

GILDA'S CLUB CHICAGO
AT THE CRETICOS CANCER CENTER

JUNE 2009

CLUBHOUSE HOURS:
MONDAY THRU THURSDAY 9 AM - 2 PM



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 MEDITATION 12:00PM-1:00PM	2 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM	3 WRITING WORKSHOP 10:00AM -11:30PM MUSICAL RELAXATION 12:00PM-1:00PM	4 YOGA 10:00AM-11:00AM NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM
8 KNITTING 10:00AM-11:30 AM MEDITATION 12:00PM-1:00PM	9 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM	10 LECTURE: THE SHORT AND LONG TERM EFFECTS OF CHEMOTHERAPY 11:00AM-12:00PM ALTERED BOOKS 12:00PM-2:00PM	11 TAI CHI 10:00AM-11:00AM NEW MEMBER MEETING 10:00AM-11:00AM COOKBOOK MEMORIES 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM
15 LOOK GOOD, FEEL BETTER 11:00AM-1:00PM MEDITATION 12:00PM-1:00PM	16 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM WE'VE GOT MAIL! POSTCARD PROJECT 11:00AM-1:00PM	17 SCRAPBOOKING 11:00AM-1:00PM SPIRITUALITY WORKSHOP 1:00PM-2:00PM	18 TAI CHI 10:00AM-11:00AM NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM
22 KNITTING 10:00AM-11:30 AM MEDITATION 12:00PM-1:00PM	23 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM	24 BREAST CANCER NETWORKING GROUP 10:00AM-11:00AM ART THERAPY 11:00AM-12:30PM COOKING DEMO: 1:00PM-2:00PM	25 TAI CHI 10:00AM-11:00AM NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM
29 MEDITATION 12:00PM-1:00PM MINDFULNESS AND MOVEMENT 1:00PM-2:00PM	30 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM POTLUCK LUNCH: PICNIC FUN 12:30PM-1:30PM		

Gilda's Club Chicago at the Creticos Cancer Center

901 West Wellington, 2nd floor

Chicago, Illinois 60657

(773) 296-8200

Visit us at www.gildasclubchicago.org



PROGRAM DESCRIPTIONS

SUPPORT GROUPS

WELLNESS GROUP

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

Tuesdays, 11 AM - 12:30 PM

NETWORKING GROUPS

BREAST CANCER NETWORKING GROUP

An opportunity to share information and experiences related to breast cancer. All are welcome to attend this group, facilitated by Beth Beckman, RN, ONC.

Wednesday, June 24th, 10:00AM-11:00AM

NEW MEMBER MEETINGS

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

RSVP call Jeanette Albarran (773) 296-8200

Thursdays, 10AM - 11AM

Potluck Lunch: PICNIC FUN!

Bring your favorite summer picnic dish to share with Gilda's Club members!

Tuesday, June 30th 12:30PM-1:30PM



LECTURES

THE SHORT AND LONG TERM EFFECTS OF CHEMOTHERAPY

Join Creticos Cancer Center oncology nurse, Kim Douglas, RN, BSN, ONC, in an interactive discussion about the short and long term effects of cancer

Wednesday, June 10th 11am-12pm ***Light Lunch Provided***

SPIRITUALITY WORKSHOP SERIES

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.

This Month's Topic: L.E.A.R.N.: How are Lifestyle, Exercise, Attitude, Relationships and Nutrition related to Spirituality

Wednesday, June 17th 1-2pm

Light Lunch Provided

MIND-BODY WORKSHOPS

GENTLE YOGA

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

Tuesdays, 10 AM - 11 AM Thursday, June 4th 10AM-11AM

MINDFULNESS & MOVEMENT

This program, led by Kate Jonesco, is based on the assumption that the body and mind are connected and uses the body experience to integrate and promote emotional and physical health.

Monday, June 29th 1PM-2PM

MEDITATION & RELAXATION

Come out for this new class and experience the healing power of attention and focus as instructor Janna Sobel guides an exploration of relaxation and meditative techniques.

Mondays 12PM-1PM

TAI CHI

An ancient Chinese exercise that combines physical exercise and meditation.

Thursdays, June 11, 18, 25, 10:00AM-11:00am

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 contact Jeanette Albarran at
(773) 296-8200 or at
jeanettealbarran@gildasclubchicago.org

Check us out online
www.gildasclubchicago.org

ACTIVITIES

ALTERED BOOKS *New Activity*

Transfer a book into your own artistic statement. Join facilitator Rachel Brown and other Gilda's Club members for this creative endeavor. Bring a hard cover book to work with or we will provide one for you.

Please RSVP (773) 296-8200 and state if you would like a book provided.

Wednesday, June 10th 12PM-2PM

ART THERAPY

Art Therapy is based on the belief that the creative process of art is both healing and self-enhancing. Join Fredelyn Calla, MA, LPC and create different forms of art as a way to discuss how cancer has impacted your life.

Wednesday, June 24th 11 AM - 12:30 PM

COOKING DEMO: Dessert

Join Chef Brooke Edwards as she demonstrates how to prepare a uniquely delicious summer time dessert.

Wednesday, June 24th 1PM-2PM

COOKBOOK MEMORIES *New Activity*

Cookbook Coaches, Kathy Bond and Margaret Sheridan, will take you step-by-step through the process of creating your own cookbook. You'll learn how to stir up fond memories, select a theme, and organize and edit recipes along with your photos, images and text. Then you'll learn how to produce it in print or online within your budget.

Thursday, June 11th 11:00AM-12:00PM

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, June 17th 11AM-1PM

HEALING ARTS

Healing Arts is an exciting program instructed and facilitated by Jordi Pedrola.

Mr. Pedrola is a fine artist from Spain who has used different artistic media in helping individuals develop their artistic expression. No prior artistic skills required; just the desire to express yourself.

Thursdays, 11:30-1PM

KNITTING

Explore the wonderful world of handcrafted fibers as you learn the art of knitting. Results guaranteed! Already know how to knit?

Join us for great company and camaraderie.

Tuesday, June 8th, 22nd 10:00AM-11:30PM

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.

Monday, June 15th, 11 AM - 1:00 PM

MUSICAL RELAXATION

Experience the healing power of music! Listen to live music, meet with other members and relax while being serenaded by the smooth acoustics of Tom Havey and other GCC members. Feel free to bring your own instrument and join in- if the rhythm moves you!

Wednesday, June 3rd, 12:00-1:00PM

WE'VE GOT MAIL! POSTCARD PROJECT *New Activity*

Make someone you care about a personal art postcard. Join Judith Levy and other members to create a personalized mixed-media postcard to mail or keep. Bring your favorite memories. We will supply all materials and steps for success.

Tuesday, June 16th 11:00AM-1:00PM

WRITING WORKSHOP

In this workshop, John Kastholm (Neighborhood Writing Alliance member & Published Writer) encourages members to write about their experience, hope and strength. Bring a pen, a notebook, imagination and your story!

Wednesday, June 3rd, 10 AM - 11:30 AM