

# Activities and Workshops

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

## EXPRESSIVE ARTS ACTIVITIES

**Art for Non-Artists: Playing with Color** with Marla Faith. Using tempera paint, we will mix, blend, and explore. No need for drawing skills, realism, or judgement – just come enjoy the play.

**Art Workshop: Acrylics** with Jill Mayo. Simple techniques to create a beautiful painting to take home. No experience required. Whimsical realism-style painting on 4/4. Poured acrylics on 4/25.

**Art Workshop: Card Making (WCo)** with Ronnie Shuler. Make your own greeting cards for 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: Spring Flowers** with Barbara Kane. Spring means flowers, so join us as we create a small bouquet of realistic crepe paper beauties. No experience needed.

**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.

**Handmade Jewelry: Working with Wire** with Jill Mayo. Make a unique jewelry piece. No experience required. All abilities welcome.

**Poetry of the Heart** with Marla Faith. Share your favorite poems written by yourself and/or others, and write a poem with guidance (if you'd like) from Marla.

**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

**Ketogenic Diet 101** with Danielle Gilbert, Certified Health Coach. We will deconstruct the ketogenic diet. Topics will include the benefits and pitfalls of the diet; how to make it work in your life; how it compares to other nutritional options; and more.

**Nutrition Habits for a Healthier You (WCo and Nashville)** with Kristi Hunter, Certified Health and Wellness Coach, Wellpower Health Coaching. With so many different diets and nutrition plans out there, how do we sort through it all? Take the stress out of what to eat by learning how your habits impact your food choices and how to make changes that will have positive results. Open to family members and those who have completed active treatment.

**Salads in a Jar** with Tammy Sandlin. Meal prepping made easy!

**Springtime Potato Salad** with Chef Aaliyah Dailey, Heimerdinger Foundation. Learn how to spice up a typical southern potato salad

into something bright, fresh, and delicious for Easter and the coming warmer weather.

## MIND-BODY & MOVEMENT WORKSHOPS

**Building Strength & Stamina (WCo)** with John Attigliato from Franklin Strength. Join this Cancer Exercise Specialist to improve overall strength and flexibility.

**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.

**Healing Meditation** with Marla Faith. Guided meditation with creative visualizations and positive affirmations, focusing on the breath, total body relaxation, and lightening of the spirit.

**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, 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.

## 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.

**Kids and Teens Night (WCo)** with Leslie Welch, MS, CCLS and Megan Forshey, LCSW. Children and teens connect through fun activities that help them process cancer's impact, recognize feelings and encourage healthy emotional expression. Free JETS Pizza included!

**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. New series starts April 23.

**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

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month and the hope is you attend as consistently as possible.

**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

**Hereditary Cancer Update (WCo and Nashville)** with Susie Caro, RNC, MSN, AGN-BC and Maureen Graham, MS, LCGC. Hear about current genetic testing for cancer susceptibility. Learn the difference between germline testing and somatic testing. Those tested in the past may want to consider "updated" testing with larger panels. Bring your questions. **Light refreshments provided at both locations.**

## SPECIAL/SOCIAL EVENTS

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

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

**Pay it Forward Port Pillow (WCo)** with Ann Roebuck. We'll work as a class to make Port Pillows. No experience required. You're encouraged to take the pillow to the oncologist's office of your choice, so that folks in treatment can benefit from your work and generosity.

**Red Door Readers: The Ebb Tide by Beverly Lewis** with Sarah Love. (**WCo**) "The Ebb Tide delivers a lovely and believable heroine, a glorious beach setting and serious life-choices against an uplifting backdrop of family warmth and faith." (from Bookpage.com)

## A Remembrance Gathering: Saturday, April 13 11am-12:30pm at the Nashville Clubhouse

Join us as we take time to remember family, friends and Gilda's Club members who have died - recently or otherwise. Feel free to bring photos to share. Music, candle-lighting, and refreshments. All ages welcome.

## 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](mailto:info@gildasclubmiddletn.org) to sign up for this first step.

<b>Nashville location</b> <b>615.329.1124</b>	<b>Williamson County location</b> <b>615.905.9633</b>
April 4 at 6pm	April 3 at 11am
April 8 at 12:30pm	April 12 at 1pm
April 16 at 6pm	April 16 at 6pm
April 26 at 10:30am	April 24 at 1pm
	April 30 at 10:30am

## 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](mailto:info@gildasclubmiddletn.org) to be added to our list.

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



An Affiliate of the  
CANCER SUPPORT COMMUNITY

1707 Division Street  
Nashville, TN 37203

Free Cancer Support: April 2019

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](mailto: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 April:

### Nashville location:

**Art Workshop: Spring Flowers**, April 5

**Poetry of the Heart**, April 10

**Nutrition Habits for a Healthier You**, April 10

**Art for Non-Artists**, April 12

**Remembrance Gathering**, April 13

**Salads in a Jar**, April 15

**Springtime Potato Salad**, April 18

**Ketogenic Diet 101**, April 19

**Healing Meditation**, April 19 and 25

**Life After Loss**, New 6-week series starts April 23

**Hereditary Cancer Update**, April 29 (**RSVP 4/25**)

### Williamson County location:

**Pay it Forward Port Pillow**, April 9 and 19

**Hereditary Cancer Update**, April 16 (**RSVP 4/12**)

**Building Strength & Stamina**, April 16, 23, & 30

**Art Workshop: Card Making**, April 17

**Red Door Readers: The Ebb Tide by Beverly Lewis**,

April 17

**Nutrition Habits for a Healthier You**, April 24

MON	TUE	WED	THU	FRI
<b>1</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Been There, Done That 6-8 Family Support Group	<b>2</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 6:30-8 Life After Loss-6	<b>3</b> 11-1 Cancer Support Group 11-1 Family & Friends Support Group	<b>4</b> 1:30-4:30 Art Workshop: Acrylic Painting 6-7 <b>Information Session</b> 6-8 Cancer Support Group 6-8 Family Support Group	<b>5</b> 10-11 Tai Chi 10:30-12 Art Workshop: Spring Flowers 1-3 Guitar Lessons
<b>8</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12:30-1:30 <b>Information Session</b> 6-8 Young Adults Living with Cancer 6-8 Family Support Group	<b>9</b> 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	<b>10</b> 11-12 Gentle Yoga 11-12:30 Nutrition Habits for a Healthier You 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-2:30 Poetry of the Heart	<b>11</b> 11-12:30 Gynecologic Cancers Group 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 Support Group 6:30-8 Colorectal Cancers Group	<b>12</b> 10-11 Tai Chi 10-12 Art for Non-Artists 1-3 Guitar Lessons <div style="border: 1px solid black; padding: 5px; text-align: center; color: red; font-weight: bold;">Remembrance Service Saturday, April 13, 11am-12:30pm Music, candlelighting, refreshments. RSVP by 4/10.</div>
<b>15</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1-2:30 Salads in a Jar 6-7:30 Been There, Done That 6-8 Family Support Group	<b>16</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 6-7 <b>Information Session</b>	<b>17</b> 11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family Support Group	<b>18</b> 10:30-12 Springtime Potato Salad 1:30-4:30 Handmade Jewelry: Working with Wire 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Lung Cancer Group	<b>19</b> 10-11 Tai Chi 10:30-12 Ketogenic Diet 101 11-12 Healing Meditation 1-3 Guitar Lessons
<b>22</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-8 Young Adults Living with Cancer 6-8 Family Support Group	<b>23</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 6:30-8 Life After Loss-1	<b>24</b> 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family Support Group	<b>25</b> 10:30-11:30 Healing Meditation 11:30-1 Card Game: Canasta Hand and Foot 1:30-4:30 Art Workshop: Acrylic Pouring 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Colorectal Cancers Group 6:30-8 Support for Partners of People with Colorectal Cancer	<b>26</b> 10-11 Tai Chi 10:30-11:30 <b>Information Session</b> 11-1 What Feeds You- Alumni Group 1-3 Guitar Lessons
<b>29</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12:30-1:30 Hereditary Cancer Update 6-7:30 Been There, Done That 6-7:30 Head and Neck Cancer Group: Annual Tasting Event 6-8 Family Support Group	<b>30</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 6:30-8 Life After Loss-2 6:30-8 Sisters Network		<b>Nashville Clubhouse Hours:</b> <b>Monday, Tuesday, and Thursday</b> <b>9am-8pm</b> <b>Wednesday and Friday, 9am-4:30pm</b>	<b>How do I get started?</b> <b>You must attend an Information Session</b> <b>before registering for most Gilda's Club</b> <b>events. Call (615) 329-1124 or</b> <b>email <a href="mailto:info@gildasclubmiddletn.org">info@gildasclubmiddletn.org</a></b> <b>to sign up for this first step.</b>

MON	TUE	WED	THU	FRI
<b>1</b>	<b>2</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 6:15-7:15 Simply Yoga	<b>3</b> 11-12 <b>Information Session</b>	<b>4</b>	<b>5</b> 10-11 Pilates 11-1 Cancer Support Group
<b>8</b>	<b>9</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Pay it Forward Port Pillow 5:30-7 Kids and Teens Night 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-7 Family Support Group (Call Felice to sign up: (615) 905-9633)	<b>10</b> 10-12 Watercolors Class 10:30-12 Cancer Support Group (Call Felice to sign up: (615) 905-9633)	<b>11</b>	<b>12</b> 10-11 Pilates 11-1 Cancer Support Group 1-2 <b>Information Session</b>
<b>15</b>	<b>16</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 1-2:30 Breast Cancer Group 3:30-4:30 Building Strength & Stamina 5:30-6:30 Hereditary Cancer Update 6-7 <b>Information Session</b>	<b>17</b> 10-12 Art Workshop: Card Making 11-12:30 Red Door Readers: The Ebb Tide by Beverly Lewis	<b>18</b>	<b>19</b> 10-11 Pilates 11-1 Cancer Support Group 11:15-12:15 Pay it Forward Port Pillow
<b>22</b>	<b>23</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 3:30-4:30 Building Strength & Stamina 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-7 Family Support Group (Call Felice to sign up: (615) 905-9633)	<b>24</b> 10:30-12 Cancer Support Group (Call Felice to sign up: (615) 905-9633) 11-12:30 Nutrition Habits for a Healthier You 1-2 <b>Information Session</b>	<b>25</b>	<b>26</b> 10-11 Pilates 11-1 Cancer Support Group 11-12:30 Prostate Cancer Group
<b>29</b>	<b>30</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 10:30-11:30 <b>Information Session</b> 3:30-4:30 Building Strength & Stamina 5:30-7 Men's Group	<b>Williamson County Clubhouse Hours:</b> <b>Tuesday 9:30am-7:30pm</b> <b>Wednesday &amp; Friday</b> <b>9:30am-3pm</b>		<b>How do I get started?</b> <b>You must attend an</b> <b>Information Session</b> <b>before registering for most</b> <b>Gilda's Club events. Sign up:</b> <b>(615) 905-9633</b> <b>or email</b> <b><a href="mailto:info@gildasclubmiddletn.org">info@gildasclubmiddletn.org</a></b>