

# NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Feeling Sick?</b> </p> <p>Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.</p>				<p>10 - 11 Tai Chi 11 - 12 What Feeds You 12 - 1 Community Meal</p> <p><b>Living Better with Lymphedema: Everything You Need to Know</b> Saturday, November 2, 10 - 1</p> <p style="text-align: right;">→ <b>1</b></p>
<p>10:30 - 12:00 Yoga &amp; Chai 10:30 - 12:30 Cancer Support Group <b>2 - 3 Orientation Session</b> 6 - 8 Family Support Group</p> <p style="text-align: right;"><b>4</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 12 - 1:30 Exploring Purposeful Living &amp; Dying 6 - 7:30 Life After Loss Series - 6</p> <p style="text-align: right;"><b>5</b></p>	<p>10 - 11:30 Parent Meet Up: Coffee &amp; Connection 10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 1 - 2 Understanding HomeCare</p> <p style="text-align: right;"><b>6</b></p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 1:30 Mongolian BBQ Demonstration: Let's Eat!</p> <p style="text-align: right;"><b>7</b></p>	<p>10 - 11 Tai Chi 12 - 1 Post Treatment Group</p> <p style="text-align: right;"><b>8</b></p>
<p>10:30 - 12:30 Cancer Support Group 1 - 2 Safe &amp; Sound 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p> <p style="text-align: right;"><b>11</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 12 - 4 Card Club 5:30 - 6:30 Community Meal 6:30 - 7:30 Art with Ashley: Grid Drawing Class</p> <p style="text-align: right;"><b>12</b></p>	<p>10:30 - 11:30 Gentle Yoga 10:30 - 1:30 Craft Class: Quilting Club 11 - 1 Family Support Group 11:45 - 12:45 Coffee Talk <b>12 - 1 Orientation Session</b></p> <p style="text-align: right;"><b>13</b></p>	<p>10 - 11:30 Cancer Support Group for Women - Spanish Speaking 12:30 - 2 Windows of Gratitude Art Workshop 6 - 7:30 Breast Cancer Group</p> <p style="text-align: right;"><b>14</b></p>	<p>10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club</p> <p style="text-align: center;"><b>Fall Fest!</b> Saturday, November 16, 11 - 3</p> <p style="text-align: right;">→ <b>15</b></p>
<p>10:30 - 12:30 Cancer Support Group <b>6 - 7 Orientation Session</b> 6 - 8 Family Support Group</p> <p style="text-align: right;"><b>18</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 10:30 - 12 Gynecologic Cancer Group 11 - 12 Tips &amp; Tricks for Thriving During the Holidays 5:30 - 6:30 Friendsgiving Community Meal Potluck 5:30 - 6:30 digital sherpa@ Tech Help Desk 6:30 - 8 Life After Loss Group</p> <p style="text-align: right;"><b>19</b></p>	<p>10:30 - 11:30 Gentle Yoga 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group</p> <p style="text-align: right;"><b>20</b></p>	<p>11 - 12:30 Breast Cancer Group 12:30 - 2 Frankly Speaking about Cancer Lunch &amp; Learn: <i>GI Side Effects of Breast Cancer Treatment</i> 12:30 - 2 "Leaving Kindness" Leaves 4 - 5 Your Story Matters Writing Workshop 7 - 8 Nighttime Yoga &amp; Meditation</p> <p style="text-align: right;"><b>21</b></p>	<p>10 - 11 Tai Chi 11 - 12 Gilda's Walking Club: Turkey Trot Edition 12 - 1 Post Treatment Group</p> <p style="text-align: right;"><b>22</b></p>
<p>10:30 - 12:30 Cancer Support Group 6 - 7:30 Head &amp; Neck Cancers Group 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group</p> <p style="text-align: right;"><b>25</b></p>	<p>10 - 11 Guided Imagery &amp; Relaxation 6:30 - 8 Sisters Network</p> <p style="text-align: right;"><b>26</b></p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;"><b>27</b></p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;"><b>28</b></p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;"><b>29</b></p>

Activities listed in **RED** are **IN-PERSON**, **GREEN** are **HYBRID** (in person AND virtual), and **BLACK** are **VIRTUAL**

## VIRTUAL OFFERINGS

**Guided Imagery & Relaxation | Claudia Prange**  
**Tuesdays | 10:00 - 11:00 AM**

Practice techniques that encourage emotional balance to help with stress, anxiety, depression, pain, and discomfort.

**Tips & Tricks for Thriving During the Holidays**  
**Kirsty Livingston, OT/L, CLT, ReVital Program Director**  
**Tuesday, November 19 | 11:00 AM - 12:00 PM**

Go beyond surviving the holidays and move towards thriving this year! Discuss tips & tricks to conserve energy during this busy time.

**Your Story Matters Writing Workshop**  
**Jenni Dawn Muro, Writer, Speaker, Entertainment Consultant**  
**Thursday, November 21 | 4:00 - 5:00 PM**  
Explore the power of personal stories, writing & community.

**Nighttime Yoga & Meditation | Savanna Starko**  
**Thursday, November 21 | 7:00 - 8:00 PM**  
Take time to unwind and prepare your body to sleep from the comfort of your home. Pajamas welcome!

## HYBRID OFFERINGS

**Gentle Yoga**  
**Anita Hoerman and Melissa Carr, Small World Yoga**  
**Wednesdays | 10:30 - 11:30 AM**

**Tai Chi | Chip Forrester**  
**Fridays | 10:00 - 11:00 AM**

**Exploring Purposeful Living & Dying |**  
**Heidi O'Neil, Health & Wellness Coach; End of Life Coach**  
**Tuesday, November 5 | 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.  
*Childcare available during this workshop upon request.*

**Understanding Home Care | Kayleigh Rogers & Kathy Root**  
**Synergy HomeCare of Middle Tennessee**  
**Wednesday, November 6 | 1:00 - 2:00pm**  
Join Kayleigh, Patient Care Coordinator, and Kathy Root, Owner of Synergy HomeCare, to learn more about home care options, including hospital-to-home care, specialized care, and respite care for you or a loved one. Enjoy coffee and treats during this important conversation.

**Book Club | Laura Leach, LMSW**  
**Friday, November 15 | 11:00 AM - 12:00 PM**  
Email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org) for more information.

**Frankly Speaking about Cancer Lunch & Learn:**  
**GI Side Effects of Breast Cancer Treatment**  
**Dr. Sara Martin, MD, FAAHPM, Medical Director of Outpatient Palliative Care**  
**Thursday, November 21 | 12:30 - 2:00 PM**  
Enjoy lunch at 12:30 and join Dr. Martin for a presentation at 1:00 regarding gastrointestinal side effects and their management after breast cancer treatment. *ZOOM participants join at 1:00 PM.*

## COMMUNITY MEALS

**Community Meals**  
**Friday, November 1 | 12:00 - 1:00 PM**  
**Tuesday, November 12 | 5:30 - 6:30 PM**  
Enjoy a family-style meal and connect with others! *RSVP required.*

**Friendsgiving Potluck!**  
**Tuesday, November 19 | 5:30 - 6:30 PM**  
Celebrate gratitude for friends who are like family here at Gilda's Club. Please join us for a potluck Community Meal. Bring your favorite dish to share as we enjoy a casual gathering together.

## IN-PERSON OFFERINGS

**Living Better with Lymphedema: Everything You Need to Know**  
**Gilda's Club, Breast cancer Recovery in Action, & Pretty in Pink Boutique**  
**Saturday, November 2 | 10:00 AM - 1:00 PM**  
This event will provide education and resource information to those experiencing lymphedema, from diagnosis to maintenance. Refreshments and nutrition information provided by Kroger Health. Don't miss a chance to win a Spa Day through the raffle! *Please call, email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org), or visit our website to RSVP.*

**Yoga & Chai | Suguna Mukthyala, Yoga Therapist**  
**Monday, November 4 | 10:30 AM - 12:00 PM**  
Savor a gentle, inclusive yoga practice followed by a time of chai preparation and tasting. Chai tea is said to be rich in antioxidants with anti-inflammatory properties- and it is delicious, too!

**Parent Meet Up | Sharon Benus, LMSW**  
**Wednesday, November 6 | 10:00 - 11:30 AM**  
Take a moment to connect with other parents living with cancer as your little ones play in Noogieland. You are welcome to join our yoga class while your children play! *Please RSVP to ensure childcare.*

**Mongolian BBQ Demonstration: Let's Eat! | Mark Daemon**  
**Thursday, November 7 | 12:30 - 1:30 PM**  
Mark is back and ready to teach us all how to make Mongolian BBQ! Learn about stir-frying with fresh ingredients and stay for lunch!

**Safe & Sound | Scott Owings**  
**Monday, November 11 | 1:00 - 2:00 PM**  
Rest, reset, and regulate through healing sound & stillness. You will be led through calming meditation while immersed in sound.

**Game Time: Card Club**  
**Tuesday, November 12 | 12:00 - 4:00 PM**  
Play card games with simple rules and lots of fun!

**Art with Ashley: Grid Drawing Class | Ashley Nicholson**  
**Tuesday, November 12 | 6:30 - 7:30 PM**  
Practice a drawing technique that teaches proportions. Bring an image you would like to re-create! *Beginning artists welcome!*

**Craft Class: Quilting Club - space limited, please RSVP**  
**Wednesday, November 13 | 10:30 AM - 1:30 PM**  
Bring a project and supplies and join this intermediate level Club.

**Coffee Talk | Gilda's Club Members**  
**Wednesday, November 13 | 11:45 AM - 12:45 PM**  
Join a casual social hour with coffee and scones provided by our friends at *Just Love Coffee Cafe!*

**Windows of Gratitude Art Workshop**  
**Christi Kearney, Designer & Art Historian**  
**Thursday, November 14 | 12:30 - 2:00 PM**  
Create a small window hanging inspired by Henri Matisse, who explored art as a way to give thanks while managing a chronic illness. *Accessible to all skill levels.*

**digital sherpa® Tech Help Desk | Mark & Ashley**  
**Friday, November 19 | 5:30 - 6:30 PM**  
Bring your tech questions and your device(s) for an opportunity to troubleshoot one-on-one with our digital sherpa® volunteers! This Help Desk will be available during our Community Meal.

**"Leaving Kindness" Leaves | Martha Hjorth**  
**Thursday, November 21 | 12:30 - 2:00 PM**  
Bring 10-20 sturdy leaves to paint and design. Then use them to scatter kindness around during this month of Gratitude.

**Gilda's Walking Club: Turkey Trot Edition | Laura Leach, LMSW**  
**Friday, November 22 | 11:00 AM - 12:00 PM**  
Meet at the clubhouse and take a 1-mile stroll with friends.

## 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.

### Our program is always FREE of charge!

615-329-1124 | GildasClubMiddleTN.org  
1707 Division Street, Nashville TN 37203

## FEATURED PROGRAM

### Gilda's Club Fall Fest!

**Saturday, November 16, 11:00 AM - 3:00 PM**

Please join us for a celebration of community, togetherness, and support. The day will be filled with fun activities for all ages to come together and experience the caring spirit that defines Gilda's Club. From lively entertainment to delicious food, our Fall Festival offers something for everyone!

Whether you're already a member or simply curious about what Gilda's Club is all about, this event provides a unique opportunity to see the impact of community support in action. It's a day where we not only celebrate, but also extend an open invitation to anyone who wants to be part of this incredible community.

*This is a free event open to the public. We can't wait to see you and your family and friends!*

## 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).

## Getting Started

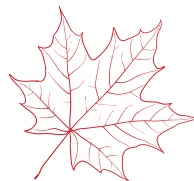
If you are new to GCMTN, and would like to try out one of our offered classes or programs, give us a call!

Becoming a member is FREE and easy! Sign up to attend an 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.

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

**November Orientation Session dates:**

- **2:00 PM | Monday, November 4**
- **12:00 PM | Wednesday, November 13**
- **6:00 PM | Monday, November 18**



## 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