

Activities and Workshops

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

EXPRESSIVE ARTS ACTIVITIES

The “Art” of Community (WCo) with Jen Wilkins. As a group, we will create a collage to hang in the clubhouse. Inspired by one of Gilda’s quotes, “Life is about...” Join the fun. No artistic skill required.

Art Workshop: Color Wash with Barbara Kane. Have some fun exploring watercolor washes, pen, and ink as you create your own 5”x7” composition. No experience necessary.

Art Workshop: Acrylics with Jill Mayo. Simple techniques to create a beautiful painting to take home. No experience required. Whimsical realism-style painting on 3/7. Poured acrylics on 3/28.

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.

Basket Weaving Class (WCo) with Susan Church. Spring is a time of rebirth. Renew your spirit while weaving a traditional basket that can be used for Easter treats or spring flowers. Bring your lunch if you’d like. **Sign up by March 13.**

Creativity with Paper with Sandy Conatser. Using simple materials and techniques, turn scrap paper into beautiful beads, which can be combined into necklaces, bracelets, and more – including a creative bookmark. Have a colorful magazine that can be cut apart? Bring it!

Fluid Art (WCo) with Ronnie Shuler. This poured acrylics class is a fun, creative way to create beautiful abstract paintings.

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 short-term.

Learn to Play the Dulcimer with Sandy Conatser. Class currently closed. Call to add your name to the list for the next series.

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

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: Soup and a Veggie Wrap with Tammy Sandlin. Come enjoy a harvest soup (no dairy) and a veggie wrap (gluten- and dairy-free). Samples for everyone.

Cooking Class: Tasty Spinach Dishes with Laura Rodriguez. National Spinach Day is this month! Celebrate with gluten- and dairy-free spinach artichoke dip and steak au poivre with dairy-free creamed spinach stuffed baked potatoes.

What Feeds You: Nourishing Yourself through Food and a Healthy Lifestyle (WCo and Nashville) with Danielle Gilbert, Certified Health Coach. 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.

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.

Low Impact Barre & Movement Class with Barre3 and Survivor Fit Foundation. Designed for everyone, this class works strategically to build strength and flexibility for optimal body balance and improved posture, benefiting both the body and the mind.

Pilates with Amy Butler, Zoe Yarborough (**Nashville**) and 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.

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.

What is Reiki? (WCo) with Fran Zeller. Learn about this ancient energy healing. Bring your questions.

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. Series currently closed.

Post-Treatment: The Emotional Aftermath (WCo) with Maureen Sanger, PhD. Cancer treatment is over, now what? How do

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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.

Treatment’s Over, Now What? with Kristi Hunter. Look at areas including nutrition, exercise, rest, work, relationships, and spirituality to see what’s working and what’s not. Led by a certified Integrative Health and Wellness Coach, you’ll discuss what you want to change, set a goal, and figure out how to get there.

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.

EDUCATION

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.

Red Door Readers: Becoming by Michelle Obama (WCo) with Audrey Brown. Come ready to discuss this non-political book about Michelle Obama’s life.

New Support Groups in Williamson County Family Support Group: Tuesdays, 5:30-7pm

Cancer Support Group: Wednesdays, 10:30am-noon

These new groups meet the 2nd and 4th weeks of the month and require a commitment to attend on a regular basis. Contact Felice for more information. Felice@gildasclubmiddletn.org or 615.905.9633

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 info, 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 **Williamson County location**
615.329.1124 **615.905.9633**

March 4 at 12:30pm **March 8 at 12pm**
March 11 at 6pm **March 12 at 10:30am**
March 19 at 6pm **March 19 at 5:30pm**
March 26 at 10:30am **March 27 at 1pm**

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: March 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 support groups, as well as networking groups, such as:
Cancer Support Group* (**WCo and Nashville**)
Family Support Group* (**WCo and Nashville**)
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**)
Prostate Cancer Group (**WCo**)

* Commitment required. For more information, call 615.329.1124.

What’s New in March:

Nashville location:

Art Workshop: Color Wash, March 8

Origami, March 21

Creativity with Paper, March 22

Cooking Class: Soup and a Veggie Wrap, March 22

Treatment’s Over, Now What?, March 27

Cooking Class: Tasty Spinach Dishes, March 27

Pilates, March 28

Low Impact Barre & Movement Class, March 29

Williamson County location:

The “Art” of Community, March 6 and 29

Family Support Group, March 12

Cancer Support Group, March 13

What is Reiki?, March 15 and 19

Fluid Art, March 19

Red Door Readers: Becoming by Michelle Obama,
March 20

Basket Weaving Class, March 27

Prostate Cancer Group, March 29

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>Nashville Clubhouse Hours:</p> <p>Monday, Tuesday, and Thursday, 9am-8pm</p> <p>Wednesday and Friday, 9am-4:30pm</p>			<p>10-11 Tai Chi</p> <p>1-3 Guitar Lessons</p> <p style="text-align: right;">1</p>
<p>10:15-11:15 Lifetime Yoga</p> <p>10:30-12:30 Cancer Support Group</p> <p>12:30-1:30 Information Session</p> <p>6-7:30 Been There, Done That</p> <p>6-8 Family Support Group</p> <p style="text-align: right;">4</p>	<p>10-12 Art Workshop: Glass Painting</p> <p>10:30-11:20 Pilates</p> <p>10:30-12 Learn to Play the Dulcimer-4</p> <p>1-2:30 Guided Imagery & Relaxation</p> <p>2-4 Guitar Lessons</p> <p>4-7 Quilting Club</p> <p>6:30-8 Life After Loss-2</p> <p style="text-align: right;">5</p>	<p>11-1 Cancer Support Group</p> <p>11-1 Family & Friends Support Group</p> <p style="text-align: right;">6</p>	<p>1:30-4:30 Art Workshop: Acrylic Painting</p> <p>6-8 Cancer Support Group</p> <p>6-8 Family Support Group</p> <p style="text-align: right;">7</p>	<p>10-11 Tai Chi</p> <p>10:30-12:30 Art Workshop: Color Wash</p> <p>1-3 Guitar Lessons</p> <p style="text-align: right;">8</p>
<p>10:15-11:15 Lifetime Yoga</p> <p>10:30-12:30 Cancer Support Group</p> <p>6-7 Information Session</p> <p>6-8 Young Adults Living with Cancer</p> <p>6-8 Family Support Group</p> <p style="text-align: right;">11</p>	<p>10-11 Coffee Talk</p> <p>10-12 Art Workshop: Glass Painting</p> <p>10:30-11:20 Pilates</p> <p>1-2:30 Guided Imagery & Relaxation</p> <p>2-4 Guitar Lessons</p> <p>4-7 Quilting Club</p> <p>6:30-8 Life After Loss-3</p> <p style="text-align: right;">12</p>	<p>11-12 Gentle Yoga</p> <p>11-1 Cancer Support Group</p> <p>11-1 Family Support Group</p> <p style="text-align: right;">13</p>	<p>10:30-12:30 What Feeds You- 5</p> <p>11-12:30 Gynecologic Cancers Group</p> <p>1:30-4:30 Watercolor Painting</p> <p>6-7:30 Young Adults Grieving the Loss of a Parent</p> <p>6-8 Cancer Support Group</p> <p>6-8 Family Support Group</p> <p>6:30-8 Colorectal Cancers Group</p> <p style="text-align: right;">14</p>	<p>10-11 Tai Chi</p> <p>11-12:30 Game Time: Canasta Hand and Foot</p> <p>1-3 Guitar Lessons</p> <p style="text-align: right;">15</p>
<p>10:15-11:15 Lifetime Yoga</p> <p>10:30-12:30 Cancer Support Group</p> <p>6-7:30 Been There, Done That</p> <p>6-8 Family Support Group</p> <p style="text-align: right;">18</p>	<p>10-12 Art Workshop: Glass Painting</p> <p>10:30-11:20 Pilates</p> <p>1-2:30 Guided Imagery & Relaxation</p> <p>2-4 Guitar Lessons</p> <p>4-7 Quilting Club</p> <p>6-7 Information Session</p> <p>6:30-8 Life After Loss-4</p> <p style="text-align: right;">19</p>	<p>11-12:30 Multiple Myeloma Group</p> <p>11-1 Cancer Support Group</p> <p>11-1 Family Support Group</p> <p style="text-align: right;">20</p>	<p>1:30-4:30 Art Workshop: Handmade Jewelry</p> <p>6-7:30 Origami</p> <p>6-8 Cancer Support Group</p> <p>6-8 Family Support Group</p> <p>6:30-8 Lung Cancer Group</p> <p style="text-align: right;">21</p>	<p>10-11 Tai Chi</p> <p>10-11:30 Creativity with Paper</p> <p>11:30-1 Cooking Class: Soup and a Veggie Wrap</p> <p>1-3 Guitar Lessons</p> <p style="text-align: right;">22</p>
<p>10:15-11:15 Lifetime Yoga</p> <p>10:30-12:30 Cancer Support Group</p> <p>6-7:30 Head and Neck Cancer Group</p> <p>6-8 Young Adults Living with Cancer</p> <p>6-8 Family Support Group</p> <p style="text-align: right;">25</p>	<p>10-12 Art Workshop: Glass Painting</p> <p>10:30-11:30 Information Session</p> <p>10:30-11:20 Pilates</p> <p>1-2:30 Guided Imagery & Relaxation</p> <p>2-4 Guitar Lessons</p> <p>4-7 Quilting Club</p> <p>6:30-8 Life After Loss-5</p> <p>6:30-8 Sisters Network</p> <p style="text-align: right;">26</p>	<p>11-12 Gentle Yoga</p> <p>11-12:30 Treatment's Over, Now What?</p> <p>11-1 Cancer Support Group</p> <p>11-1 Family Support Group</p> <p>1:30-3 Cooking Class: Tasty Spinach Dishes</p> <p style="text-align: right;">27</p>	<p style="color: red;">Clubhouse opening at 12:30pm</p> <p>1:30-4:30 Art Workshop: Acrylic Pouring</p> <p>5:45-6:30 Pilates</p> <p>6-8 Cancer Support Group</p> <p>6-8 Family Support Group</p> <p>6:30-8 Colorectal Cancers Group</p> <p>6:30-8 Support for Partners of People w/ Colorectal Cancer</p> <p style="text-align: right;">28</p>	<p>10-11 Tai Chi</p> <p>11-1 What Feeds You- Alumni Group</p> <p>11:30-12:30 Low Impact Barre & Movement Class</p> <p>1-3 Guitar Lessons</p> <p style="text-align: right;">29</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>Williamson County Clubhouse Hours:</p> <p>Tuesday 9:30am-7:30pm</p> <p>Wednesday & Friday 9:30am-3pm</p>		<p>10-11 Pilates</p> <p>11-1 Cancer Support Group</p> <p style="text-align: right;">1</p>
<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>6:15-7:15 Simply Yoga</p> <p style="text-align: right;">4</p>	<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>6:15-7:15 Simply Yoga</p> <p style="text-align: right;">5</p>	<p>10-12 What Feeds You- 5</p> <p>11-12:30 The "Art" of Community</p> <p style="text-align: right;">6</p>	<p>10-11 Pilates</p> <p>11-1 Cancer Support Group</p> <p>12-1 Information Session</p> <p style="text-align: right;">7</p>	<p>10-11 Pilates</p> <p>11-1 Cancer Support Group</p> <p>12-1 Information Session</p> <p style="text-align: right;">8</p>
<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>5:30-7 Post-Treatment: The Emotional Aftermath</p> <p>5:30-7 Kids and Teens Game Night</p> <p>5:30-7 Family Support Group (call Felice to sign up: 615.905.9633)</p> <p style="text-align: right;">11</p>	<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>10:30-11:30 Information Session</p> <p>5:30-7 Post-Treatment: The Emotional Aftermath</p> <p>5:30-7 Kids and Teens Game Night</p> <p>5:30-7 Family Support Group (call Felice to sign up: 615.905.9633)</p> <p style="text-align: right;">12</p>	<p>10-12 What Feeds You- 6</p> <p>10-12 Watercolors Class</p> <p>10:30-12 Cancer Support Group (call Felice to sign up: 615.905.9633)</p> <p style="text-align: right;">13</p>	<p>10-11 Pilates</p> <p>11-12 What is Reiki?</p> <p>11-1 Cancer Support Group</p> <p style="text-align: right;">14</p>	<p>10-11 Pilates</p> <p>11-12 What is Reiki?</p> <p>11-1 Cancer Support Group</p> <p style="text-align: right;">15</p>
<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>11:30-1 Fluid Art</p> <p>1-2:30 Breast Cancer Group</p> <p>5:30-6:30 What is Reiki?</p> <p>5:30-6:30 Information Session</p> <p style="text-align: right;">18</p>	<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>11:30-1 Fluid Art</p> <p>1-2:30 Breast Cancer Group</p> <p>5:30-6:30 What is Reiki?</p> <p>5:30-6:30 Information Session</p> <p style="text-align: right;">19</p>	<p>11-12:30 Red Door Readers: Becoming by Michelle Obama</p> <p style="text-align: right;">20</p>	<p>10-11 Pilates</p> <p>11:15-12 Nutrition Q&A</p> <p>11-1 Cancer Support Group</p> <p style="text-align: right;">21</p>	<p>10-11 Pilates</p> <p>11-12:30 The "Art" of Community</p> <p>11-12:30 Prostate Cancer Group</p> <p>11-1 Cancer Support Group</p> <p style="text-align: right;">22</p>
<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>5:30-7 Men's Group</p> <p>5:30-7 Post-Treatment: The Emotional Aftermath</p> <p>5:30-7 Family Support Group (call Felice to sign up: 615.905.9633)</p> <p style="text-align: right;">25</p>	<p>10-11 Simply Yoga</p> <p>10-11:30 Guided Relaxation</p> <p>5:30-7 Men's Group</p> <p>5:30-7 Post-Treatment: The Emotional Aftermath</p> <p>5:30-7 Family Support Group (call Felice to sign up: 615.905.9633)</p> <p style="text-align: right;">26</p>	<p>10:30-12 Cancer Support Group (call Felice to sign up: 615.905.9633)</p> <p>10:30-2:30 Basket Weaving Class</p> <p>1-2 Information Session</p> <p style="text-align: right;">27</p>	<p>10-11 Pilates</p> <p>11-12:30 The "Art" of Community</p> <p>11-12:30 Prostate Cancer Group</p> <p>11-1 Cancer Support Group</p> <p style="text-align: right;">28</p>	<p>10-11 Pilates</p> <p>11-12:30 The "Art" of Community</p> <p>11-12:30 Prostate Cancer Group</p> <p>11-1 Cancer Support Group</p> <p style="text-align: right;">29</p>