

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 2/7. Poured acrylics on 2/28.

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.

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.

Learn to Play the Dulcimer with Sandy Conatser. This 4-week series will introduce you to this American instrument and teach you to use your ear to find the sounds you are searching for. Instruments supplied for class use only, so if you have a dulcimer please bring it. Beginners only. Commitment to series required.

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.

Crafts Class: Think Spring! with Barbara Kane. Join us as we create spring floral grapevine wreaths. All supplies included; Limit 6.

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

Gluten-Free Chicken Bolognese Lasagna with Meredith Karney. Whether you are gluten free or not, come learn how to make this delicious dish!

Healthy Sweet Treats for Valentine's Day with Tammy Sandlin. Eating sweets can be healthy. Come enjoy yummy chocolates. Desserts with no gluten and sugar just in time for Valentine's.

Heart Healthy Dishes with Laura Rodriguez, Creme Catering. Celebrate Heart Health Month by learning how to make simple, delicious heart-healthy recipes like Tangy Tomato Slow Cooker Brisket, Zucchini Noodle Greek Salad and Spicy Oven Baked Chickpeas.

Soup's On with Chef Jill Mayo. Quick and easy soups with ingredients to fit your busy life and healthy diet.

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. Closed to new participants. Call to add your name to the list for the next series.

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.

Introduction to Mindfulness (WCo) with Deanna Candeloro, LPC-MHSP (Temp), NCC. Want to learn more about mindfulness? Come ask questions, learn what the practice is, and find ways to incorporate it into your daily life.

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.

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 (**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, 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 (**Nashville**) and Deanna Candeloro, LPC-MHSP (Temp), NCC (**WCo**). A 6-week series for adults grieving the loss of a loved one who died of cancer in the last year.

Post-Treatment: The Emotional Aftermath (WCo) with Maureen Sanger, PhD. Cancer treatment is over, now what? How do you process this and put the pieces back together? For those who've completed active treatment within the last 3 years. Meets twice a month and the hope is you attend as consistently 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.

Wholehearted Living (WCo) with Bethany Champ. Learn about the 10 guideposts for Wholehearted Living from Brene Brown's book *The Gifts of Imperfection*, which focuses on living a life of courage, compassion, connection, love, belonging and worthiness.

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.

EDUCATION

Lunch and Learn: Understanding Proton Therapy (WCo) with James R. Gray, M.D. Learn more about this targeted therapy and get your questions answered by Tennessee Oncology Radiation Oncologist and Medical Director of Provision Cares Proton Therapy Center, Dr. Gray. Light lunch provided. RSVP by February 8.

Nutrition Q&A (WCo) with Emily Harland, RDN, CSO, LDN. Learn about Dietitian Services offered at The Little Clinic/Kroger and have your most pressing Oncology Nutrition questions answered.

SPECIAL/SOCIAL EVENTS

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

Game Time: Canasta Hand and Foot with Walter Ethridge. Simple rules, lots of fun. Be there or be square.

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

Making Valentine's Day Treats (WCo) with Ronnie Shuler. Come have some fun making chocolate dipped treats. We'll wrap them up in a festive package, ready to share with your Valentine!

Red Door Readers: State of Wonder (WCo) with Karen Anderson. Discuss this book by award-winning author, Ann Patchett.

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.

Free nutrition coaching sessions are available for Gilda's Club members.

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

February 4 at 12:30pm
February 11 at 6pm
February 22 at 10:30am
February 28 at 6pm

February 5 at 5:30pm
February 13 at 1:30pm
February 19 at 5:30pm
February 27 at 10am

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: February 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 February:

Nashville location:

Movement Class: Nia, February 5 & 19

Healthy Sweet Treats for Valentine's Day, Feb. 7

Learn to Play the Dulcimer, 4-week series begins February 12

Game Time: Canasta Hand and Foot, February 15

Crafts Class: Think Spring!, February 15

Gluten-Free Chicken Bolognese Lasagna, Feb. 19
Soup's On!, February 25

Life After Loss, 6-week series starts February 26

Heart Healthy Dishes, February 27

Williamson County location:

Life After Loss, 6-week series starts February 6

Nutrition Q&A, February 8

Making Valentine's Day Treats, February 12

Lunch and Learn: Understanding Proton Therapy,
February 13

Introduction to Mindfulness, February 5 and 15

Wholehearted Living, February 19

Red Door Readers: State of Wonder by Ann Patchett,
February 20

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>10-11 Tai Chi 1-3 Guitar Lessons</p> <p style="text-align: right;">1</p>
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12:30-1:30 Information Session 6-7:30 Been There, Done That 6-8 Family & Friends Support Group</p> <p style="text-align: right;">4</p>	<p>9:30-10:25 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</p> <p style="text-align: right;">5</p>	<p>11-1 Cancer Support Group 11-1 Family & Friends Support Group</p> <p style="text-align: right;">6</p>	<p>10:30-12 Healthy Sweet Treats for Valentine's Day 1:30-4:30 Art Workshop: Acrylic Painting 6-8 Cancer Support Group 6-8 Family & Friends Support Group</p> <p style="text-align: right;">7</p>	<p>10-11 Tai Chi 1-3 Guitar Lessons</p> <p style="text-align: right;">8</p>
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7 Information Session 6-8 Young Adults Living with Cancer 6-8 Family & Friends Support Group</p> <p style="text-align: right;">11</p>	<p>10-11 Coffee Talk 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 10:30-12 Learn to Play the Dulcimer-1 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club</p> <p style="text-align: right;">12</p>	<p>11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group</p> <p style="text-align: right;">13</p>	<p>10:30-12:30 What Feeds You- 3 11-12:30 Gynecologic Cancers Group 1:30-4:30 Watercolor Painting 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group</p> <p style="text-align: right;">14</p>	<p>10-11 Tai Chi 11-12:30 Game Time: Canasta Hand and Foot 10:30-12:30 Crafts Class: Think Spring! 1-3 Guitar Lessons</p> <p style="text-align: right;">15</p>
<p>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</p> <p style="text-align: right;">18</p>	<p>9:30-10:25 Movement Class: Nia 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 10:30-12 Learn to Play the Dulcimer-2 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 5:30-7 Gluten-Free Chicken Bolognese Lasagna</p> <p style="text-align: right;">19</p>	<p>11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family & Friends Support Group</p> <p style="text-align: right;">20</p>	<p>1:30-4:30 Art Workshop: Handmade Jewelry 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</p> <p style="text-align: right;">21</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;">22</p>
<p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1:30-4:30 Soup's On! 6-7:30 Head and Neck Cancer Group 6-8 Young Adults Living with Cancer 6-8 Family & Friends Support Group</p> <p style="text-align: right;">25</p>	<p>10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 10:30-12 Learn to Play the Dulcimer-3 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 6:30-8 Life After Loss-1 6:30-8 Sisters Network</p> <p style="text-align: right;">26</p>	<p>11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-2:30 Heart Healthy Dishes</p> <p style="text-align: right;">27</p>	<p>10:30-12:30 What Feeds You- 4 1:30-4:30 Art Workshop: Acrylic Pouring 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 style="text-align: right;">28</p>	<p style="text-align: center;">Nashville Clubhouse Hours: Monday, Tuesday, and Thursday, 9am-8pm Wednesday and Friday, 9am-4:30pm</p>

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. Sign up: (615) 905-9633 or email info@gildasclubmiddletn.org</p>				<p>10-11 Pilates 11-1 Cancer Support Group</p> <p style="text-align: right;">1</p>
<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Introduction to Mindfulness 5:30-6:30 Information Session 6:15-7:15 Simply Yoga</p> <p style="text-align: right;">4</p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Introduction to Mindfulness 5:30-6:30 Information Session 6:15-7:15 Simply Yoga</p> <p style="text-align: right;">5</p>	<p>10-12 What Feeds You- 3 1-2:30 Life After Loss-1</p> <p style="text-align: right;">6</p>	<p>10-11 Pilates 11:15-12 Nutrition Q&A 11-1 Cancer Support Group</p> <p style="text-align: right;">7</p>	<p>10-11 Pilates 11:15-12 Nutrition Q&A 11-1 Cancer Support Group</p> <p style="text-align: right;">8</p>
<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 11:15-12:45 Making Valentine's Day Treats 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-7 Kids and Teens Game Night</p> <p style="text-align: right;">11</p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 11:15-12:45 Making Valentine's Day Treats 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-7 Kids and Teens Game Night</p> <p style="text-align: right;">12</p>	<p>12-1 Lunch and Learn: Understanding Proton Therapy 1-2:30 Life After Loss-2 1:30-2:30 Information Session</p> <p style="text-align: right;">13</p>	<p>10-11 Pilates 11-12 Introduction to Mindfulness 11-1 Cancer Support Group</p> <p style="text-align: right;">14</p>	<p>10-11 Pilates 11-12 Introduction to Mindfulness 11-1 Cancer Support Group</p> <p style="text-align: right;">15</p>
<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 1-2:30 Breast Cancer Group 5:30-7 Wholehearted Living 5:30-6:30 Information Session</p> <p style="text-align: right;">18</p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 1-2:30 Breast Cancer Group 5:30-7 Wholehearted Living 5:30-6:30 Information Session</p> <p style="text-align: right;">19</p>	<p>10-11:30 In Stitches 10-12 What Feeds You- 4 11-12:30 Red Door Readers: State of Wonder by Ann Patchett 1-2:30 Life After Loss-3</p> <p style="text-align: right;">20</p>	<p>10-11 Pilates 11-1 Cancer Support Group 11-12:30 Men's Group</p> <p style="text-align: right;">21</p>	<p>10-11 Pilates 11-1 Cancer Support Group 11-12:30 Men's Group</p> <p style="text-align: right;">22</p>
<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Men's Group 5:30-7 Post-Treatment: The Emotional Aftermath</p> <p style="text-align: right;">25</p>	<p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Men's Group 5:30-7 Post-Treatment: The Emotional Aftermath</p> <p style="text-align: right;">26</p>	<p>10-11 Information Session 10-12 Watercolor Painting 1-2:30 Life After Loss-4</p> <p style="text-align: right;">27</p>	<p>10-11 Pilates 11-1 Cancer Support Group 11-12:30 Men's Group</p> <p style="text-align: right;">28</p>	<p style="text-align: center;">Williamson County Clubhouse Hours: Tuesday 9:30am-7:30pm Wednesday & Friday 9:30am-3pm</p>