

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group <p style="text-align: right;">2</p>	10 - 11 Guided Imagery & Relaxation 12 - 1:30 Exploring Purposeful Living & Dying <p style="text-align: right;">3</p>	10:30 - 11:30 Gentle Yoga 11 - 1 Family Support Group 11:45 - 12:45 Fire Cider Preparation and Tasting <p style="text-align: right;">4</p>	11 - 12:30 Breast Cancer Group 12:30 - 2 Holiday Card Making Workshop 4 - 5 Your Story Matters Writing Workshop <p style="text-align: right;">5</p>	10 - 11 Tai Chi 11 - 12 What Feeds You 12 - 1:30 Chicken Cacciatore Cooking Demonstration & Community Meal <p style="text-align: right;">6</p>
10:30 - 12:30 Cancer Support Group 1 - 2 Safe & Sound 6 - 7:30 Young Adults with Cancer 6 - 8 Family Support Group <p style="text-align: right;">9</p>	10 - 11 Guided Imagery & Relaxation 12 - 4 Card Club 5:30 - 6:30 Community Meal <p style="text-align: right;">10</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 12 - 1 Orientation Session <p style="text-align: right;">11</p>	10 - 11:30 Cancer Support Group for Women - Spanish Speaking 11 - 12 Walking Club: Mistletoe Meander Edition 12:30 - 2 Holiday Card Making Workshop 6 - 7:30 Breast Cancer Group <p style="text-align: right;">12</p>	10 - 11 Tai Chi 12 - 1 Post Treatment Group <p style="text-align: right;">13</p>
10:30 - 12:30 Cancer Support Group 6 - 7 Orientation Session 6 - 8 Family Support Group <p style="text-align: right;">16</p>	10 - 11 Guided Imagery & Relaxation 10:30 - 12 Gynecologic Cancer Group 6 - 7 Gingerbread People Decorating Fun 6:30 - 8 Life After Loss Group <p style="text-align: right;">17</p>	10:30 - 11:30 Gentle Yoga 11 - 12:30 Multiple Myeloma Group 11 - 1 Family Support Group <p style="text-align: right;">18</p>	11 - 12:30 Breast Cancer Group 12:30 - 2 Open Art Studio 7 - 8 Nighttime Yoga & Meditation <p style="text-align: right;">19</p>	10 - 11 Tai Chi 10 - 11 LGBTQ+ Cancer Group 11 - 12 Book Club 12 - 2 Holiday Treat Swap <p style="text-align: right;">20</p>
10:30 - 12:30 Cancer Support Group 6 - 8 Family Support Group <p style="text-align: right;">23</p>	CLUBHOUSE CLOSED <p style="text-align: right;">24</p>	CLUBHOUSE CLOSED <p style="text-align: right;">25</p>	CLUBHOUSE CLOSED <p style="text-align: right;">26</p>	10 - 11 Tai Chi 12 - 1 Post Treatment Group <p style="text-align: right;">27</p>
10:30 - 12:30 Cancer Support Group 6 - 8 Family Support Group <p style="text-align: right;">30</p>	CLUBHOUSE CLOSED <p style="text-align: right;">31</p>			Feeling Sick?  Please don't visit the Clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.

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

COMMUNITY MEALS

Friday, December 6 | 12:00 - 1:30 PM - Special Edition

Attend the cooking demonstration at 12:00 PM or join in after the cooking is complete to enjoy lunch with friends!
Please RSVP.

Tuesday, December 10 | 5:30 - 6:30 PM

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

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.

Your Story Matters Writing Workshop |

Jenni Dawn Muro, Writer, Speaker, Entertainment Consultant

Thursday, December 5 | 4:00 - 5:00 PM

Explore the power of personal stories, writing & community with Jenni, YA Ovarian Cancer Survivor and esteemed author.

Nighttime Yoga & Meditation | Savanna Starko

Thursday, December 19 | 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, *Small World Yoga*

Wednesdays | 10:30 - 11:30 AM

Build strength and flexibility in both mind and body during this gentle yoga practice accessible to all levels of practice.

Tai Chi | Chip Forrester

Fridays | 10:00 - 11:00 AM

All are welcome to participate in this meditative practice that involves a series of gentle movements and physical postures.

Exploring Purposeful Living & Dying |

Heidi O'Neil, Health & Wellness Coach; End of Life Coach

Tuesday, December 3 | 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.

What Feeds You | Sharon Benus, LMSW

Friday, December 6 | 11:00 AM - 12:00 PM

Share and learn about ways to nourish your mind, body, and soul with a community of others seeking to do the same.

Open Art Studio | Gilda's Club Members

Thursday, December 19 | 12:30 - 2:00 PM

Share in creative community with any self-guided art. Join virtually or come into the clubhouse to use our supplies!
If joining from the clubhouse, bring a device to connect virtually.

Gilda's Book Club | Laura Leach, LMSW

Friday, December 20 | 11:00 AM - 12:00 PM

Email RSVP@gildasclubmiddletn.org for more information about your next great read!

IN-PERSON OFFERINGS

Fire Cider Preparation & Tasting | Sharon Benus, LMSW

Wednesday, December 4 | 11:45 AM - 12:45 PM

Create fire cider from health-supporting ingredients. This brew is used in many cultures for immune system support during the winter months and can be consumed as a drink or used as a salad dressing or in a stir fry, soup or stew.

Holiday Card Making Workshops, *two date options!* |

Meryl Kraft & Tambrea Egan

Thursday, December 5 | 12:30 - 2:00 PM

Thursday, December 12 | 12:30 - 2:00 PM

Join Meryl or Tambrea to create holiday cards to spread joy to your loved ones this season! All skill levels welcome and all supplies provided.

Chicken Cacciatore Cooking Demonstration | Mark Daemon

Friday, December 6 | 12:00 - 1:30 PM

Learn how to make an easy and delicious meal during this busy season! Mark will be demonstrating how to prepare Italian cacciatore di pollo (chicken cacciatore) with salad, pasta, potatoes for those who are gluten-free, and garlic bread. Come hungry!

Safe & Sound | Scott Owings, *The Center for Contemplative Justice*

Monday, December 9 | 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 | Gilda's Club Members

Tuesday, December 10 | 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.

Craft Class: Quilting Club | Diane Booth

Wednesday, December 11 | 10:30 AM - 1:30 PM

Bring a project and supplies and join this intermediate level Club.
Space is limited, please RSVP.

Coffee Talk | Gilda's Club Members

Wednesday, December 11 | 11:45 AM - 12:45 PM

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

Gilda's Walking Club: Mistletoe Meander Edition | Laura Leach

Thursday, December 12 | 11:00 AM - 11:45 AM

Meet at the clubhouse and take a 1-mile roundtrip stroll around the neighborhood with friends.

Gingerbread People Decorating Fun | Laura Leach, LMSW

Tuesday, December 17 | 6:00 - 7:00 PM

Individuals and families welcome for this fun time of cookie decorating. Add your personal flair to your Gingerbread Person as we create a Gingerbread Community and Gingerbread Clubhouse!

Holiday Treat Swap | Gilda's Club Staff and Members

Friday, December 20 | 12:00 - 2:00 PM

Drop by between 12:00 and 2:00 with your favorite homemade (or store bought) treat and create a box to take home during this give-and-take time of fun! Cocoa, coffee, and community will abound!

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 PROGRAMS

Chicken Cacciatore Cooking Demonstration with Mark Daemon

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Learn how to make an easy and delicious meal during this busy season! Mark will be demonstrating how to prepare Italian cacciatore di pollo (chicken cacciatore) with salad, pasta, potatoes for those who are gluten-free, and garlic bread. Come hungry!

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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.

December Orientation Session dates:

- 6:00 PM | Monday, December 2
- 12:00 PM | Wednesday, December 11
- 6:00 PM | Monday, December 16

GET CONNECTED

View the Calendar



Give us a follow!



@gildasclubmiddletn

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.

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