<b>19</b> 10-11 Pilates 11-12:30 Cancer Support Group*
<b>22</b>	<b>23</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Group Fitness & Stretching 11:30-12:30 <b>Information Session</b>	<b>24</b> 10-12 What Feeds You- 5	<b>25</b>	<b>26</b> 10-11 Pilates 11-12:30 Cancer Support Group* 11:15-12:45 Fueling Your Body
<b>29</b>	<b>30</b> <b>Clubhouse Closed</b>	<b>31</b> <b>*Clubhouse opens @ 10:30am*</b>	<b>Williamson County Clubhouse Hours:</b> <b>Tuesday 9:30am-7:30pm</b> <b>Wednesday &amp; Friday 9:30am-3pm</b>  <b>*Contact Felice to sign up for a weekly Cancer Support Group</b>	<b>You must attend an Information Session before registering for most events. Call or email <a href="mailto:info@gildasclubmiddletn.org">info@gildasclubmiddletn.org</a> to sign up for this first step.</b>