

# Activities and Workshops

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

## EXPRESSIVE ARTS ACTIVITIES

**Acrylic Painting** with Jill Mayo. Simple techniques to create a beautiful painting to take home. Intermediate level.

**Beginning Charcoal Drawing Class** with Chara Brown. A guided process to build foundational drawing skills with charcoal. All levels welcome. Attendance at both sessions suggested, not required.

**Birds of a Feather** with Barbara Kane. Make your own gel paper and craft a 2 dimensional bird that can hang proudly in your home.

**Expressive Art: Pysanky (Ukrainian Eggs)** with Mary Snowden. Learn and practice the process of decorating an egg with a repeating progression of wax and dye to produce a beautiful design. Join us once or multiple times.

**The Fold: Origami (WCo and Nashville)** with Ed Choate. Join us for casual instruction and cozy conversation. Beginners welcome.

**Fluid Acrylics Class** with Jill Mayo. Acrylics with a thin consistency, designed to flow easily, without a brush. Beginner level.

**Glass Painting** with Diane Booth. Artists and non-artists come together. Not a teaching class, but you will learn from each other.

**Guitar Lessons** with Pete Bartels. Learn the basics and begin to play your favorite songs. Bring your own instrument, although one may be available to borrow short-term.

**Handmade Jewelry: Polymer Clay Jewelry** with Jill Mayo. Make a unique jewelry piece. Beginner to intermediate level.

**Learn to Draw (WCo and Nashville)** with Meryl Kraft. Learn to really see what's in front of you and how to put that image on a piece of paper. You'll be amazed at what the artist inside of you can do!

**Mountain Dulcimer Alumni Group** with Sandy Conatser. A chance to play with others who have completed our dulcimer series.

**Project-Based Sewing** with Tonya Allen & Cindy Cripe. We'll sew small projects each month. Minimal sewing skills needed.

**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.

**Springtime Craft (WCo)** with Ronnie Shuler. Welcome warmer weather and sunnier skies with a fun springtime craft.

**Watercolor Painting** with Jill Mayo. Learn watercolor basics and color theory. Leave with a beautiful piece. Intermediate level class.

## NUTRITION AND COOKING CLASSES

**Cooking a Cajun Gumbo** with Karl and Sheree Broussard. These Louisiana natives will take you step-by-step through the preparation of chicken and sausage gumbo. Enjoy lunch and leave with recipe cards and some ingredients.

**Lunch and Learn: Eating Well During Cancer Treatment and Survivorship** with Danielle Gilbert and Karen Gillingham. Learn why nutrition is an important part of cancer treatment and survivorship, as well as how to make manageable and meaningful shifts in your diet. **Lunch provided. Sign up by March 5.**

**What Feeds You (WCo)** with Danielle Gilbert, Certified Health Coach. A 6-session series. Currently closed to new attendees.

**What Feeds You - Alumni Group** with Danielle Gilbert. Open to anyone who has completed the "What Feeds You" series.

## MIND-BODY & MOVEMENT WORKSHOPS

**Line Dancing for Beginners** with Debbie Howell. Improves stamina, muscle tone and coordination, and is a great stress buster and energy booster. And it's FUN! Come give it a try!

**Gentle Stretching (WCo)** with Nancy Stevens. Looking for a way to strengthen muscles that puts a smile on your face, energizes you and is gentle? This is the class for you!

**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. Practice techniques that encourage emotional balance. Shown to be of help to individuals with stress, anxiety, and pain.

**Lifetime Yoga** with Liz Trinkler. Open yourself, stretch your muscles, and awaken your whole being! Optional props to suit individual needs. Relax and renew with meditation and movement.

**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.

**Sound Bath** with Jamie Givens. Come listen, meditate or rest with the healing tones of crystal and Himalayan singing bowls together with other therapeutic frequencies to revive your own inner harmony.

**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 reawaken the life force.

**Yin Yoga: An Inward Journey** with Savanna Starko. Enjoy long, passively held poses. Benefits include increased flexibility, joint stabilization, and release of emotional tension. All skill levels welcome. Attendance at all three classes suggested.

## SUPPORT AND NETWORKING GROUPS

**Family Night** with Megan Ingram Forshey, LCSW. A chance for parents, kids, and teens to meet for support and fun. Kids & teens will have time for conversation & activities, while parents meet separately.

# Activities and Workshops, continued

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**Kids and Teens Night (WCo)** with Leslie Welch, MS, CCLS & Deanna Candeloro, LPC-MHSP(T). Connect through fun activities that encourage healthy emotional expression. Jet's Pizza provided.

**Life After Loss** with Warren Thompson, PhD (Nashville) and Carla Archuletta, MA, LPC/MHSP (WCo). A 6-session series for adults grieving the loss of a loved one who died of cancer in the last year. Commitment to the series required. Nashville series currently closed.

**Post-Treatment: The Emotional Aftermath** with Dana Davis, LCSW (Nashville) & Maureen Sanger, PhD (WCo). When treatment is over how do you put the pieces back together? For those who've completed treatment in the last 3 years. Regular attendance requested.

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

## EDUCATION

**CBD Conversations** with Luci Crow, MS, RD, Holistic Cannabis Practitioner. Learn how cannabis works to relieve symptoms and side effects. Get guidance on products and serving size, as well as info on safety and ethics surrounding use of cannabis as holistic healthcare.

**Financial Basics (WCo)** with Hannah Alexander, CPA. Learn the basics of financial planning including budgeting, saving, spending, investing, and insurance.

**Living with a Life-Limiting Prognosis (WCo)** Joan Furman. An opportunity to be with others facing their own end of life or a loved one's. While you don't have to read it, free copies of Joan's book, [The Dying Time](#), will be available prior to the group.

**Navigating the Insurance Maze Q&A** with Margaret J. Smith. Bring your current insurance problems, issues, and questions with the goal of getting an answer and/or a plan for next steps.

**Self Care Tips** with Lori Marini, Certified Life & Wellness Coach. Learn some simple ways to take care of yourself & get life in balance.

## SPECIAL/SOCIAL EVENTS

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

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

**Red Door Readers: The Silent Patient (WCo)** with Mary Morinec. Come ready to discuss this book by Alex Michaelides.

**Six free counseling sessions** are available for Gilda's Club members who might not otherwise be able to afford them. 6x use required.

**Free health coaching sessions** are also available for 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 one-hour **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>
<b>March 6 at 11am</b>	<b>March 3 at 11am</b>
<b>March 9 at 6pm</b>	<b>March 11 at 1pm</b>
<b>March 16 at 1pm</b>	<b>March 20 at 12pm</b>
<b>March 24 at 6pm</b>	<b>March 24 at 6pm</b>

## 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.** To avoid disruption, we ask that you do not attend activities if you are more than 5 minutes late.

**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.

March 2020

Free Cancer Support ~ March 2020

## 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
- Healthy lifestyle and resources 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 donors and 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 activities. Signing up is EASY.** Call us, email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org), or use the free MINDBODY app, available via the app store.

- 4 We offer 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 & Neck Cancer Group  
Young Adults Group: 18-22  
Young Adults Group: 23+  
Colorectal Cancers Group  
Sisters Network  
Teen Time  
Young Adults Grieving the Loss of a Parent  
Lung Cancer Group  
Breast Cancer Group (WCo)  
Prostate Cancer Group (WCo)

\* Commitment required. More info: 615.329.1124.



1707 Division Street  
Nashville, TN 37203





MON	TUE	WED	THU	FRI
<b>2</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-8 Family Support Group	<b>3</b> 1-2:30 Guided Imagery & Relaxation 4-7 Project-Based Sewing: Multi-Purpose Tote Bag 6:30-8 Life After Loss- 3	<b>4</b> 10-12 Art Workshop: Glass Painting 11-1 Cancer Support Group 11-1 Family Support Group 12:30-1:20 Pilates 12:30-3:30 Quilting Club	<b>5</b> 9:30-11 Gynecologic Cancers Group 1-3 Guitar Lessons 1:30-4:30 Acrylic Painting 6-7:30 Post Treatment: The Emotional Aftermath 6-8 Cancer Support Group 6-8 Family Support Group	<b>6</b> 10-11 Tai Chi 11-12 <b>Information Session</b>
<b>9</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1-2 <b>Information Session</b> 1-3 <b>Beginning Charcoal Drawing Class</b> 6-8 Family Support Group 6-8 Young Adults Group: Age 23 and up	<b>10</b> 10:30-12 Coffee Talk 10:30-12 Mountain Dulcimer Alumni Group 11-12:30 <b>Lunch and Learn: Eating Well During Cancer Treatment &amp; Survivorship</b> 1-2:30 Guided Imagery & Relaxation 4-7 <b>Expressive Art: Pysanky (Ukrainian Eggs)</b> 6-7:30 Teen Time 6:30-8 Life After Loss- 4	<b>11</b> 10-12 Art Workshop: Glass Painting 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family Support Group 12:30-1:20 Pilates 12:30-3:30 Quilting Club	<b>12</b> 10-11 <b>Yin Yoga: An Inward Journey</b> 11-1 Card Game: Canasta Hand and Foot 1-3 Guitar Lessons 1:30-4 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>13</b> 10-11 Tai Chi 11:30-1:30 The Fold: Origami
<b>16</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7 <b>Information Session</b> 6-8 Young Adults Group: Ages 18-22 6-8 Family Support Group	<b>17</b> 10:30-12 <b>Navigating the Insurance Maze Q&amp;A</b> 1-2:30 Guided Imagery & Relaxation 4-7 Project-Based Sewing: Multi-Purpose Tote Bag 6:30-8 Life After Loss- 5	<b>18</b> 10-12 Art Workshop: Glass Painting 11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family Support Group 12:30-3:30 Quilting Club 1:30-2:30 <b>Line Dancing for Beginners</b>	<b>19</b> 10-11 <b>Yin Yoga: An Inward Journey</b> 11-12 Sound Bath 1-3 Guitar Lessons 1:30-4:30 Handmade Jewelry: Polymer Clay 6-7:30 Post Treatment: The Emotional Aftermath 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Lung Cancer Group	<b>20</b> 10-11 Tai Chi 10-12 <b>Learn to Draw</b>
<b>23</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1-3 <b>Beginning Charcoal Drawing Class</b> 6-8 Family Support Group 6-8 Young Adults Group: Age 23 and up	<b>24</b> 11-12 <b>Self Care Tips</b> 1-2:30 Guided Imagery & Relaxation 4-7 <b>Expressive Art: Pysanky (Ukrainian Eggs)</b> 6-7 <b>Information Session</b> 6:30-8 Life After Loss- 6	<b>25</b> 10-12 Art Workshop: Glass Painting 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family Support Group 12:30-1:20 Pilates 12:30-3:30 Quilting Club	<b>26</b> 10-11 <b>Yin Yoga: An Inward Journey</b> 11-1 Card Game: Canasta Hand and Foot 1-3 Guitar Lessons 1:30-4:30 Fluid Acrylics Class 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Colorectal Cancers Group	<b>27</b> 10-11 Tai Chi 11-12 <b>CBD Conversations</b> 11-1 What Feeds You- Alumni Group
<b>30</b> 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 11:30-1:30 <b>Birds of a Feather</b> 6-7:30 Head and Neck Cancer Group 6-8 Family Support Group	<b>31</b> 10:30-12:30 <b>Cooking a Cajun Gumbo</b> 1-2:30 Guided Imagery & Relaxation 6-7:30 Family Night 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>  *Please note: NEW activities are RED*	<b>How do I get started?</b>  <b>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.</b>

MON	TUE	WED	THU	FRI
<b>2</b>	<b>3</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11-12 <b>Information Session</b>	<b>4</b> 10-11 Tai Chi	<b>5</b>	<b>6</b> 10-11 Pilates 10-11:30 Road to Resilience- 4 11-1 Cancer Support Group 1-2:30 What Feeds You- 4
<b>9</b>	<b>10</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 12:30-2:30 Cancer Support Group 5:30-7 Kids and Teens Night 5:30-7 Post-Treatment: The Emotional Aftermath	<b>11</b> 10-11 Tai Chi 10:30-12 Cancer Support Group 11:30-1:30 The Fold: Origami 1-2 <b>Information Session</b>	<b>12</b>	<b>13</b> 10-11 Pilates 11-12:30 Prostate Cancer Group 11-1 Cancer Support Group
<b>16</b>	<b>17</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Gentle Stretching 1-2:30 Breast Cancer Group 5:30-7 <b>Financial Basics</b>	<b>18</b> 10-11 Tai Chi 12-1:30 <b>Red Door Readers: The Silent Patient</b> 12:30-2:30 <b>Learn to Draw</b>	<b>19</b>	<b>20</b> 10-11 Pilates 11-1 Cancer Support Group 12-1 <b>Information Session</b> 1-2:30 What Feeds You- 5
<b>23</b>	<b>24</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 12:30-2:30 Cancer Support Group 1-2:30 <b>Springtime Craft</b> 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-7 <b>Life After Loss- 1</b> 6-7 <b>Information Session</b>	<b>25</b> 10-11 Tai Chi 10:30-12 Cancer Support Group	<b>26</b>	<b>27</b> 10-11 Pilates 10-11:30 <b>Living with a Life-Limiting Prognosis</b> 11-12:30 Prostate Cancer Group 11-1 Cancer Support Group
<b>30</b>	<b>31</b> 10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-7 <b>Life After Loss- 2</b>	<b>Williamson County Hours:</b> <b>Tuesday 9:30am-7:30pm</b> <b>Wednesday &amp; Friday</b> <b>9:30am-3pm</b>  *Please note: NEW activities are RED		<b>Get started by attending an Information Session.</b>  <b>Call (615) 905-9633 or email info@gildasclubmiddletn.org to sign up for this first step.</b>