

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. Simple techniques to create a beautiful painting to take home. No experience required. Whimsical realism-style painting on 12/6. Poured acrylics on 12/27.

Art Workshop: Exploring & Painting Your Strengths with Marla Faith. Create an empowering image that represents your gifts and strengths. Sample images and a calming meditation will be available for inspiration. No art experience required.

Art Workshop: Power Shields with Marla Faith. Power animal shields are strongly associated with the Native American belief of spirit guides. Begin with a guided meditation, then create your personal shield. No art experience required.

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: Ornaments (WCo) with Ronnie Shuler. Come make handmade ornaments to display in your home or give as gifts. No art experience required. Open to kids, adults, families, anyone!

Art Workshop: Wood Burning Ornaments with Barbara Kane. Join us as we transform plain wooden holiday ornaments into personal keepsake treasures. All supplies provided.

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.

Holiday Card Making with Yannan Huang. Make your own greeting cards for any holiday or occasion you may celebrate. All abilities and ages welcome.

Painting Rocks with 615 Rocks! with Michelle Stone. 615 Rocks helps spread joy by sharing art with others. The concept is simple: paint a rock, hide a rock, hope someone finds it and smiles.

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.

Watercolor Painting with Jill Mayo (*Nashville*) and Ronnie Shuler (*WCo*). Learn watercolor basics, color theory, and have a great time. Leave with a beautiful piece you'll be proud to display. No experience required.

NUTRITION AND COOKING CLASSES

Cooking Class: Eggplant Parmesan with Angelo Leonardi. Prepare and enjoy this delicious Italian classic. A true Sicilian treat!

Cooking Class: Healthy Holiday Appetizers with Meredith Karney. Learn how to make a healthy, creamy cauliflower soup and seasonal endive salad bites. Sample the dishes and take the recipes.

MIND-BODY & MOVEMENT WORKSHOPS

Family Yoga (WCo) in partnership with Small World Yoga. A fun activity focused on gentle movement & relaxation. All ages welcome.

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.

Guided Meditation with Marla Faith. Learn and practice calming and centering techniques. Focus on the 7 energy centers within the body to fully relax. Sitting and reclining meditations will be balanced with walking meditations. All abilities welcome.

Intro to Healing Touch with Kim Breese, HTP. Healing touch can improve physical and emotional well-being. Learn this self-care technique to help relax, reduce fatigue, pain and stress.

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

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.

Pilates Flow with Zoe Yarborough. Get your bodies ready for the holidays! This fun class will focus on the basic movements of the pilates method; modifications can be made for any personal limitations. You'll leave feeling enlivened.

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, where we'll 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 middle and high schoolers who totally get it.

Post-Treatment: The Emotional Aftermath (WCo) 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. This group will meet the 2nd and 4th Tuesday of each month- the hope is that you attend as consistently and predictably as possible.

Activities and Workshops, continued

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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

Essential Oils 101 (WCo and Nashville) with Holly Tims. This class will be a basic introduction to essential oils and how to use them safely in everyday life.

SPECIAL/SOCIAL EVENTS

Free Hearing Screenings with SongsForSound.com. Screenings are administered with iPads and headphones and take about 10 minutes. Results are provided as soon as the screening is completed, and assistance connecting with a local audiologist is available as needed.

Holiday Cookie Swap (WCo and Nashville) with Gilda's Club Staff. Enjoy some festive fun! Bring two dozen of your favorite homemade sweet treats or energy bites and the recipe. Everyone will go home with a yummy assortment and recipes to add to your collection.

Red Door Readers: Christmas Jars (WCo) with Colleen Lowe & Emily Roberts. Join this book club and discuss this charming seasonal story by Jason Wright.

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

Free parent consultation services are available to parents of children & teens. For more information, contact Felice@GildasClubMiddleTn.org

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.

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

December 7 at 10:30am
December 11 at 6:00pm
December 20 at 10:30am

December 5 at 12:00pm
December 11 at 1:00pm
December 18 at 5:30pm

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.

Free Cancer Support: December 2018



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
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 December:

Nashville location:
Exploring & Painting Your Strengths, December 5
Holiday Card Making, December 7
Free Hearing Screenings, December 10
Pilates Flow, December 10
Painting Rocks w/ 615 Rocks!, December 11
Intro to Healing Touch, December 11
Art Workshop: Power Shields, December 12
Essential Oils 101, December 13
Art Workshop: Wood Burning Ornaments, December 14
Holiday Cookie Swap, December 17

Cooking Class: Healthy Holiday Appetizers, December 18
Guided Meditation, December 27
Cooking Class: Eggplant Parmesan, December 28

Williamson County location:
Free Hearing Screenings, December 7
Essential Oils 101, December 11
Art Workshop: Ornaments, December 11 & 12
Holiday Cookie Swap, December 12
Family Yoga, December 18
Red Door Readers: Christmas Jars, December 19

MON	TUE	WED	THU	FRI
3 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	4 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 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-3 Art Workshop: Exploring & Painting Your Strengths	6 1:30-4:30 Art Workshop: Acrylic Painting 6-8 Cancer Support Group 6-8 Family & Friends Support Group	7 10-11 Tai Chi 10:30-11:30 Information Session 1-3 Guitar Lessons 2:30-4 Holiday Card Making
10 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 11-1 Free Hearing Screenings 6-6:45 Pilates Flow 6-8 Young Adults Living with Cancer 6-8 Family & Friends Support Group	11 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 1-2:30 Guided Imagery & Relaxation 1-3 Painting Rocks with 615 Rocks! 2-4 Guitar Lessons 4-7 Quilting Club 6-7 Information Session 6-7 Intro to Healing Touch	12 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-3 Art Workshop: Power Shields	13 11-12:30 Gynecologic Cancers Group 12-1 Essential Oils 101 1:30-4:30 Watercolor Painting 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 Colorectal Cancers Group	14 10-11 Tai Chi 11-1 Art Workshop: Wood Burning Ornaments 11-1 What Feeds You - Alumni Group 1-3 Guitar Lessons
17 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12:30-1:30 Holiday Cookie Swap 6-7:30 Been There, Done That 6-8 Family & Friends Support Group	18 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: Healthy Holiday Appetizers	19 11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family & Friends Support Group	20 10:30-11:30 Information Session 1:30-4:30 Art Workshop: Handmade Jewelry 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Lung Cancer Group	21 10-11 Tai Chi 1-3 Guitar Lessons
24 Clubhouse Closed	25 Clubhouse Closed Happy Holidays!	26 Clubhouse Closed	27 1-3 Guided Meditation 1:30-4:30 Art Workshop: Acrylic Pouring 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	28 10-11 Tai Chi 1:30-3 Cooking Class: Eggplant Parmesan
31 Clubhouse Closed See you in the New Year!		Nashville Clubhouse Hours: Monday, Tuesday, and Thursday, 9am-8pm Wednesday and Friday, 9am-4:30pm	How do I get started? 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.	

MON	TUE	WED	THU	FRI
3	4 10-11 Simply Yoga 10-11:30 Guided Relaxation 6:15-7:15 Simply Yoga	5 12-1 Information Session	6	7 10-11 Pilates 11-12:30 Cancer Support Group 11-1 Free Hearing Screenings
10	11 10-11 Simply Yoga 10-11:30 Guided Relaxation 12-1 Essential Oils 101 1-2 Information Session 4:30-5:30 Art Workshop: Ornaments 5:30-7 Post-Treatment: The Emotional Aftermath	12 12-1 Holiday Cookie Swap 1-3 Art Workshop: Ornaments	13	14 10-11 Pilates 11-12:30 Cancer Support Group
17	18 10-11 Simply Yoga 10-11:30 Guided Relaxation 1-2:30 Breast Cancer Group 5:30-6:30 Information Session 5:30-6:30 Family Yoga	19 10-12 Watercolor Painting 12:30-2 Red Door Readers: <i>Christmas Jars</i> by Jason Wright	20	21 10-11 Pilates 11-12:30 Cancer Support Group
24	25 Clubhouse Closed Happy Holidays!	26 Clubhouse Closed	27	28 11-12:30 Cancer Support Group
31		Williamson County Clubhouse Hours: Tuesday 9:30am-7:30pm Wednesday & Friday 9:30am-3pm	How do I get started? You must attend an Information Session before registering for most Gilda's Club events. Call (615)-905-9633 or email info@gildasclubmiddletn.org to sign up for this first step.	