

# GILDA'S CLUB CHICAGO

at ADVOCATE ILLINOIS MASONIC MEDICAL CENTER







Cancer Support for the Whole Family,  
the Whole Time.™

# FEBRUARY 2012

CLUB HOURS:

MONDAY THRU THURSDAY 9:30 AM - 2:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 CREATIVE MEMORIES SCRAPBOOKING 11:00AM-1:00PM	2 NEW MEMBER MEETING 10:00AM-11:00AM  CARDIO LATINO 1:00PM-2:00PM  TAI CHI 1:00PM-2:00PM
6  CREATIVE MOVEMENT 11:00AM-12:00PM	7  GENTLE YOGA 10:00AM-11:00AM  WELLNESS GROUP  11:00AM-12:30PM	8  LATINO NETWORKING GROUP 11:30AM-1:00PM  CARDIO LATINO 1:00PM-2:00PM	9  NEW MEMBER MEETING 10:00AM-11:00AM  RECONNECT THROUGH CREATIVE JOURNALING 11:00AM-12:30PM  TAI CHI 1:00PM-2:00PM
13  TAI CHI CHIH 9:30AM-10:30AM  GAME DAY 11:00AM-12:00PM	14  GENTLE YOGA 10:00AM-11:00AM  WELLNESS GROUP  11:00AM-12:30PM	15  CARDIO LATINO 12:00PM-1:00PM  SPIRITUALITY WORKSHOP 1:00PM-2:30PM	16  NEW MEMBER MEETING 10:00AM-11:00AM  TAI CHI 1:00PM-2:00PM
20  CREATIVE MOVEMENT 11:00AM-12:00PM	21  GENTLE YOGA 10:00AM-11:00AM  WELLNESS GROUP  11:00AM-12:30PM	22  CARDIO LATINO 12:00PM-1:00PM  GAMEDAY 1:00PM-2:00PM	23  NEW MEMBER MEETING 10:00AM-11:00AM  RECONNECT THROUGH CREATIVE JOURNALING 11:00AM-12:30PM  TAI CHI 1:00PM-2:00PM
27  TAI CHI CHIH 9:30AM-10:30AM  GAME DAY 11:00AM-12:00PM	28  GENTLE YOGA 10:00AM-11:00AM  WELLNESS GROUP  11:00AM-12:30PM	29  CARDIO LATINO 12:00PM-1:00PM	

Gilda's Club Chicago @ Advocate Illinois Masonic Medical Center

836 West Wellington, Room 1816  
Chicago, Illinois 60657  
(773) 296-8200



Inspiring medicine. Changing lives.

# PROGRAM DESCRIPTIONS

## SUPPORT GROUPS

### **WELLNESS GROUP**

A support group for people with a cancer diagnosis. Must be placed in group to attend. Please contact Jeanette Albarran at (773) 296-8271 for more information.

*Tuesdays, 11:00.AM - 12:30 PM*

## NETWORKING GROUPS

### **LATINO NETWORKING GROUP \*In Spanish\***

A monthly networking group in Spanish for Latino cancer patients and their families. In this group, participants can obtain information regarding their diagnosis, community resources, support and camaraderie.

*Wednesday, February 8th, 11:30.AM-1:00PM*

## NEW MEMBER MEETINGS

Become a member of Gilda's Club Chicago! Learn what Gilda's Club is all about and meet other new members!

*Thursdays, 10:00.AM-11:00.AM*

To RSVP call (773) 296-8200

## LECTURES

### **CANCERCARE CONNECT® WORKSHOP**

Gilda's Club Chicago hosts this free telephone educational series.

Workshops are free one-hour conference calls presented by cancer experts from around the country. Bring your lunch, listen and learn!

**Next session in March 2012**

## **SPIRITUALITY WORKSHOP**

Does Spirituality make a difference in our lives? What's the difference between spirituality and religion? In this workshop series AIMMC Staff Chaplain, Betty Vander Laan will discuss spirituality, what it is, and how it impacts the lives of those living with cancer.

*Wednesday, February 15th, 1:00PM-2:30PM* \*Light lunch provided\*

## MIND-BODY WORKSHOPS

### **GENTLE YOGA**

This class, led by Yoga Instructor Mary Klonowski, is designed for beginners and those with physical challenges, or for those who just want a gentle stretching class.

*Tuesdays, 10:00.AM - 11:00.AM*

### **TAI CHI**

An ancient Chinese exercise that combines physical exercise and meditation.

*Thursdays, 1:00PM-2:00PM*

## **CREATIVE MOVEMENT**

Come and experience the joy of movement to great music in this uplifting, expressive and fun class. Movement is an empowering way to promote positive changes in your body, mind, emotions and spirit! Make it a healing, freeing, energizing part of your life. Let your energy flow!

*Monday, February 6th and 20th, 11:00.AM-12:00PM*

## **CARDIO LATINO**

Latin dancing, Latin music and a workout? Cardio Latino burns some extra calories learning low/high-intensity rhythms combining cardiovascular and core muscle workouts. The Cardio Latino class employs a variation of Latin beats and tempos to satisfy one and all.

*Wednesday, February 8th, 15th, 22nd and 29th*

*(times vary, please see calendar grid)*

## MIND-BODY WORKSHOPS (Continued)

### **T'AI CHI CHIH®**

Tai Chi Chih, led by accredited instructor Deb Stump Burger, promotes joy through movement. Modern technique based on Ancient Chinese wisdom; 19 simple slow gentle movements. Increases balance, strengthens immune system, strengthens bones (osteoporosis), strengthens muscles without stressing joints (arthritis), calmness and inner strength; for all ages and physical condition. Movements can be done sitting, standing or through visualization. No special clothing required.

*Monday, February 13th and 27th, 9:30.AM-10:30.AM*

## ACTIVITIES

### **CREATIVE MEMORIES™ SCRAPBOOKING**

Scrapbooks serve to tell stories for future generations to embrace. Learn new techniques to help cherish your memories through scrapbook making. Bring your favorite photos and quotes. All scrapbooking materials will be supplied.

*Wednesday, February 1st, 11:00.AM-1:00PM*

### **LOOK GOOD, FEEL BETTER**

Sponsored by the American Cancer Society, this workshop for women living with cancer includes a 12-step skincare/make-up application lesson and demonstration of nail-care techniques. Complimentary cosmetic kits will be provided.

**Next session in March 2012.**

### **RECONNECT THROUGH CREATIVE JOURNALING**

Rediscover your creative self in this program—a complement to Healing Arts—facilitated by professional writer Felicia Hudson. Through a variety of tools, you'll explore journaling as a way to reconnect with your true self. No prior writing experience required, only a desire to unleash your creativity!

*Thursday, February 9th and 23rd, 11:00.AM-12:30.AM*

### **GAME DAY**

Bring your favorite board game and join the fun with other members. Snacks will be provided.

*Monday, February 13th and 27th, 11:00.AM-12:00PM*

## **RESERVATION POLICY**

If we do not have any reservations 24 hours prior to an activity/event, it will be cancelled. If you decide to attend at the last minute, please call ahead to ensure availability.

To RSVP, please call (773) 296-8200 or e-mail Jeanette at [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org)

**Need help getting to Gilda's Club programs?  
Please contact us at (773) 296-8200 for more information.**

**VISIT US ONLINE: [www.gildasclubchicago.org](http://www.gildasclubchicago.org)**