

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 5/9. Poured acrylics on 5/30.

Collage Self Portraits with Sarah Rubin. Illness affects one's body, identity, and more. Create a collage to explore what has changed and what has stayed the same. Bring photos to incorporate if you'd like.

Flower Cards with Marla Faith. Sketch flowers from observation. Add watercolor pencil to create your own greeting cards.

Glass Painting with Diane Booth. Relax and enjoy great conversation while painting on glass. No experience required.

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.

The Healing Power of Art with Marla Faith. Relax into the gentle power of playing with color & collage, trusting your intuition.

Painting Workshop with Barbara Kane. Create "Bird in the Birch" on 3-panels of reclaimed wood. No experience necessary.

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. No experience required.

NUTRITION AND COOKING CLASSES

Fresh-made Flatbreads with Chef Jill Mayo. Come try this unleavened bread with some tasty toppings. Great eaten fresh or frozen for later use.

Fruity Pebbles Fried Chicken and Waffles with Chef Raenel Stelly. Come check out Chef Rae's fun take on this dish.

Cooking Class: Massaman Curry with Meredith Karney. This a rich, mild Thai curry (not spicy). We will make it vegetarian, prepared with coconut milk, veggies and tofu, served over jasmine rice.

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.

Laugh for the Health of It with Sarah Routman. Experience all the health benefits of laughter. We'll be playful and silly as we weave our way through some fun laughter games in this laughter yoga class.

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 (WCo) with Jarrah Paschall and Survivor Fit Foundation. Designed for everyone, this class works strategically to build strength and flexibility for optimal body balance and improved posture, benefiting the body and mind.

Pilates with Amy Butler (Nashville) and Lisa Cantwell (WCo). Enjoy the balancing effects of this mat class that focuses on gentle strengthening and stretching. Leave 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 & James Schriver (Nashville) and David Bilger (WCo). Join us for this moving meditation, where we'll move with awareness and gently re-awaken the life force.

SUPPORT AND NETWORKING GROUPS

Been There, Done That with Megan Ingram Forshey, LCSW. Connect with other middle and high schoolers who have or have had a cancer diagnosis.

Finding Balance While Caregiving (WCo). Share tips, tools, and techniques for finding and sustaining a healthy balance between providing care to a person with cancer and self-care.

Kids and Teens Night (WCo) with Leslie Welch, MS, CCLS and Megan Forshey, LCSW. Connect through fun activities to 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. Series currently closed. Call to sign up for the next series.

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

Teen Time with Megan Forshey, LCSW. For teens who have been impacted by cancer in any way. Connect with other teens who get it.

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

Activities and Workshops, continued

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EDUCATION

Advanced Care Planning (Nashville and WCo) with Keith King of Alive Hospice. Get the facts on how to ensure your end-of-life wishes will be understood and respected. Lunch will be provided. Nashville sign up by 5/10. WCo sign up by 5/27.

Developing Good Sleep Habits (WCo) with Joyce Sloan, PhD, LPC-MHSP, NCC. Lack of a restful night sleep can affect your productivity, emotions, and weight. Make simple changes that can have a profound impact.

Exercise for a Healthier You (Nashville and WCo) with Kristi Hunter, Wellpower Health Coaching. Sort through different types of exercise, learn which will work best for you, and create an action plan.

Palliative Care 101 with Samuel Robbins. Think palliative care is the same as hospice? It's not. Come learn how the symptom management provided by palliative care can improve your daily life.

Social Security Disability Q&A (WCo) with Ann-Douglas Tycer. Learn about the process of applying for disability, including what one has to prove. Bring your questions to this attorney with 20 years of experience.

SPECIAL/SOCIAL EVENTS

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

First Anniversary Celebration (WCo) Join us as we celebrate one year at our Williamson County location! Connect with Gilda's Club members, staff, and volunteers while enjoying a free light lunch, door prizes, and birthday cake. RSVP by Friday 4/26.

Pay it Forward Port Pillow (WCo) with Ann Roebuck. We'll work as a class to make port pillows. You can take the pillow to an oncologist's office, so that folks in treatment can benefit.

Red Door Readers: Wartime Sisters by Lynda Cohen Loigman (WCo) with Mary Morinec. Join us as we read and discuss a powerful novel about two sisters working in a WWII armory, each with a secret.

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 and 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
615.329.1124

Williamson County location
615.905.9633

May 2 at 6pm
May 8 at 12pm
May 13 at 6pm
May 20 at 12pm
May 30 at 6pm

May 10 at 12pm
May 15 at 11:30am
May 21 at 1pm
May 28 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.

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: May 2019

May 2019

FREE Cancer Support for Men, Women, Children and Families.



Gilda's Club Middle Tennessee is dedicated to providing free support, education and hope to all people impacted by cancer, including family and friends of those diagnosed.

Offerings for men, women, teens, children and families include:

- Support groups
- Mind-body classes
- Individual counseling
- Educational lectures and resources
- Healthy lifestyle workshops
- Social activities

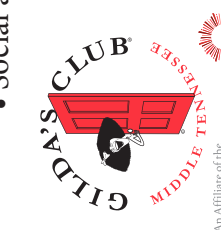
ELECTRONIC SERVICE REQUESTED

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
Teen Time
Young Adults Grieving the Loss of a Parent
Lung Cancer Group
Breast Cancer Group (WCo)
Prostate Cancer Group (WCo)

* Commitment required. For more info: 615.329.1124.



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><i>*Please note: NEW activities are RED*</i></p>	<p>1</p> <p>11-1 Cancer Support Group 11-1 Family & Friends Support Group</p>	<p>2</p> <p>6-7 Information Session 6-8 Cancer Support Group 6-8 Family Support Group</p>	<p>3</p> <p>10-11 Tai Chi 1-3 Guitar Lessons</p>
<p>6</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 Support Group</p>	<p>7</p> <p>10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 11:30-12:30 Laugh for the Health of It 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 6:30-8 Life After Loss-3</p>	<p>8</p> <p>10-11 Collage Self Portraits 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 12-1 Information Session</p>	<p>9</p> <p>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 Support Group 6:30-8 Colorectal Cancers Group</p>	<p>10</p> <p>10-11 Tai Chi 1-3 Guitar Lessons</p>
<p>13</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 Support Group</p>	<p>14</p> <p>10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 11:30-12:30 Advanced Care Planning 1-2:30 Guided Imagery & Relaxation 1-3 Flower Cards 2-4 Guitar Lessons 4-7 Quilting Club 6:30-8 Life After Loss-4</p>	<p>15</p> <p>11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family Support Group</p>	<p>16</p> <p>1:30-4:30 Watercolor Painting 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Lung Cancer Group</p>	<p>17</p> <p>10-11 Tai Chi 10:30-12:30 Painting Workshop 11-1 What Feeds You- Alumni Group 1-3 Guitar Lessons</p>
<p>20</p> <p>10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12-1 Information Session 1:30-4:30 Fresh-made Flatbreads 6-7:30 Teen Time 6-7:30 Head and Neck Cancer Group 6-8 Family Support Group</p>	<p>21</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 5:30-7 Cooking Class: Massaman Curry 6:30-8 Life After Loss-5</p>	<p>22</p> <p>11-12 Gentle Yoga 11-12:30 Exercise for a Healthier You 11-1 Cancer Support Group 11-1 Family Support Group 1-3 The Healing Power of Art</p>	<p>23</p> <p>10:30-11:30 Palliative Care 101 11:30-1 Card Game: Canasta Hand and Foot 1:30-4:30 Handmade Jewelry: Working with Wire 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</p>	<p>24</p> <p>Clubhouse Closed</p>
<p>27</p> <p>Clubhouse Closed</p>	<p>28</p> <p>10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 11:30-1 Fruity Pebbles Fried Chicken and Waffles 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 6:30-8 Life After Loss-6 6:30-8 Sisters Network</p>	<p>29</p> <p>11-1 Cancer Support Group 11-1 Family Support Group</p>	<p>30</p> <p>1:30-4:30 Art Workshop: Acrylic Pouring 6-7 Information Session 6-8 Cancer Support Group 6-8 Family Support Group</p>	<p>31</p> <p>10-11 Tai Chi 1-3 Guitar Lessons</p>

MON	TUE	WED	THU	FRI
	<p>Williamson County Hours:</p> <p>Tuesday 9:30am-7:30pm</p> <p>Wednesday & Friday 9:30am-3pm</p> <p>You must attend an Information Session before registering for most Gilda's Club events.</p>	<p>1</p> <p>10:30-11:30 Tai Chi 12-1 First Anniversary Celebration</p>	<p>2</p>	<p>3</p> <p>11-1 Cancer Support Group 11:15-12:15 Pay it Forward Port Pillow</p>
<p>6</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-6:30 Developing Good Sleep Habits 6:15-7:15 Simply Yoga</p>	<p>7</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-6:30 Developing Good Sleep Habits 6:15-7:15 Simply Yoga</p>	<p>8</p> <p>10:30-11:30 Tai Chi 10:30-12 Cancer Support Group 11-12:30 Exercise for a Healthier You</p>	<p>9</p>	<p>10</p> <p>10-11 Pilates 11-1 Cancer Support Group 12-1 Information Session</p>
<p>13</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Kids and Teens Night 5:30-7 Post-Treatment: The Emotional Aftermath 6-7 Finding Balance While Caregiving</p>	<p>14</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 Kids and Teens Night 5:30-7 Post-Treatment: The Emotional Aftermath 6-7 Finding Balance While Caregiving</p>	<p>15</p> <p>10:30-11:30 Tai Chi 11-12:30 Red Door Readers: Wartime Sisters by Lynda Cohen Loigman 11:30-12:30 Information Session</p>	<p>16</p>	<p>17</p> <p>10-11 Pilates 11-1 Cancer Support Group</p>
<p>20</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-1:30 Watercolors Class 1-2 Information Session 1-2:30 Breast Cancer Group 2-3 Low Impact Barre & Movement Class 5:30-6:30 Social Security Disability Q&A</p>	<p>21</p> <p>10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-1:30 Watercolors Class 1-2 Information Session 1-2:30 Breast Cancer Group 2-3 Low Impact Barre & Movement Class 5:30-6:30 Social Security Disability Q&A</p>	<p>22</p> <p>10:30-11:30 Tai Chi 10:30-12 Cancer Support Group 11:30-12:30 Finding Balance While Caregiving</p>	<p>23</p>	<p>24</p> <p>Clubhouse Closed</p>
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