

# JULY 2024

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <p>10:30 - 12:30 Cancer Support Group<br/>6 - 7:30 Acrylic Pouring with Ashley<br/>6 - 8 Family Support Group</p> <p style="text-align: right;"><b>1</b></p>   | <p>10 - 11 Guided Imagery &amp; Relaxation<br/>12 - 1:30 Exploring Purposeful Living &amp; Dying<br/>6 - 7:30 Life After Loss Series - 2</p> <p style="text-align: right;"><b>2</b></p>  | <p>10:30 - 11:30 Gentle Yoga<br/>11 - 1 Family Support Group</p> <p style="text-align: right;"><b>3</b></p>  | <p><b>CLUBHOUSE<br/>CLOSED</b></p> <p style="text-align: right;"><b>4</b></p>   | <p><b>CLUBHOUSE<br/>CLOSED</b></p> <p style="text-align: right;"><b>5</b></p>   |
| <p>10:30 - 12:30 Cancer Support Group<br/>6 - 7:30 Young Adults with Cancer<br/>6 - 8 Family Support Group</p> <p style="text-align: right;"><b>8</b></p>  | <p>10 - 11 Guided Imagery &amp; Relaxation<br/>12 - 4 Card Club<br/>5:30 - 6:30 Community Meal<br/>6:30 - 7:30 Using Emotions as Tools<br/>6 - 7:30 Life After Loss Series - 3</p> <p style="text-align: right;"><b>9</b></p>  | <p>10:30 - 11:30 Gentle Yoga<br/>10:30 - 1:30 Craft Class: Quilting Club<br/>11 - 1 Family Support Group<br/>11:30 - 12:30 Coffee Talk<br/><b>12 - 1 Orientation Session</b></p> <p style="text-align: right;"><b>10</b></p>           | <p>10 - 11:30 Cancer Support Group for Women - Spanish Speaking<br/>12:30 - 2 Neurographic Art<br/>5:30 - 6:30 Stress Reduction Strategies<br/>6 - 7:30 TBCC Breast Cancer Group</p> <p style="text-align: right;"><b>11</b></p>                                | <p>9 - 9:45 Moment of Meditation<br/>10 - 11 Tai Chi<br/>12 - 1 Post Treatment Group<br/>12 - 1 Cooking Class: <i>GRITS Farm2Fork Supper Club &amp; Catering</i></p> <p style="text-align: right;"><b>12</b></p>  |
| <p>10:30 - 12:30 Cancer Support Group<br/>5:30 - 7:30 Candle Making Workshop<br/><b>6 - 7 Orientation Session</b><br/>6 - 8 Family Support Group</p> <p style="text-align: right;"><b>15</b></p>     | <p>10 - 11 Guided Imagery &amp; Relaxation<br/>10:30 - 12 Gynecologic Cancers Group<br/>11:00 - 12:00 Barre Fitness<br/>6 - 7:30 Life After Loss Series - 4</p> <p style="text-align: right;"><b>16</b></p>  | <p>10:30 - 11:30 Gentle Yoga<br/>11 - 1 Family Support Group<br/>12 - 1:30 Multiple Myeloma Group <i>with special guest Mary Derome, MMRF</i><br/>2 - 3:30 Acrylic Pouring with Ashley</p> <p style="text-align: right;"><b>17</b></p> | <p>11 - 12:30 Breast Cancer Group<br/>12:30 - 2 Nature Journaling with Shelby Bottoms<br/>6 - 7:30 Poetry Night &amp; Open Mic for Writers<br/>7:30 - 8:15 Nighttime Yoga &amp; Meditation</p> <p style="text-align: right;"><b>18</b></p>                      | <p>9 - 9:45 Moment of Meditation<br/>10 - 11 Tai Chi<br/>11:30 - 12 Cooking Class: Spice Blend Vinaigrette and Salad w/ Chef Sydney<br/>12 - 1 Community Meal - <i>featuring Chef Sydney's Salad Creation</i><br/>12 - 1 LGBTQ+ Cancer Group<br/>1- 2 Book Club</p> <p style="text-align: right;"><b>19</b></p> |
| <p>10:30 - 12:30 Cancer Support Group<br/>6 - 7:30 Young Adults with Cancer<br/>6 - 8 Family Support Group</p> <p style="text-align: right;"><b>22</b></p>   | <p>10 - 11 Guided Imagery &amp; Relaxation<br/>11 - 12 Strategies to Maintain Independent Living &amp; Reduce Falls<br/>12 - 4 Card Club<br/>5:30 - 6:30 Community Meal<br/>6 - 7:30 Life After Loss Series - 5<br/>6:30 - 8 Life After Loss Group</p> <p style="text-align: right;"><b>23</b></p> | <p>10:30 - 11:30 Gentle Yoga<br/>10:30 - 1:30 Craft Class: Quilting Club<br/>11 - 1 Family Support Group<br/><b>12 - 1 Orientation Session</b></p> <p style="text-align: right;"><b>24</b></p>   | <p>12:30 - 2 Paint Like a Pro!<br/>4:30 - 6:30 Imagining Wholeness: Expressive Art &amp; Well-Being Exhibition<br/>6 - 7 Men's Group</p> <p style="text-align: right;"><b>25</b></p>  | <p>9 - 9:45 Moment of Meditation<br/>10 - 11 Tai Chi<br/>12 - 1 Post Treatment Group</p> <p style="text-align: right;"><b>26</b></p>  |
| <p>10:30 - 12:30 Cancer Support Group<br/><b>6 - 7 Orientation Session</b><br/>6 - 8 Family Support Group<br/>6 - 7:30 Head &amp; Neck Cancers Group</p> <p style="text-align: right;"><b>29</b></p> | <p>10 - 11 Guided Imagery &amp; Relaxation<br/>11 - 12 Expressive Art Power Hour<br/>1 - 2 Safe &amp; Sound with <i>12Moons</i><br/>6 - 7:30 Life After Loss Series - 6<br/>6:30 - 8 Sisters Network</p> <p style="text-align: right;"><b>30</b></p>   | <p>10:30 - 11:30 Gentle Yoga<br/>11 - 1 Family Support Group</p> <p style="text-align: right;"><b>31</b></p>   | <p><b>Feeling Sick?</b> </p> <p><i>Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.</i></p> |   |

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

## COMMUNITY MEALS

### Community Meals

Tuesday, July 9 & 23 | 5:30 - 6:30 PM

Friday, July 19 | 12:00 - 1:00 PM

Enjoy a family-style meal and connect with others here at the clubhouse! *RSVP required; space is limited.*

## HYBRID OFFERINGS

### Exploring Purposeful Living & Dying | Heidi O'Neil, NBC Health & Wellness Coach; End of Life Coach

Tuesday, July 2 | 12:00 - 1:30 PM

Join us monthly in a time of contemplation as together we honor and open to the emotional side of dying in order to live more fully.

### Using Emotions as Tools | Jessica Baladad, *Feel for Your Life*

Tuesday, July 9 | 6:30 - 7:30 PM

Join Jessica as she discusses making mindset changes, understanding emotions, and using emotions as tools.

### Barre Fitness | Sarah Denger, *Fitness by Sarah*

Tuesday, July 16 | 11:00 AM - 12:00 PM

Enjoy a fun barre workout suitable for all fitness levels! Wear comfy clothes, we'll provide the rest.

### Poetry Night & Open Mic for Writers | Claire Coenen, LMSW

Thursday, July 18 | 6:00 - 7:30 PM

Share your poetry or writings for an intimate night of community. Claire Coenen of *The Porch Writer's Collective* will join us to read from her new book of poetry, *The Beautiful Keeps Breathing!* Come to share or to listen and to enjoy light refreshments.

### Book Club | Christina Healey, LPC-MHSP

Friday, July 19 | 1:00 AM - 2:00 PM

Email [Christina@gildasclubmiddletn.org](mailto:Christina@gildasclubmiddletn.org) for more information.

### Strategies to Maintain Independent Living & Reduce Falls

| Kirsty Livingston, OT/L, CLT, *ReVital Program Director*

Tuesday, July 23 | 11:00 AM - 12:00 PM

Learn strategies to support independent living, balance & mobility.

### What Feeds You | Christina Healey, LPC-MHSP

*What Feeds You will return in August!*

## VIRTUAL OFFERINGS

### Life After Loss Series | Angela Hurston, LMSW

Tuesday, June 25 - Tuesday, July 30 | 6:00 - 7:30 PM

Come together with others grieving the loss of a loved one during this 6-week guided program. Current series closed. *Please email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org) or call the Clubhouse for more information about the next series.*

### Stress Reduction Strategies | Hannah Chew

Thursday, July 11 | 5:30 - 6:30 PM

Participate in a discussion of stress management and coping strategies for the body and mind with Vanderbilt Medical student, Hannah Chew.

### Nighttime Yoga & Meditation | Savanna Starko

Thursday, July 18 | 7:30 - 8:15 PM

Take time to unwind and prepare your body to sleep.

### Your Story Matters: A Monthly Writing Workshop | Jenni Dawn Muro, Writer, Speaker, Entertainment Consultant

*Your Story Matters will return in August!*

## IN-PERSON OFFERINGS

### Acrylic Pouring with Ashley | Ashley Nicholson

Monday, July 1 | 6:00 - 7:30 PM

Wednesday, July 17 | 2:00 - 3:30 PM

Let your creativity flow with this fluid painting technique.

### Game Time: Card Club

Tuesday, July 9 | 12:00 - 4:00 PM

Tuesday, July 23 | 12:00 - 4:00 PM

Play Hand and Foot Canasta and venture into other card games like Pegs and Jokers and Forty Below. Simple rules and lots of fun.

### Coffee Talk

Wednesday, July 10 | 11:30 AM - 12:30 PM

Join a casual social hour with coffee and scones provided by our friends at *Just Love Coffee Café!*

### Craft Class: Quilting Club - space limited, please RSVP

Wednesday, July 10 | 10:30 AM - 1:30 PM

Wednesday, July 24 | 10:30 AM - 1:30 PM

Bring a project and supplies and join this intermediate level Club.

### Neurographic Art | Tambrea Egan

Thursday, July 11 | 12:30 - 2:00 PM

Join us for a mindful and meditative drawing practice. *Supplies provided. No experience required.*

### Cooking Class: GRITS Farm2Fork Supper Club & Catering | Jona Jones

Friday, July 12 | 12:00 - 1:00 PM

Cook with Jona and sample her delicious Southern cooking! Jona, founder of GRITS Farm2Fork, creates dishes made with care from fresh ingredients sourced from local African American farmers.

### Candle Making Workshop | Andrea Stern Goldberg, *Sweet Baby Flames*

Monday, July 15 | 5:30 - 7:30 PM

Make your own signature candle. We had so much fun making candles with Andrea, we invited her back!

### Cooking Class: Spice Blend Vinaigrette and Salad w/ Chef Sydney Sydney Desind, *The Heimerdinger Foundation*

Friday, July 19 | 11:30 AM - 12:00 PM

Learn the basics of creating a vinaigrette dressing from a spice blend to pair with a salad, pickled vegetables and protein from Sydney, Executive Chef of *The Heimerdinger Foundation*.

### Nature Journaling | Naturalists Lena Friedman & Christie Wiser in partnership with Shelby Bottoms Nature Center

Thursday, July 18 | 12:30 - 2:00 PM

Create your own journal and experience nature journaling with natural specimens from Shelby Park and Bottoms. *A second session will be a Gilda's Club field trip to Shelby Bottoms to practice nature journaling among the wildflowers!*

### Imagining Wholeness: Expressive Art & Well-Being Exhibition in partnership with Curb Center at Vanderbilt University

Thursday, July 25 | 4:30 - 6:30 PM

An exhibition exploring diverse cancer experiences and the healing power of belonging to a creative community. Join us for art appreciation and connection. Refreshments provided. *In partnership with the Curb Center and Vanderbilt University Medical Center's Ingram Cancer Center.*

### Expressive Art Power Hour | Sharon Benus, LMSW

Tuesday, July 30 | 11:00 AM - 12:00 PM

Create unique summer art with sunprints!

### Safe & Sound | Ann Sensing & Scott Owings of *12Moons*

Tuesday, July 30 | 1:00 - 2:00 PM

Rest, reset, and regulate through healing sound & stillness. You will be led through calming meditation while immersed in sound.

# What is Gilda's Club?

For over 25 years, we've proudly served Middle Tennessee as the region's top expert in psychosocial support, offering community and assistance to all those affected by cancer, including the families and friends of the person with a diagnosis.

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.

**Our program is always FREE of charge!**

**Call:** 615-329-1124

**Learn:** [GildasClubMiddleTN.org](http://GildasClubMiddleTN.org)

**Visit:** 1707 Division Street, Nashville TN 37203

# Getting Started

Our evidence-based program is offered virtually and in person at our Midtown Clubhouse. Getting started is free and easy.

- 1 Visit the website and view our program calendar.
- 2 Fill out the Getting Started Form or give us a call. [gildasclubmiddletn.org/get-started](http://gildasclubmiddletn.org/get-started)
- 3 Sign up for an Orientation Session or register for one of our programs to test the waters.

## July Orientation Session dates:

- 6:00 PM | Monday, July 15 & July 29
- 12:00 PM | Wednesday, July 10 & 24

All Orientation Sessions are offered both in-person and virtually.

## FEATURED PROGRAM

### Imagining Wholeness: Expressive Art & Well-Being Exhibition

**Thursday, July 25 | 4:30 - 6:30 PM at Gilda's Club**

An exhibition exploring diverse cancer experiences and the healing power of belonging to a creative community. In partnership with the *Curb Center* and *Vanderbilt University Medical Center's Ingram Cancer Center*. Join us for a time of art appreciation and connection. Refreshments provided.

## WEEKLY OFFERINGS

### Guided Imagery & Relaxation with Claudia Prange

**Tuesdays, 10:00 - 11:00 AM**  
*Virtual Only*

### Gentle Yoga with Anita Hoerman of Small World Yoga

**Wednesdays, 10:30 - 11:30 AM**  
*Virtual & In Person*

### Moment of Meditation with Savanna Starko

**Fridays, 9:00 - 9:45 AM**  
*Virtual Only*

### Tai Chi with Chip Forrester

**Fridays, 10:00 - 11:00 AM**  
*Virtual & In Person*

If you are new to GCMTN, and would like to try out one of our offered classes or programs, please give us a call!

## Group Support

Gilda's Club Middle Tennessee offers a number of weekly support groups, as well as a variety of networking groups that meet less frequently.

Our support and networking groups are facilitated by licensed clinicians and/or an oncology professional.

### New Groups Forming!

We are currently forming:

- **Family Support Groups**
- **Cancer Support Groups**
- **Colorectal & Anal Cancer Networking Group**
- **LGBTQ+ Networking Group**

If you are interested in joining a weekly, committed support group or a monthly networking group, please email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org).

## GET CONNECTED

View the Calendar



Give us a follow!



@gildasclubmiddletn

In addition to our current groups below, we continue to add more diagnosis- or issue-specific networking groups as needs present.

Breast Cancer Group  
(Daytime and Evening Options)

**Cancer Support Group\***

Cancer Support Group for Women  
(Spanish Language)

Colorectal Cancers Group\*\*

**Family Support Group\***

Gynecologic Cancers Group

Head & Neck Cancers Group

Kids & Teens Group  
Life After Loss Group

LGBTQ+ Group

Men's Group

Multiple Myeloma Group

Post-Treatment Group

Sister's Network

Young Adults with Cancer

Young Adults Grieving a Loss

\*requires a commitment to attend on a regular basis

\*\*coming soon