

# Activities and Workshops

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

## EXPRESSIVE ARTS ACTIVITIES

**Art Workshop: Acrylic Painting** with Jill Mayo. Simple techniques to create a beautiful painting. No experience required. Whimsical realism style painting on 11/1. Poured acrylics on 11/29.

**Art Workshop: Card Making (WCo)** with Ronnie Shuler. Make your own greeting cards for the holidays, birthdays, or any occasion.

**Art Workshop: Drawing the Goddess Within** with Marla Faith. Create a symbolic portrait of yourself as a goddess. Sample images and a calming meditation will be available as inspiration.

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

**Art Workshop: Handmade Jewelry** with Jill Mayo. Make unique jewelry using a variety of materials, such as beads, polymer clay, and paper. No experience required, all abilities welcome.

**Art Workshop: Make Your Own Mindfulness Coloring Book** with Marla Faith. Make mandalas (symmetrical designs) and give them life with color. Class will begin with a centering meditation.

**Art Workshop: Seasonal Luminary** with Barbara Kane. Join us as we create a fall/winter themed LED luminary. Leave with a stunning decoration that lights up to display in your home.

**Art Workshop: Watercolors** with Jill Mayo (**Nashville**) and Ronnie Shuler (**WCo**). Learn watercolor basics, color theory, and have a great time. No experience 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 and enjoy visiting with others.

**Intro to Knitting** with Kalin Wilson. Come knit with us! All supplies provided and all skill levels welcome. Lesson will focus on basic skills and how to make a beautiful, warm winter headband.

**Origami** with Yannan Huang. Come learn origami, the Japanese art of paper folding. All supplies provided.

**The Painting Journal** with Julie Russell. Creating a painting journal can awaken feelings/images that can be transformed into art. Each journal is unique and can promote feelings of connection and reveal everyday surprises. No art experience needed. Supplies provided.

**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.

## NUTRITION AND COOKING CLASSES

**Cooking Class: Herbs & Seasonings** with Chef Jill Mayo. By simply adding a few herbs & spices, you can prepare dishes from all over the world. Just a pinch will add depth and complexity to your next meal.

**Cooking Class: Juicing** with Tammy Sandlin. Come learn how to make a healthy green and beet juice. Sample this delicious creation and take the recipe home.

**Cooking Class: Vegetarian Lasagna** with Angelo Leonardi. Prepare and enjoy a delicious asparagus & pesto lasagna, an Italian treat!

**Cooking Class: Nourishing Bites** with Meredith Karney. Learn ways to optimize your diet during and after treatment. We'll make healthy dishes, including tomato soup, bean dip, & macaroons.

**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

**Chair Exercise** with Lauren Rothberg. Move your body and have fun while sitting in a chair. Great for all ability levels.

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

**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.

**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.

**Movement Class: Get Your Groove On** with Lauren Rothberg. Come enjoy this fun, funky dance workout! No dance experience required. All abilities welcome.

**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 & connected.

**Simply Yoga (WCo)** in partnership with Small World Yoga. Come to move, breathe and simply be. Gentle stretching paired with movement and breath will calm your mind.

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

## 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 teens who totally get it.

**Post-Treatment: The Emotional Aftermath** with Maureen Sanger, PhD. Your cancer treatment has concluded, now what? How do you process the emotional aftermath and begin to put the pieces back together? Give and receive support, share wisdom, and learn from others. This bi-monthly support group is intended for those who have completed active cancer treatment within the last three years.

**What Feeds You - Alumni Group** with Danielle Gilbert. Open to

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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, support and understanding.

## EDUCATION

**Post-Mastectomy Garments & Supplies (WCo and Nashville)** with Julie Blake of Williams Medical Supply. Come learn about breast prostheses, bras, compression garments, and using insurance for supplies.

**Frankly Speaking About Cancer: Multiple Myeloma** with Jesus Berdeja, MD. Learn about treatments, side effects, the cost of care, & navigating life with MM. **Dinner provided. RSVP by November 2.**

**Gettin' Wiggy With It** with Christopher Mitchell. All about wigs. Learn how to care for your wig, get it cut, or try a new one on. Free wigs available. We'll laugh and learn lots! ChristopherDoesHair.com

**Natural Burial Q&A** with John Christian Phifer of Larkspur Conservation, Tennessee's first natural burial nature preserve. Learn all about natural burial and get your questions answered.

**The Upside of Downsizing** with Rhonda Smart. Downsizing made easy. Learn eight things you can get rid of that won't change your life.

**Wills, Trusts, and More (WCo)** with Gail Smith-Bradford, Esq. Get educated about wills, trusts, planning for disability, and assorted changes in the law. Bring your questions!

## SPECIAL/SOCIAL EVENTS

**Red Door Readers: *The Book That Matters Most* (WCo)** with Colleen Lowe and Emily Roberts. Join this book club and discuss this enthralling book by Ann Hood.

**Kitchen Creations for Kids** with Leslie Welch, MS, CCLS. Children ages 5-12 are invited to come engage in creative, culinary chemistry. Dinner provided for families from 6-6:30pm.

**Kids & Teens Game Night (WCo)** with Leslie Welch, MS, CCLS. Join us for a night of food, fun, and hilarious competition as we play games and enjoy each other at the Williamson County location.

## 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

**Free nutrition coaching sessions are available for Gilda's Club members.** For more information, contact Felice@GildasClubMiddleTn.org

**Parent consultation services** are available to parents of children & teens. For more information, contact 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 to sign up for this first step.

**Nashville location**  
**615.329.1124**

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

**November 1 at 6pm**

**November 6 at 12pm**

**November 13 at 6pm**

**November 29 at 10:30am**

**November 7 at 12pm**

**November 13 at 6pm**

**November 28 at 11am**

## 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 can be 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 to be added to our list.

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

November 2018 Free Cancer Support



An Affiliate of the  
CANCER SUPPORT COMMUNITY

1707 Division Street  
Nashville, TN 37203

ELECTRONIC SERVICE REQUESTED

## 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, or use the free MINDBODY app, available via the app store.

- 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  
Support for Partners of People w/ Colorectal Cancer  
Sisters Network  
Been There, Done That  
Young Adults Grieving the Loss of a Parent  
Lung Cancer Group  
Breast Cancer Group (**WCo**)

\* Weekly commitment required. For more information, call 615.329.1124.

## What's New in November:

**Nashville location:**

**Movement Class: Get Your Groove On**, November 1

**In Stitches**, November 6

**Frankly Speaking: Multiple Myeloma**, November 6

**The Upside of Downsizing**, November 7

**Post-Mastectomy Garments & Supplies**, November 7

**Art Workshop: Seasonal Luminary**, November 9

**Art Workshop: Drawing the Goddess Within**, November 12

**Intro to Knitting**, November 12

**Cooking Class: Nourishing Bites**, November 13

**Natural Burial Q&A**, November 14

**Cooking Class: Juicing**, November 15

**Origami**, November 15

**The Painting Journal**, November 16

**Gettin' Wiggy With It**, November 19

**Cooking Class: Herbs & Seasonings**, November 26

**Make Your Own Mindfulness Coloring Book**, November 28

**Chair Exercise**, November 29

**Kitchen Creations for Kids**, November 29

**Cooking Class: Vegetarian Lasagna**, November 30

**Williamson County location:**

**Kids & Teens Game Night**, November 6

**Wills, Trusts & More**, November 6

**Post-Mastectomy Garments & Supplies**, November 13

**Post-Treatment: The Emotional Aftermath**, November 13 & 27


**Wholehearted Living**, November 14


**Breast Cancer Group**, November 20

**Red Door Readers: *The Book That Matters Most***, November 27

**Art Workshop: Card Making**, November 28



MON	TUE	WED	THU	FRI
	<b>Nashville Clubhouse Hours:</b> Monday, Tuesday, and Thursday, 9am-8pm Wednesday and Friday, 9am-4:30pm	<b>How do I get started?</b> <b>You must attend an Information Session before registering for most Gilda's Club events. Call (615)-329-1124 or email info@gildasclubmiddletn.org to sign up for this first step.</b>	<b>1</b> 10-10:50 Movement Class: Get Your Groove On 10-12 What Feeds You - 6 1:30-4:30 Art Workshop: Acrylic Painting 6-7 <b>Information Session</b> 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group	<b>2</b> 10-11 Tai Chi 1-3 Guitar Lessons
<b>5</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>6</b> 10-12 In Stitches 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 12-1 <b>Information Session</b> 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 6-8 Frankly Speaking About Cancer: Multiple Myeloma	<b>7</b> 10:30-11:30 The Upside of Downsizing 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1:30-3 Post-Mastectomy Garments & Supplies	<b>8</b> 1:30-4:30 Art Workshop: Watercolors 6-7:30 Young Adults Grieving the Loss of a Parent 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Lung Cancer Group	<b>9</b> 10-11 Tai Chi 11-1 Art Workshop: Seasonal Luminary 1-3 Guitar Lessons
<b>12</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1-3 Art Workshop: Drawing the Goddess Within 6-7 Intro to Knitting 6-8 Family & Friends Support Group 6-8 Young Adults Living with Cancer	<b>13</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 5:30-7 Cooking Class: Nourishing Bites 6-7 <b>Information Session</b>	<b>14</b> 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1:30-3 Natural Burial Q&A	<b>15</b> 9:30-11 Cooking Class: Juicing 11-12:30 Gynecologic Cancers Group 1:30-4:30 Art Workshop: Handmade Jewelry 6-7:30 Origami 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group 6:30-8 Support for Partners of People w/ Colorectal Cancer	<b>16</b> 10-11 Tai Chi 11-12:30 The Painting Journal 1-3 Guitar Lessons
<b>19</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1:30-3 Gettin' Wiggy With It 6-7 <b>Volunteer Orientation Session</b> 6-7:30 Been There, Done That 6-8 Family & Friends Support Group	<b>20</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>21</b> <b>Clubhouse Closed</b>	<b>22</b> <b>Clubhouse Closed</b> <b>Happy Thanksgiving!</b>	<b>23</b> <b>Clubhouse Closed</b>
<b>26</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1:30-4:30 Cooking Class: Herbs & Seasonings 6-7:30 Head and Neck Cancers Group 6-8 Family & Friends Support Group 6-8 Young Adults Living with Cancer	<b>27</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 6:30-8 Sisters Network ®	<b>28</b> 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-3 Art Workshop: Make Your Own Mindfulness Coloring Book	<b>29</b> 10-10:50 Chair Exercise 10:30-11:30 <b>Information Session</b> 1:30-4:30 Art Workshop: Acrylic Painting 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6-8 Kitchen Creations for Kids 6:30-8 Colorectal Cancers Group	<b>30</b> 10-11 Tai Chi 11-1 What Feeds You - Alumni Group 1-3 Guitar Lessons 1:30-3 Cooking Class: Vegetarian Lasagna

MON	TUE	WED	THU	FRI
<b>Williamson County Clubhouse Hours:</b> Tuesday 9:30am-7:30pm Wednesday & Friday 9:30am-3pm	<b>How do I get started?</b> <b>You must attend an Information Session before registering for most events. Call or email info@gildasclubmiddletn.org to sign up for this first step.</b>		<b>1</b>	<b>2</b> 10-11 Pilates 11-12:30 Cancer Support Group
<b>5</b>	<b>6</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Kids & Teens Game Night 6-7 Wills, Trusts, & More 6:15-7:15 Simply Yoga	<b>7</b> 10-12 What Feeds You- 6 12-1 <b>Information Session</b>	<b>8</b>	<b>9</b> 10-11 Pilates 11-12:30 Cancer Support Group
<b>12</b>	<b>13</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Post-Mastectomy Garments & Supplies 5:30-7 Post-Treatment: The Emotional Aftermath 6-7 <b>Information Session</b>	<b>14</b> 10-12 Art Workshop: Watercolors 1:30-3 Wholehearted Living	<b>15</b>	<b>16</b> 10-11 <b>Volunteer Orientation Session</b> 10-11 Pilates 11-12:30 Cancer Support Group
<b>19</b>	<b>20</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 1-2:30 Breast Cancer Group	<b>21</b> <b>Clubhouse Closed</b>	<b>22</b> 	<b>23</b> <b>Clubhouse Closed</b>
<b>26</b>	<b>27</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-1 Red Door Readers: <i>The Book That Matters Most</i> 5:30-7 Post-Treatment: The Emotional Aftermath	<b>28</b> 10-12 Art Workshop: Card Making 11-12 <b>Information Session</b>	<b>29</b>	<b>30</b> 10-11 Pilates 11-12:30 Cancer Support Group