

Join Us

Gilda's Club Middle Tennessee

Free support for anyone impacted by cancer

○ VIRTUAL ACTIVITY
○ IN-PERSON ACTIVITY
○ HYBRID ACTIVITY

This Month at Gilda's Club!

Craft Class: Quilting Club Come finish that long undone project or start a new one. Fabric and other supplies are available to help you get started. No experience required. ○

No Equipment Workout with Coach Karen Gillingham of New Beginnings Center Join us for an exercise class that doesn't require any equipment and can be done in your living room! This class is appropriate for all fitness levels and physical abilities. ○

What Feeds You Series 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. Contact us to join the next six-week series. ○

Drawing Class for YOU! with Meryl Kraft Perfect for any level of experience. 6/2 Why is composition so important in drawing? 6/16 Design a piece of art based on you! 6/30 Composing the perfect picture. ○

Tai Chi with Chip Forrester Moving meditation. Movement with awareness. Gently re-awakening the life force. Wear comfortable clothing. ○

Contemplative Walking with Lynn Dunavant and Robbie Pinter Meet at the Clubhouse for a walk to the Scarritt Bennett Center Labyrinth, or meet us there, to learn about the history of and practice contemplative walking. ○

Exploring Meditation and Self-Inquiry with Savanna Starko Each week, we'll gather in a safe space to learn the basics of meditation and self-inquiry practice. ○

Pilates with Amy Butler Enjoy the balancing effects of this mat class that focuses on gentle, full-body strengthening and stretching. All levels welcome. Have a mat and towel handy. ○

Guided Imagery and Relaxation with Claudia Prange Guided imagery has been shown to help individuals with stress, anxiety, depression, pain and the discomfort of some cancer treatments. Practice techniques that encourage emotional balance. ○

Lunchtime Yoga with Laura Alabed-Olsson Dedicate 45 minutes of your lunch break to some self care. We'll move gently with the goal of stretching, strengthening and improving balance. No experience required. ○

Life After Loss Series with Angela Hurston, LSSW For adults who have experienced a loss due to cancer in the last year. Contact us to join the next six-week series. ○

What Feeds You Alumni Group with Danielle Gilbert, Certified Health Coach Open to anyone who has completed the "What Feeds You" series. ○

NEW Brain and CNS Cancer Networking Group with Tangela Babb, MSW, CSW A monthly support and networking group for people with primary brain or central nervous system cancer diagnosis and their family members. ○

Open Art Studio with our members Gather your materials and join our creative community to make any type of art and share during this virtual open studio time. ○

Never Miss A Monday: YA Wellness Join us for a great start to the week for an all levels/survivor friendly workout and connect with other YAs impacted by cancer. In partnership with Survivor Fitness. ○

NEW One Day, Fun Day Calling all kids and teens! Those impacted by cancer in any way are invited to join us for a day of fun and connection. Creative activities, games, treats and lunch will be provided. Ages 5-18. Check-in 9:00 - 9:30 AM ○

Family Night with Liz Geller, Megan Forshey Join other parents, children, and teens for conversation, dinner, and a creative activity. All ages welcome. ○
Sponsored in loving memory of Carley Farley Meade.

NEW Cooking: Cool Summer Salads with Felice Apolinsky Stay cool and learn three of Felice's favorite quick and easy summer salads.

"Speaking Grief" Documentary Screening with Ali Drescher, MA, LPT, FT Join us to watch this new and engaging 50-minute movie that sparks conversation about how we all experience and talk about grief. The screening is paired with a guided discussion and group art activity. ○

NEW Young Adults Grieving a Loss: Meet n' Eat with Megan Forshey Let us greet you at the Clubhouse for a casual dinner and meet other young adults grieving a loss due to cancer. RSVP by Monday 6/27 ○

Cancer Experience Registry

We know and value that people impacted by cancer have a unique story to tell whether as a patient, a family member, or a caregiver.

In just 60 minutes, you have the potential to change the future of cancer care for this generation, and the next. This research survey (CER) is open to anyone diagnosed with cancer as well as any relatives or friends who act/acted as caregivers.



What is Gilda's Club?

Our evidence-based program offers support, resource referrals, educational and healthy lifestyle workshops, mind-body classes, and social opportunities to adults, teens, and children affected by a cancer diagnosis, including friends and family members.

Our namesake, Gilda Radner, was one of the original cast members of "Saturday Night Live." Diagnosed with ovarian cancer, she said that having cancer gave her membership in an elite club she'd rather not belong to.

Gilda's Club offers several ongoing, weekly support groups and networking groups. Current offerings include:

- Cancer Support Group *
- Family Support Group *
- Life After Loss Series
- Life After Loss Alumni Group
- Gynecologic Cancers Group
- Brain and CNS Cancer Networking Group
- Breast Cancer Group
- Prostate Cancer Group
- Lung Cancer Group
- Multiple Myeloma Group
- Kids and Teens Group
- Head and Neck Cancers Group
- Young Adults with Cancer
- Colorectal Cancers Group
- Early Stage Cancer Group
- Post-Treatment: The Emotional Aftermath Series
- Sister's Network
- Spanish Cancer Support Group for Women



Groups indicated with * require a commitment to attend on a regular basis.

Gilda's Club Middle Tennessee's cancer support program is available in-person at our Clubhouse in Nashville and on-line/virtually through Zoom.

How can I get started?

Becoming a member is FREE and easy! Sign up to attend a Virtual Orientation Session to learn about our program. After that, you'll set up a time to meet with a member of our clinical team to talk about how to get the support that best suits your needs.

Contact us today! Visit www.gildasclubmiddletn.org/membership and click on "Become a Member" or call 615-329-1124.

Virtual Orientation Session dates:

Wednesday	6/1 at 12:00 PM
Tuesday	6/7 at 6:00 PM
Tuesday	6/14 at 6:00 PM
Wednesday	6/22 at 12:00 PM
Wednesday	6/29 12:00 PM

How can I volunteer?

Being a volunteer changes lives! Please contact our volunteer coordinator, Jennifer Wilkins via email jennifer@gildasclubmiddletn.org

June 16 - One Day, Fun Day Assist with set up/clean up and activities for kids and teens. 9:00 AM- 12:30 PM

June 17-19 - American Artisan Festival - Community Outreach Volunteer. Represent Gilda's Club at this time honored arts festival at Centennial Park. Moring, afternoon and evening shifts available.

Ongoing - Virtual Workshop Assistant Help our facilitators with basic Zoom technology during their workshops.

Ongoing - Clerical Volunteer. Do you have a smile and a "let's do this" attitude? Welcome our members and help staff our front desk.

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:30-10:30 No Equipment Workout 11-12 What Feeds You Series-5 11-1 Cancer Support Group 11-1 Family Support Group 12-1 Virtual Orientation Session	10-11:30 Cancer Support Group for Women - Spanish 11-12:30 Breast Cancer Group 12-1 Drawing Class for YOU! 6-8 Family Support Group 6-8 Cancer Support Group	10-11 Tai Chi 10-11 Contemplative Walking Group 1:30-2:30 Exploring Meditation & Self-Inquiry
6	7	8	9	10
10-10:45 Pilates 10:30-12:30 Cancer Support Group 6-8 Family Support Group	10-11 Guided Imagery & Relaxation 1-3 Cancer Support Group 6-7 Virtual Orientation Session 6-7:30 Early Stage Cancers Group 6:30-8 Life After Loss Series - 4	10:30-1:30 Craft Class:Quilting Club 11-12 What Feeds You Series-6 11-1 Cancer Support Group 11-1 Family Support Group	12-1 Open Art Studio 4:30-5:30 Kids Grief Group 6-8 Family Support Group 6:30-8 Colorectal & Anal Cancer Group	10-11 Tai Chi 10-11 Contemplative Walking Group 11-12:30 What Feeds You Alumni Group 11-12:30 Prostate Cancer Group 1:30-2:30 Exploring Meditation & Self-Inquiry
13	14	15	16	17
10-10:45 Pilates 10:30-12:30 Cancer Support Group 11:30-12:30 Brain& CNS Cancer Group 6-8 Family Support Group 6-7:30 Never Miss a Monday: YA Wellness	10-11 Guided Imagery & Relaxation 12-12:45 Lunchtime Yoga 1-3 Cancer Support Group 6-7 Virtual Orientation Session 6:30-8 Life After Loss Series - 5	9:30-10:30 No Equipment Workout 11-1 Cancer Support Group 11-1 Family Support Group 11-12:30 Multiple Myeloma Group	9:30-12 One Day, Fun Day 10-11:30 Cancer Support Group for Women - Spanish 11-12:30 Breast Cancer Group 12-1 Drawing Class for YOU! 6-8 Family Support Group 6-8 Cancer Support Group 6:30-8 Lung Cancer Group	10-11 Tai Chi 1:30-2:30 Exploring Meditation & Self-Inquiry
20	21	22	23	24
10-10:45 Pilates 10:30-12:30 Cancer Support Group 6-8 Family Support Group	10-11 Guided Imagery & Relaxation 10:30-12 Gynecological Cancers Group 12-12:45 Lunchtime Yoga 1-3 Cancer Support Group 6-7:30 Early Stage Cancer Group 6:30-8 Life After Loss Alumni 6:30-8 Life After Loss Series - 6	10:30-1:30 Craft Class: Quilting Club 11-1 Cancer Support Group 11-1 Family Support Group 12-1 Virtual Orientation Session	12-1 Open Art Studio 5:30-7:30 Family Night 6-8 Family Support Group 6:30-8 Colorectal & Anal Cancer Group	10-11 Tai Chi 11:30-1 Cooking: Cool Summer Salads 1:30-2:30 Exploring Meditation & Self-Inquiry
27	28	29	30	
10-10:45 Pilates 10:30-12:30 Cancer Support Group 6-8 Family Support Group 6-8 Young Adults With Cancer 6-7:30 Head and Neck Cancer Group	10-11 Guided Imagery & Relaxation 12-12:45 Lunchtime Yoga 1-3 Cancer Support Group 6:30-8 Speaking Grief Documentary 6:30-8 Sisters Network	11-1 Cancer Support Group 11-1 Family Support Group 12-1 Virtual Orientation Session	12-1 Drawing Class for YOU! 6-7:30 Young Adults Grieving a Loss: Meet 'n Eat 6-8 Family Support Group 6-8 Cancer Support Group	

****Activities listed in RED are IN-PERSON or HYBRID, activities listed in BLACK are VIRTUAL.****

Please Remember:

Reservations are required for all Gilda's Club activities and signing up is EASY. Simply call us at 615-329-1124, email RSVP@gildasclubmiddletn.org, or use the free MINDBODY app, available via the app store. A desktop version is available via our website.

Be punctual. Whether you're in person or virtual, please arrive on time. Activities are closed to additional participants after 10 minutes.

Participating in person? We're doing all we can to ensure everyone's health and safety. Vaccinations and masks are required.

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.