

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 1/10. Poured acrylics on 1/31.

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

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.

Drawing Realistic Portraits with Marla Faith. Learn to see and translate what you observe with accuracy. Experience the magic of pencil and eraser, patience, and trust. Choose to do a mirror self portrait, bring in a good photo of a loved one, or use a photo of Gilda that we'll have available. See Marla's portraits at marlafait.com

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 (WCo) with JuliAnne Fitz. Bring your knitting, crocheting, or needlework and enjoy visiting with others.

New Year Collages with Sarah Rubin. It's the beginning of a new year, so let's visually explore the people, experiences, rituals and things that provide you with renewal and grounding. Using collage and conversation, group members will share and learn from others.

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.

Storytelling: Sharing Myths and Fairytales with Marla Faith. You may choose to enjoy listening or share/tell a favorite story. Prepare a 5-20 minute story if you'd like to tell. Marla will have a few special stories to enchant you.

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: Shrimp in Pesto and Cream with Angelo Leonardi. Learn how to make this tasty dish. Come have some fun!

One Pot Meals with Laura Rodriguez, Creme Catering. Simple, seasonal meals: Tuscan White Bean Stew, Dutch Oven Roasted Chicken & Root Vegetables, and Chipotle & Sweet Potato Beef Stew.

What Feeds You: Nourishing Yourself through Food and a Healthy Lifestyle (WCo and Nashville) with Danielle Gilbert, Certified Health Coach. A series that includes topics such as nutrient dense foods, healing your gut, diets vs healthy habits, and more. As a group, we'll hold each other accountable for making meaningful shifts in the way we nourish ourselves. Commitment to the 6-week series is required.

MIND-BODY & MOVEMENT WORKSHOPS

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 & 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. 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.

Life After Loss with Warren Thompson, PhD. A 6-week series for adults grieving the loss of a loved one who died of cancer in the last year. Commitment to the series required.

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 3 years. This group meets 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 Dana Franklin, LCSW. How do you live after someone you love has died? Join with others for insight and support.

SPECIAL/SOCIAL EVENTS

Coffee Talk with Janice Speck and JuliAnne Fitz. Meet other Gilda's Club members at this casual social hour.

Kids and Teens Game Night (WCo) with Leslie Welch, MS, CCLS. Join us for a night of food and fun as we play games and enjoy each others company.

Red Door Readers: The Physician (WCo) with Colleen Rosenblum and Susan Church. Join us as we discuss this historical fiction book by Noah Gordon.

Beat the post-holiday blues!

Join us for
Potluck and Bingo
at our **Williamson County location**

Saturday, January 26
1:30-3pm

Bring an appetizer or dessert (finger foods only) and come have some fun! Invite your family and friends for some Bingo, a children's craft, and musical entertainment. Festive and fun holiday attire optional. Be sure to sign up. See you there!

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

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

January 3 at 6pm
January 8 at 10:30am
January 18 at 10:30am
January 24 at 6pm
January 31 at 10:30am

January 4 at 1pm
January 8 at 5:30pm
January 16 at 1pm
January 23 at 10:30am
January 29 at 6pm

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 to be added to our list.

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

Free Cancer Support: January 2019



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**)
 - Men's Group (**WCo**)

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

What's New in January:

Nashville location:

Drawing Realistic Portraits, January 7

New Year Collages, January 10

Coffee Talk, January 15

Life After Loss, 6-week series begins January 15

One Pot Meals, January 17

What Feeds You, 6-session series begins January 17

Storytelling: Sharing Myths & Fairytales, Jan. 18

Paint a Picture Frame, January 25

Cooking Class: Shrimp in Pesto & Cream, Jan. 25

Williamson County location:

What Feeds You, 6-session series starts January 9

Kids and Teens Game Night, January 15

Red Door Readers: The Physician by Noah Gordon, January 16

In Stitches, January 23

Potluck and Bingo, January 26

Men's Group, January 25 or 29

Art Workshop: Card Making, January 30

MON	TUE	WED	THU	FRI
<p>How do I get started?</p> <p>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.</p>	<p>1</p> <p>Happy New Year!</p> <p>Clubhouse Closed</p>	<p>2</p> <p>11-1 Cancer Support Group 11-1 Family & Friends Support Group</p>	<p>3</p> <p>6-7 Information Session 6-8 Cancer Support Group 6-8 Family & Friends Support Group</p>	<p>4</p> <p>10-11 Tai Chi 1-3 Guitar Lessons</p>
<p>7</p> <p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1-3 Drawing Realistic Portraits 6-7:30 Been There, Done That 6-8 Family & Friends Support Group</p>	<p>8</p> <p>10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 10:30-11:30 Information Session 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club</p>	<p>9</p> <p>11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group</p>	<p>10</p> <p>10:30-12 New Year Collages 11-12:30 Gynecologic Cancers Group 1:30-4:30 Art Workshop: Acrylic 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</p>	<p>11</p> <p>10-11 Tai Chi 1-3 Guitar Lessons</p>
<p>14</p> <p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-6:45 Pilates Flow 6-8 Young Adults Living with Cancer 6-8 Family & Friends Support Group</p>	<p>15</p> <p>10-11 Coffee Talk 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 Life After Loss- 1</p>	<p>16</p> <p>11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family & Friends Support Group</p>	<p>17</p> <p>10:30-12 One Pot Meals 10:30-12:30 What Feeds You- 1 1:30-4:30 Watercolor Painting 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Lung Cancer Group</p>	<p>18</p> <p>10-11 Tai Chi 10-12 Storytelling: Sharing myths and fairytales 10:30-11:30 Information Session 11-1 What Feeds You - Alumni Group 1-3 Guitar Lessons</p>
<p>21</p> <p>Clubhouse Closed</p>	<p>22</p> <p>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 Life After Loss- 2</p>	<p>23</p> <p>11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group</p>	<p>24</p> <p>1:30-4:30 Art Workshop: Handmade Jewelry 6-7 Information Session 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</p>	<p>25</p> <p>10-11 Paint a Picture Frame 10-11 Tai Chi 11:30-1 Cooking Class: Shrimp in Pesto and Cream 1-3 Guitar Lessons</p>
<p>28</p> <p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Head and Neck Cancer Group 6-8 Young Adults Living with Cancer 6-8 Family & Friends Support Group</p>	<p>29</p> <p>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 Life After Loss- 3 6:30-8 Sisters Network</p>	<p>30</p> <p>11-1 Cancer Support Group 11-1 Family & Friends Support Group</p>	<p>31</p> <p>10:30-11:30 Information Session 10:30-12:30 What Feeds You- 2 1:30-4:30 Art Workshop: Acrylic Pouring 6-8 Cancer Support Group 6-8 Family & Friends Support Group</p>	<p>Nashville Clubhouse Hours: Monday, Tuesday, and Thursday, 9am-8pm Wednesday and Friday, 9am-4:30pm</p>

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<p>How do I get started?</p> <p>You must attend an Information Session before registering for most Gilda's Club events. Sign up: (615) 905-9633 or email info@gildasclubmiddletn.org</p>	<p>1</p> <p>Clubhouse Closed</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>10-11 Pilates 11-12:30 Cancer Support Group 1-2 Information Session</p>
<p>7</p>	<p>8</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-6:30 Information Session 6:15-7:15 Simply Yoga</p>	<p>9</p> <p>10-12 What Feeds You- 1</p>	<p>10</p>	<p>11</p> <p>10-11 Pilates 11-12:30 Cancer Support Group</p>
<p>14</p>	<p>15</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 1-2:30 Breast Cancer Group 5:30-7 Kids and Teens Game Night</p>	<p>16</p> <p>10-12 Watercolor Painting 11-12:30 Red Door Readers The Physician by Noah Gordon 1-2 Information Session</p>	<p>17</p>	<p>18</p> <p>10-11 Pilates 11-12:30 Cancer Support Group</p>
<p>21</p>	<p>22</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Post-Treatment: The Emotional Aftermath</p>	<p>23</p> <p>10-11:30 In Stitches 10-12 What Feeds You- 2 10:30-11:30 Information Session</p>	<p>24</p>	<p>25</p> <p>10-11 Pilates 11-12:30 Cancer Support Group 11-12:30 Men's Group</p> <p>Potluck & Bingo! Saturday, January 26 1:30-3pm</p>
<p>28</p>	<p>29</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Men's Group 6-7 Information Session</p>	<p>30</p> <p>10-12 Art Workshop: Card Making</p>	<p>31</p>	<p>Williamson County Clubhouse Hours: Tuesday 9:30am-7:30pm Wednesday & Friday 9:30am-3pm</p>