

GILDA'S CLUB CHICAGO
AT THE CRETICOS CANCER CENTER

MARCH 2010

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 JEWELRY MAKING 11:00AM-12:30PM MOVIE MATINEE CLUB: THE BUCKET LIST 12:30PM-2:00PM	4 NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
8 MEDITATION 12:00PM-1:00PM	9 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM WE'VE GOT MAIL! POSTCARD PROJECT 12:30PM-2:00PM	10 COOKING DEMO 11:00AM-12:00PM "HACIÉNDOLE FRENTE AL CÁNCER" NETWORKING GROUP 12:00PM-1:30PM	11 NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
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	17 CREATIVE MEMORIES SCRAPBOOKING 11:00AM-1:00PM SPIRITUALITY WORKSHOP 1:00PM-2:00PM	18 NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
22 MEDITATION 12:00PM-1:00PM	23 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM	24 MUSICAL RELAXATION 11:00AM-12:00PM	25 NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
29 MEDITATION 12:00PM-1:00PM	30 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM	31 LECTURE: THE FIVE WISHES 11:00AM-12:00PM POTLUCK LUNCH: 12:00PM-1:30PM	Parking Information Discounted parking available for \$2 directly behind the Creticos Cancer Center on Mildred Ave. Pay at the Cancer Center front desk.

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, 11:00AM - 12:30 PM

NETWORKING GROUPS

"HABLEMOS DE CÁNCER" NETWORKING GROUP

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, March 10th, 12:00PM-1:30PM

NEW MEMBER MEETINGS

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

To RSVP call (773) 296-8200

POTLUCK LUNCH: Comfort Food

Bring your favorite comfort food to share with Gilda's Club members!
Wednesday, March 31st, 12:00PM-1:30PM

LECTURES

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.

Wednesday, March 17th, 1:00PM-2:00PM ***Light lunch provided***

LECTURE: The Five Wishes, Sandy Rowe

It's important to think about how you want to live until your very last minute. Advanced planning for health care is about what your values are and what's important to you. *Five Wishes* helps you begin to think though, discuss and put those values and decisions into a legally binding document

Wednesday, March 31st, 11:00AM-12:00PM

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, 10:00AM - 11:00AM

MEDITATION & RELAXATION

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

Mondays, 12:00PM-1:00PM

**Class limited to 5 members*

TAI CHI

An ancient Chinese exercise that combines physical exercise and meditation.

Thursdays, 1:00PM-2:00PM

ACTIVITIES

COOKING DEMO: Dessert

Join Chef Brooke Edwards as she demonstrates how to prepare a uniquely delicious dessert!

Wednesday, January 6th, 12:30PM-1:00PM

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, January 20th, 11:00AM-1:00PM

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, 11:30AM-1:00PM

JEWELRY MAKING

Join Ruth Abbinanti and learn how to use basic bead weaving techniques to design a unique bracelet with special needles and thread. All materials supplied.

Wednesday, March 3rd, 11:00AM-12:30PM

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, March 15th, 11:00AM - 1:00 PM

***NEW!* MOVIE MATINEE CLUB: The Bucket List**

Join other Gilda's Club members for a matinee screening of *The Bucket List*, the uplifting story of two terminally ill men who bust out of a cancer ward and head off on a road trip with a list of things to do before they die.

Wednesday, March 3rd, 11:00AM-12:30PM

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, March 24th, 11:00AM-12:00PM

WE'VE GOT MAIL! POSTCARD PROJECT

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

Tuesday, March 9th, 12:30PM-2:00PM

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 contact Katie Jones at (773) 296-8200 or at katiejones@gildasclubchicago.org

CHECK US OUT ONLINE
www.gildasclubchicago.org