



**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.

2017 CALENDAR
JULY | AUG | SEPT

Gilda's Club Chicago is a non-profit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.



Did You Know?



Gilda's Club Chicago offers a free program, **GCC@Work**, which we can bring to your workplace. This program provides ways to support coworkers, including those caring for a loved one with cancer, who are going through common cancer-related challenges. Highlights include the social and emotional impact of cancer on a person living with cancer as well as caregivers and "how to create a supportive workplace" from the manager and coworker point of view.

To schedule a GCC@Work presentation at your workplace, please call (312) 464-9900 or email jamiewiener@gildasclubchicago.org.

What's Inside:

Page 2	Announcements
Page 3	Noogieland Programs for Children, Teens & Families
Page 4	Support Groups and Networking Groups
Page 5-7	Educational Lectures and Special Events
Page 8-10	July / August / September Calendars
Page 11	Mind / Body / Spirit Classes
Page 12-13	En Español
Page 14	Members Giving Back
Page 15	Hospital Programs

ANNOUNCEMENTS

Becoming a Member is Free!

To become a member of Gilda's Club Chicago, all you have to do is complete a Customized Membership Plan (CMP) with one of our licensed clinical staff members. In less than an hour, they will help you identify activities that are suited to your unique needs and answer questions you may have about fully participating in the Clubhouse. They can also determine if there are additional resources that might be helpful and guide you in accessing them. Call us at (312) 464-9900 today to get started!



Join the movement today!

Help us understand the full impact of cancer.

The Cancer Support Community's "Cancer Experience Registry" is a study designed to help us better understand the social and emotional needs of people living with cancer. Findings will help develop new resources that support more than 12 million people impacted by cancer each year. At this time, we are especially looking for people who have been diagnosed with prostate, GI, melanoma, and lung cancers.

Share your experience at www.cancerexperienceregistry.org/join/GCCChicago

Make your voice heard: Become an Advocate!

Help ensure that people impacted by cancer have access to quality, comprehensive cancer care that includes social and emotional support.

Join our grassroots advocacy network to be among the first to hear about important policy issues and have the opportunity to advocate for quality cancer care. Making your voice heard will impact the decisions made in Washington, D.C. and across the country.

To join, please visit: www.CSCadvocate.org

CLUBHOUSE HOLIDAY SCHEDULE

Summer hours: The Wells Street Clubhouse will be open 9:00 a.m. - 3:00 p.m. on Fridays from May 26th through September 1st.

The Clubhouse will be closed on Tuesday, July 4th in observance of Independence Day.

The Clubhouse will close at 3:00 p.m. on Friday, September 1st and will remain closed through Monday, September 4th in observance of Labor Day.

Upcoming doctor's appointment? Overwhelmed by information? Don't know what to ask? WE CAN HELP



Open to Options™ supports you as you identify important concerns and questions about your cancer treatment options, based upon your personal needs. Available at no cost, this service will help you:

- Generate a list of questions for your doctor
- Organize your questions to take with you to your appointment
- Communicate clearly with your medical team

To schedule a session with an Open to Options™ Specialist, Call Gilda's Club Chicago at 312-464-9900. Ask for Liz Sullivan, LCSW or Jamie Wiener, LCPC. Appointments are available by phone or we can meet with you at any of our Gilda's Club Chicago locations.

GCC@School Cancer Support for the Classroom

This program is helpful to any student or administrator who has been diagnosed with cancer themselves or is supporting someone diagnosed with cancer.

For those diagnosed, this program provides guidance for a smooth transition from treatment back to the classroom, and can serve as an outlet for expressing feelings through conversation and art.

For those educators looking to enhance their health and wellness curriculum, we can deliver a general presentation geared toward all audiences.

For more information, please contact Megan Brady, LCPC, ATR-BC at 312-464-9900 or meganbrady@gildasclubchicago.org.

Our Professional Development Seminar is coming up on Thursday, September 28 from 6:00-8:30 p.m. Please see page 5 for more information on how to register.

PARKING

Free parking is available to members coming for an activity at the Wells Street Clubhouse if they use the Mart Parc Interpark lot located at 401 N. Wells Street. After parking, please show your red member card at the front desk to receive a parking voucher. If you are not already a member of Gilda's Club Chicago, you can sign up for a free Customized Membership Plan (CMP) appointment and learn about all that Gilda's Club Chicago has to offer by calling (312) 464-9900.

NOOGIELAND

A program for children, teens and families impacted by a cancer diagnosis



Kid Support and Kids Bereavement are held on ten (10) consecutive Saturdays. A one-time Parent/Guardian Orientation is required for parents prior to the start of the series. Each group is led by a licensed facilitator experienced

in working with children, parents and families affected by cancer.

Advanced registration and attendance at each session is required.

Kid Support is a series of ten weekly peer support groups (divided by age) for children ages 4-12 who are living with cancer themselves or who have a family member or friend living with cancer. New session starts Saturday, September 16.

Kids Bereavement is a series of ten weekly peer support groups (divided by age) for children ages 4-12 who have experienced the cancer-related death of a family member or friend.

Kid Support and **Kids Bereavement** include age-appropriate activities and provide a safe space to have conversations about their experiences while they develop coping skills in the areas of communication, relaxation and feelings identification. The curriculum for both groups assists children with cancer in the family to express and cope with the varying emotions they experience such as fear, isolation and loss of control. The sessions build on the activities of the prior week.

Enhancing Connections - New Offering! Starts Saturday, September 16

The Enhancing Connections Program, funded by the National Cancer Institute, is an educational study program designed for parents with cancer (diagnosed within the past 12 months) who have a child aged 5-17 to:

- Enhance the quality of the parent-child relationship
- Decrease the child's concerns or worries about the parent's cancer
- Add to the parent's confidence and skills in helping their child with the parent's cancer diagnosis.

If you are interested in registering a child for a support group or enrolling in the study, please contact Noogieland Program Coordinator, Allison Brown, LCSW at 312-464-9900 x116 or allisonbrown@gildasclubchicago.org.

For each child attending Kid Support, Kids Bereavement, Teen Activities or Family Arts & Crafts a parent or guardian will be required to complete registration paperwork.

SPECIAL EVENTS

Cooking for Teens

Saturday, July 8, August 5 | 12:30 – 2:00 p.m.

RSVP Required

Connect with new and old friends, while learning new recipes for cooking and baking.

Family Day: Super Saturday

Saturday, July 15 | 12:00 – 1:30 p.m.

RSVP Required

Come dressed as your favorite superhero! We will be making superhero masks and decorating cookies.

Teen Camp Reunion

Saturday, August 12 | 12:00 – 2:00 p.m.

RSVP Required

Camp reunions are a very special time to get together with our friends from camp. Reconnect over pizza and a Clubhouse scavenger hunt.

Frankly Speaking About Cancer: What Do I Tell the Kids?

Thursday, August 24 | 6:30 – 8:00 p.m.

RSVP Required

Cancer affects a family in many ways. Join Allison Brown, LCSW, Noogieland Coordinator and Jeanette Santana González, Latino Program Manager, for a discussion about a child's general understanding of cancer. This presentation will include age-appropriate ways to talk with children about cancer, some common behaviors you may see, and ways to support your family through this experience.

Light refreshments provided

Supervised Play available

This is a bilingual presentation

Family Arts & Crafts

Saturday, August 26, September 23 | 12:30 – 2:00 p.m.

RSVP Required

This is a fun-filled Saturday afternoon of arts and crafts with snacks provided. *This is offered in partnership with the Junior League's Connecting Kids to the Arts program.*

Fall Festival

Saturday, September 9 | 12:00 – 2:00 p.m.

RSVP Required

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15. Join Gilda's Club Chicago in celebrating the Hispanic culture. Entertainment will be provided. Please bring a dish to share with the community. We will also have activities for kids in Noogieland. Don't miss out!

Kids in the Kitchen

Saturday, September 16 | 12:30 – 2:00 p.m.

RSVP Required

Junior League's Kids in the Kitchen is an association-wide initiative of the Association of Junior Leagues International (AJLI) designed to help communities address the urgent issues surrounding childhood obesity and poor nutrition. Educating both children and their families is key to alleviating this growing problem. These programs are designed to creatively educate children on crucial areas such as fitness and nutrition in a fun and hands-on fashion.

Pet Therapy- New Offering

Saturday, September 23 | 11:00 a.m. – 12:00 p.m.

RSVP Required- Limited to 5 Noogies

Meet the newest team member of Gilda's Club Chicago. Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits.

WEEKLY SUPPORT GROUPS

Weekly Support Groups are offered to members 18 years or older. You must be assigned to a group after completing a Customized Membership Plan (CMP) in order to participate. Please call 312-464-9900 to schedule.

WELLNESS GROUPS offer people with a cancer diagnosis, who are in active treatment, an opportunity to share thoughts, feelings and information. Together, group participants experience warmth, understanding, support and learn how to manage stress.

WELLNESS GROUPS:

Monday 5:30 p.m.
Tuesday 12:00 p.m.
Saturday 10:30 a.m.

OVARIAN WELLNESS:

Second and Fourth Tuesdays 6:00 p.m.

FAMILY/FRIENDS GROUPS offer those supporting a person with cancer the opportunity to discuss common issues. Together, individual family members, friends and caregivers learn new ways to cope with their individual stress as well as ways to support their loved ones living with cancer.

FAMILY / FRIENDS GROUP:

Monday 5:30 p.m.

BEREAVEMENT GROUPS are available to any family member, friend or caregiver who has lost a loved one to cancer.

BEREAVEMENT GROUP:

Wednesday 6:00 p.m.
Saturday 10:30 a.m.

MONTHLY NETWORKING GROUPS

Monthly Networking Groups are designed for people with similar diagnoses or life situations to meaningfully connect with others and share information helpful on the cancer journey. All networking groups are facilitated by licensed mental health professionals and clinical interns. A Customized Membership Plan (CMP) is required prior to attending. Please call 312-464-9900 to schedule.

LATINO

Second Thursday each month | 10:00 – 11:30 a.m.

This Spanish-language support group offers an opportunity for Latino patients, caregivers, family members and friends to share information and experiences related to living with a cancer diagnosis.

GRUPO DE APOYO LATINO

Segundo jueves del mes | 10:00 – 11:30 a.m.

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional.

LIVING BEYOND LOSS

Third Tuesday each month | 6:00 – 7:30 p.m.

This caring, supportive group is open to anyone experiencing grief due to a cancer-related loss. Family and friends are welcome to attend.

POLISH SPEAKING

Fourth Tuesday each month | 4:00 – 5:00 p.m.

This support group offers an opportunity for patients, caregivers, family members and friends to share information and experiences related to living with a cancer diagnosis. This group is free and open to those who themselves have cancer or are supporting a loved one with cancer.

POLSKA GRUPA WSPARCIA DLA OSÓB DOTKNIETYCH CHOROBA NOWOTWOROWA

Kiedy: w każdy 4-ty wtorek miesiąca od godziny 16:00 do 17:00
Ta grupa jest stworzona dla osób które przechodzą przez chorobę nowotworową, jak zarówno ich rodzin i przyjaciół. To spotkanie jest okazją do wspólnej rozmowy, wsparcia i wzajemnej pomocy pomiędzy osobami które są związane z sytuacją choroby.

BLADDER CANCER

Fourth Wednesday each month | 6:00 – 7:30 p.m.

This group provides a forum for discussion and education on sensitive issues associated with lifestyle changes, body image, sleep, post-surgery issues and more.

This group is held in partnership with the Bladder Cancer Advocacy Network.



PROSTATE CANCER

Third Thursday each month | 6:00 – 7:30 p.m.

This is an active group with discussions on important topics such as treatment options, quality of life, incontinence, intimacy concerns and fear of recurrence. Family and friends are welcome to attend.

This group is part of the UsTOO Prostate Cancer Education & Support Network.



YOUNG WOMEN WITH BREAST CANCER

Second Tuesday each month | 6:00 – 7:30 p.m.

Attendees exchange stories, treatment tips and share concerns regarding nutrition, body image, relationships and more.

This group is held in partnership with the Young Survival Coalition.



SPIRITUALITY

First Friday of the Month | 10:00-11:30 a.m.

Does spirituality make a difference in our lives? What's the difference between spirituality and religion? Join us for a monthly discussion about how spirituality impacts the lives of those living with cancer. Friends and family are welcome.

*All Support and Networking Groups are facilitated by licensed mental health professionals and clinical interns.
Groups are not open for observation at any time.*

EMPOWERING LECTURES

Lectures may be eligible for free CEU's for licensed social workers and counselors. For additional information or to register for CEUs, please contact Jamie Wiener, LCPC Program Director, at jamiewiener@gildasclubchicago.org

What is Hypnosis? Is it All in Your Head?

Thursday, July 13 | 6:30 – 7:30 p.m.

RSVP Required

Join us for a lively discussion on the myths about hypnosis related to medical issues and if it is right for you. This will include the multiple myths surrounding "Hollywood versus Reality." We will focus on your inner strength relating to positive and negative self-talk.

Presented by: Elizabeth Fung, PhD, LCSW

Light refreshments provided



Understanding the Illinois Medical Cannabis Program Act

Wednesday, August 2 | 6:30 – 7:30 p.m.

RSVP Required

In this seminar, you will get an in-depth look into all aspects of the new Compassionate Use of Medical Cannabis Act set forth by the Illinois Department of Public Health. This seminar is suggested for individuals who are seeking information about this program. Patients, family members and caregivers are encouraged to attend.

Presented by: Mike Richards, Physician & Patient Outreach Representative, PharmaCann

Light refreshments provided



Developmental Therapeutics

Wednesday, August 16 | 6:30 – 7:30 p.m.

RSVP Required

Personalized medicine is a new approach in medicine to treat cancer within the field of Developmental Therapeutics. Emerging therapies are now being developed and tested that offer more precision and fewer side effects than traditional cancer treatments. Dr. Chae will discuss what immunotherapies and targeted treatments are, and how they are being utilized in cancer care.

Presented by: Dr. Young Kwang Chae, MD, MPH, MBA, Assistant Professor of Medicine (Hematology and Oncology), Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Light refreshments provided



Frankly Speaking About Cancer: What Do I Tell the Kids?

Thursday, August 24 | 6:30 – 8:00 p.m.

RSVP Required

Cancer affects a family in many ways. Join Allison Brown, LCSW, Noogieland Coordinator and Jeanette Santana Gonzalez, Latino Program Manager, for a discussion about a child's general understanding of cancer. This presentation will include age appropriate ways to talk with children about cancer, some common behaviors you may see, and ways to support your family through this experience.

Presented by: Allison Brown, LCSW and Jeanette Santana González

Light refreshments provided

Supervised Play available

This is a bilingual presentation

How to Read Your Pathology Report

Thursday, September 14 | 6:30 – 7:30 p.m.

RSVP Required

This presentation will review all of the details of a pathology report and explain how the pathologist does the work involved in creating the report.

Presented by: Carey August, MD, Director of Anatomic and Surgical Pathology, Advocate Illinois Masonic Medical Center



Advocate Illinois Masonic Medical Center

17th Annual GCC@School Professional Development Seminar: "Cancer and the Student Experience"

Thursday, September 28 | 6:00 – 8:30 p.m.

RSVP Required

Keynote Speaker: Jennifer Reichek, MD, MSW

Ann & Robert H. Lurie Children's Hospital of Chicago

Featuring a panel discussion from the experience of a student, social worker, and parent

This FREE seminar providing school and healthcare professionals with the necessary information to support children, families and friends who have been impacted by cancer and experienced the loss of a loved one will take place at Gilda's Club Chicago (537 North Wells Street)

2.5 CEUs will be provided free of charge for counselors and social workers.

Light refreshments provided

Register online at: <http://bit.ly/2q9bF2p>

For more information please contact Hospital Program Coordinator, Megan Brady, LCPC, ATR-BC at 312-464-9900 x120 or meganbrady@gildasclubchicago.org

LECTURE SERIES

Surviving and Thriving Lecture Series

Start the Conversation: Let's Talk About Sex After Cancer

Monday, July 24 | 5:30 – 7:00 p.m.

RSVP Required - Space is Limited

Dr. Lawsin will discuss common changes to sexual wellbeing after cancer for both cancer survivors and their partners. Review of common causes and strategies to manage sexual changes will be explored in a safe and respectful environment.

Presented by: Catalina Lawsin, PhD, Associate Professor,
Department of Behavioral Sciences, Rush University Medical Center

Light refreshments provided

Understanding Lymphatic Therapy

Monday, August 28 | 5:30 – 7:00 p.m.

RSVP Required

Lymphatic therapy encourages the flow of lymphatic fluid away from swollen or painful areas through light touch massage and compression bandaging as needed. Join Sandra Wallin, licensed occupational therapist and certified lymphedema therapist, to learn more about how lymphatic therapy can be helpful for people impacted by cancer.

Presented by: Sandra Wallin, OT, CLT

Light refreshments provided

The Mind-Body Connection: An Exploration of Dance/Movement Therapy (3-Week Series)

Thursdays, July 20, 27 and August 3 | 6:30 – 7:30 p.m.

RSVP Required

Movement is something that is inherent to everyone and we all have innate rhythms such as breath and heartbeat. Experience the power of movement and the mind-body connection as it relates to diagnosis, symptom management and overall wellness. Participants can expect to leave with techniques and exercises to do in the comfort of their own homes. No prior movement or dance experience is necessary. Please wear comfortable clothing.

Presented by: Erica Hornthal, MA, LCPC, BC-MT

Light refreshments provided



RUSH



Pharmacy Lecture Series

September 21 | 6:30 – 7:30 p.m.

RSVP Required

Safe Handling of Cancer Drugs

Friendly pharmacists will provide practical information on a variety of medication and drug related topics.

Presented by: Oncology Pharmacy Residents and Sandeep Parsad, PharmD, BCOP, Clinical Pharmacy
Manager Director, PGY2 Oncology Pharmacy Residency Program

University of Chicago Medical Center

Light refreshments provided



SUPERVISED PLAY

Supervised Play is provided for children over the age of 1 whose family members wish to attend a workshop, lecture or group. Infants under 1 year are welcome at the Clubhouse, but should remain with a parent. Please call to request Supervised Play at least 3 days in advance.

For more information and to request Supervised Play, please contact Allison Brown, LCSW, Noogieland Coordinator, Noogieland Coordinator at: allisonbrown@gildasclubchicago.org or (312) 464-9900.



Looking for resources? Frankly Speaking About Cancer® is the Cancer Support Community's cancer education series that provides information on a variety of topics important to people impacted by cancer. Free publications are available in the Gilda's Club Chicago Resource Library and can also be downloaded at <https://orders.cancersupportcommunity.org>



Our resource library got a makeover! Books are now categorized by diagnosis and topic, making them easier to find. We also have a brand new bulletin board full of important information about events at the Clubhouse, fundraisers that benefit us, FAQ's, and updates from our HQ organization, the Cancer Support Community. Stop by the 1st floor to check it out and ask a program staff member for a tour!

SPECIAL EVENTS

Mind/Body/Spirit Classes are listed on page 11.

Newcomers Breakfasts

Second Saturdays: July 8, August 12, September 9 | 9:30 – 10:30 a.m.

RSVP Required

All participants who have recently joined any GCC location are cordially invited to get familiar with the Wells Street Clubhouse, meet other new members and enjoy chatting over breakfast provided by GCC volunteers.



Baking Club

Mondays | 2:00 – 3:00 p.m.

*No program on July 24th or August 14th due to camps

Learn healthy recipes for both sweet and savory treats, and put them to the test in the Gilda's Club Chicago kitchen.

Sparkle Time with Sherman

Second Tuesdays: July 11, August 8, September 12 | 11:00 a.m. – 12:00 p.m.

RSVP Required – Space is Limited!

Meet the newest team member of Gilda's Club Chicago. Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits. Just like Gilda Radner's beloved Yorkie, Sparkle, provided Gilda with companionship throughout her cancer experience, Sherman will be available for adults to provide a happy respite from the challenges of their daily lives. Please RSVP for your own 15 minute slot. First come, first served.

Cooking Demonstrations

RSVP Required – Space is Limited!

Wildfire – Tuesday, July 18 | 6:00 – 7:00 p.m.

Joe's Seafood, Prime Steak & Stone Crab – Tuesday, August 1 | 6:00 – 7:00 p.m.

Tortoise Supper Club – Tuesday, September 19 | 6:00 – 7:00 p.m.

Join us for group cooking demonstrations in our spacious kitchen featuring guest chefs from Chicago area restaurants. Learn new cooking techniques, sample delicious food and enjoy great conversations with other members.

GCC Night at the Chicago Sky Game

Friday, July 28 | game starts at 7:30 p.m.

RSVP Required

Join us for a fun night out at the Allstate Arena as the Chicago Sky women's basketball team takes on the Phoenix Mercury. An RSVP is required to reserve a ticket. Tickets are first come, first served.

Learn to Row

Saturday, August 12 | 12:00 – 2:00 p.m.

RSVP Required

This workshop will help individuals understand the importance of exercise, while informing you about the Recovery on Water rowing team. They will be bringing in a few of their indoor rowing machines (called ergonomic machines or "ergs") to show attendees the proper techniques of using this exercise equipment.



Fall Festival

Saturday, September 9 | 12:00 – 2:00 p.m.

RSVP Required

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15. Join Gilda's Club Chicago in celebrating the Hispanic culture. Entertainment will be provided. Please bring a dish to share with the community. We will also have activities for kids in Noogieland. Don't miss out!

Beginner's Improv (6-Week Series)

Wednesdays: September 13 – October 18 | 6:00 – 8:00 p.m.

RSVP Required

This course is an introduction to the spontaneous movement and performance art form known as improvisation. Through guided movement games and exercises, attendees will delve into the basics of improvisation and long form improvisation. Brought to you by Women in Comedy, both men and women are welcome to this supportive and fun chance to play pretend and learn a little more about improvisation while having fun and reducing the stresses of cancer. This class is open to new participants only. Participants of the class will have the opportunity to attend an improv show together. Attendance each week is highly encouraged.



Alumni "Rock, Paper, Scissors" Improv Troupe (6-Week Series)

Wednesdays: September 13 – October 18 | 6:00 – 8:00 p.m.

RSVP Required – Space is Limited!

Want to further your improv skills and reconnect with old friends? This 6-week workshop led by Women in Comedy will culminate in a final performance that you will be proud to invite your friends and family to watch. This class is open to participants who have previously attended an improv workshop at Gilda's Club Chicago. Attendance each week is highly encouraged.



Save the Date! RSVP Required

Noogiefest Saturday, October 21 | 11:00 a.m. – 1:00 p.m.

Holiday Photos with Santa Saturday, November 4 | 12:00 – 2:00 p.m.

Day of Remembrance/Noogie Day of Remembrance Saturday, November 11 | 9:30 – 11:30 a.m.

Adult Holiday Soiree Friday, December 1 | 5:00 – 8:00 p.m.

A Very Noogie Holiday Party Saturday, December 9 | 11:00 a.m. – 1:00 p.m.

Posadas Navideñas Friday, December 15 | 12:00 – 2:00 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
<h1>JULY 2017</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. * Requires attendance at all sessions</p> 						Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM	1					
2	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	3	CLUBHOUSE CLOSED FOR INDEPENDENCE DAY	4	Gentle Yoga 10:30 AM Meditation 11:30 AM	5	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM	6	Yoga 9:30 AM Spirituality NG 10:00 AM CLUBHOUSE CLOSSES AT 3:00PM	7	ArtReach 9:00 AM Yoga 9:00 AM Newcomers Breakfast 9:30 AM RSVP Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Circulo de Tejer 12:00 PM Cooking for Teens 1:00 PM RSVP	8
9	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	10	Gentle Yoga 10:00 AM Sparkle Time with Sherman 11:00 AM RSVP T'ai Chi Chih 12:45 PM Young Women with Breast Cancer NG 6:00 PM	11	Gentle Yoga 10:30 AM Meditation 11:30 AM	12	Grupo de Apoyo Latino 10:00 AM Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM Writing Your Story #1 1:00 PM RSVP What is Hypnosis? Lecture 6:30 PM RSVP	13	Yoga 9:30 AM BeMoved 11:00 AM CLUBHOUSE CLOSSES AT 3:00 PM	14	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM Family Day: Super Saturday 12:00 PM RSVP T'ai Chi 12:00 PM	15
16	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	17	Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Meditación 11:30 AM T'ai Chi Chih 12:45 PM Cooking Demo - Wildfire 6:00 PM RSVP Living Beyond Loss NG 6:00 PM	18	Gentle Yoga 10:30 AM Meditation 11:30 AM	19	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM Writing Your Story #2 1:00 PM RSVP Prostate Cancer NG 6:00 PM The Mind-Body Connection #1 6:30 PM RSVP	20	Yoga 9:30 AM Clase de Nutrición 9:30 AM RSVP BeMoved 11:00 AM CLUBHOUSE CLOSSES AT 3:00 PM	21	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Circulo de Tejer 12:00 PM Members Giving Back 1:00 PM RSVP	22
23	Teen Camp 9:00 AM RSVP T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Surviving and Thriving Lecture Series 5:30 PM RSVP Yoga 7:00 PM	24	Teen Camp 9:00 AM RSVP Gentle Yoga 10:00 AM Jewelry 11:00 AM Polish NG 4:00 PM	25	Teen Camp 9:00 AM RSVP Gentle Yoga 10:30 AM Meditation 11:30 AM Bladder Cancer NG 6:00 PM	26	Teen Camp 9:00 AM RSVP Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM Writing Your Story #3 1:00 PM RSVP The Mind-Body Connection #2 6:30 PM RSVP	27	GCC Night at Chicago Sky Game 7:30 PM RSVP Teen Camp 9:00 AM RSVP Yoga 9:30 AM BeMoved 11:00 AM Yoga en Español 12:00 PM CLUBHOUSE CLOSSES AT 3:00 PM GCC Night at the Chicago Sky 7:30 PM RSVP	28	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM	29
30	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	31	25	26	27	28	29					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>AUG 2017</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.* Requires attendance at all sessions</p>		Gentle Yoga 10:00 AM Cooking Demo - Joe's Seafood, Prime Steak & Stone Crab 6:00 PM RSVP	Gentle Yoga 10:30 AM Meditation 11:30 AM IL Medical Cannabis Program Act Lecture 6:30 PM RSVP	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM Writing Your Story #4 1:00 PM RSVP The Mind-Body Connection #3 6:30 PM RSVP	Yoga 9:30 AM Spirituality NG 10:00 AM BeMoved 11:00 AM CLUBHOUSE CLOSSES AT 3:00 PM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Cooking for Teens 1:00 PM RSVP
		1	2	3	4	5
6	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	7	Gentle Yoga 10:30 AM Meditation 11:30 AM	Grupo de Apoyo Latino 10:00 AM Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM Writing Your Story #5 1:00 PM RSVP	Yoga 9:30 AM BeMoved 11:00 AM CLUBHOUSE CLOSSES AT 3:00 PM	ArtReach 9:00 AM Yoga 9:00 AM Newcomers Breakfast 9:30 AM RSVP Restorative Yoga 11:00 AM Teen Camp Reunion 12:00 PM RSVP Learn to Row 12:00 PM RSVP T'ai Chi 12:00 PM Circulo de Tejer 12:00 PM
		8	9	10	11	12
13	Kids Camp 9:00 AM RSVP Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Yoga 7:00 PM	Kids Camp 9:00 AM RSVP Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Meditación 11:30 AM Living Beyond Loss NG 6:00 PM	Kids Camp 9:00 AM RSVP Gentle Yoga 10:30 AM Meditation 11:30 AM Developmental Therapeutics Lecture 6:30 PM RSVP	Kids Camp 9:00 AM RSVP Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM Writing Your Story #6 1:00 PM RSVP Prostate Cancer NG 6:00 PM	Kids Camp 9:00 AM RSVP Yoga 9:30 AM Clase de Nutrición 9:30 AM RSVP BeMoved 11:00 AM CLUBHOUSE CLOSSES AT 3:00 PM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM T'ai Chi 12:00 PM
		15	16	17	18	19
20	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Jewelry 11:00 AM T'ai Chi Chih 12:45 PM Polish NG 4:00 PM	Gentle Yoga 10:30 AM Meditation 11:30 AM Bladder Cancer NG 6:00 PM	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM What Do I Tell the Kids Lecture 6:30 PM RSVP	Yoga 9:30 AM Clase de Nutrición 9:30 AM RSVP BeMoved 11:00 AM Yoga en Español 12:00 PM CLUBHOUSE CLOSSES AT 3:00 PM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Circulo de Tejer 12:00 PM Family Arts and Crafts 12:30 PM RSVP
		22	23	24	25	26
27	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Surviving and Thriving Lecture Series 5:30 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM	Gentle Yoga 10:30 AM Meditation 11:30 AM	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM		
		29	30	31		
						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>SEPTEMBER 2017</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. * Requires attendance at all sessions</p>				 <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p>		<p>Yoga 9:30 AM Spirituality NG 10:00 AM BeMoved 11:00 AM</p> <p>CLUBHOUSE CLOSING AT 3:00 PM</p> <p>1</p>	<p>CLUBHOUSE CLOSED FOR LABOR DAY</p> <p>2</p>
3	CLUBHOUSE CLOSED FOR LABOR DAY	Gentle Yoga 10:00 AM T'ai Chi Chih 12:45 PM	Gentle Yoga 10:30 AM Meditation 11:30 AM	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM	Yoga 9:30 AM BeMoved 11:00 AM	Yoga 9:00 AM Newcomers Breakfast 9:30 AM RSVP Restorative Yoga 11:00 AM Fall Festival 12:00 PM RSVP T'ai Chi 12:00 PM Círculo de Tejer 12:00 PM	
10	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Sparkle Time with Sherman 11:00 AM RSVP Young Women with Breast Cancer NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:30 AM Beginner's Improv #1 6:00 PM RSVP Alumni Improv Troupe #1 6:00 PM RSVP	Grupo de Apoyo Latino 10:00 AM Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM How to Read Your Pathology Report Lecture 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:00 AM	ArtReach 9:00 AM Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM T'ai Chi 12:00 PM Kids in the Kitchen 12:30 PM RSVP	
17	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Meditación 11:30 AM T'ai Chi Chih 12:45 PM Cooking Demo - Tortoise Supper Club 6:00 PM RSVP Living Beyond Loss NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:30 AM Beginner's Improv #2 6:00 PM RSVP Alumni Improv Troupe #2 6:00 PM RSVP	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:00 AM	Yoga 9:00 AM Caring Arts 10:00 AM Pet Therapy 11:00 AM RSVP Restorative Yoga 11:00 AM T'ai Chi 12:00 PM Círculo de Tejer 12:00 PM Family Arts and Crafts 12:30 PM RSVP Members Giving Back 1:00 PM RSVP	
24	T'ai Chi Chih 10:00 AM Chair Yoga 11:00 AM Meditation 12:00 PM Jewelry 12:00 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Jewelry 11:00 AM Polish NG 4:00 PM	Gentle Yoga 10:30 AM Meditation 11:30 AM Beginner's Improv #3 6:00 PM RSVP Alumni Improv Troupe #3 6:00 PM RSVP Bladder Cancer NG 6:00 PM	Chair Yoga 11:00 AM Crafts 12:00 PM Meditation 12:00 PM GCC@School Professional Development Seminar 6:00 PM RSVP	Yoga 9:30 AM Clase de Nutrición 9:30 AM RSVP BeMoved 11:00 AM Yoga en Español 12:00 PM	Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:00 PM	
31							
	25	26	27	28	29	30	

HEALTHY LIFESTYLE PROGRAMS

MIND/BODY/SPIRIT CLASSES

Please note: Wear comfortable clothing and arrive promptly for the following classes at the designated start times. Thank You.

Chair Yoga

Mondays | 11:00 a.m. – 12:00 p.m. • Thursdays | 11:00 a.m. – 12:00 p.m.

Give yourself the benefit of deep breathing and a comfortable stretch. This is a gentle yoga which can be done while seated. It's your chance to try yoga for the first time or to keep up your yoga practice.

Yoga

Mondays | 7:00 – 8:30 p.m. • Fridays | 9:30 – 11:00 a.m. • Saturdays | 9:00 – 10:30 a.m.

Breathe. Stretch your body and mind. Develop flexibility and balance.

Gentle Yoga

Tuesdays | 10:00 – 11:00 a.m. • Wednesdays | 10:30 – 11:30 a.m.

This class features gentle stretches and poses - great for beginners.

Restorative Yoga

Saturdays | 11:00 a.m. – 12:00 p.m.

A relaxing class using props and chairs as needed to refresh the mind and body. It is ideal for beginners and people with limited mobility.

BeMoved - New Offering!

Fridays, starting July 14 | 11:00 a.m. – 12:00 p.m.

BeMoved® shares the joy of dance with people of all movement abilities and believes that movement, expressed through dance and music, has a transformative power that enriches a person's wellbeing.

T'ai Chi

Saturdays | 12:00 – 1:00 p.m.

An ancient Chinese exercise combining physical movement and meditation.

T'ai Chi Chih

Mondays | 10:00 – 11:00 a.m.

***There will be no class August 14**

Select Tuesdays: July 11, 18; August 8, 22; September 5, 19 | 12:45 – 1:45 p.m.

Based on ancient Chinese wisdom and consisting of 19 simple and slow gentle movements. T'ai Chi Chih is a mix of meditation and movement that has been shown to reduce stress and can be done while sitting or standing.

Meditation

Mondays | 12:00 – 1:00 p.m.

Wednesdays | 11:30 a.m. – 12:30 p.m.

Thursdays | 12:00 – 1:00 p.m.

Meditation can be a source of energy, wisdom, and strength. This class will teach you basic relaxation, breath meditation and visualization.

EXPRESSIVE ARTS ACTIVITIES



Caring Arts

Select Saturdays, July 1, 15, 22, 29; August 5, 19, 26; September 16, 23, 30 | 10:00 a.m. – 2:00 p.m.

This creative program, instructed and facilitated by a professional artist, uses different methods to help individuals express themselves artistically. No prior artistic skills are required - just the desire to express yourself.

ArtReach

Select Saturdays: July 8, August 12, September 16 | 9:00 a.m. – 12:00 p.m.

ArtReach seeks to transform individuals and their communities through the provision of high quality and innovative art instruction using clay as a means of expression. ArtReach believes creative expression is a fundamental need for all people and is the nonprofit sister organization to the Lillstreet Art Center.

Writing Your Story: An Expressive Writing Workshop (6-Week Series)

Thursdays: July 13 – August 17 | 1:00 – 2:30 p.m.

RSVP Required

Join us for this 6-week writing workshop where we'll explore our cancer experiences through creative writing prompts and put words to our personal stories. During group meetings, participants write and respond to each other's creative work. No experience in creative writing is required. Attendance each week is highly encouraged. Writing sessions are facilitated by Kerri Morris, writing professor at Governor's State University, blog writer/founder "Cancer Is Not a Gift" at ChicagoNow, and a cancer survivor.

Jewelry

Mondays | 12:00 – 2:00 p.m.

Fourth Tuesdays: July 25, August 22, September 26 | 11:00 a.m. – 12:30 p.m.

Learn how to create your own accessories such as earrings, necklaces, bracelets and more in a supportive environment with others who are looking to be creative.

Crafts

Thursdays | 12:00 – 1:30 p.m.

Relax by engaging in a crafty project, and enjoy your time creating something to be displayed and shared. Supplies and instructions provided. No previous experience necessary.

Crochet and Knitting Club

Third Saturdays: July 15, August 19, September 16 | 12:00 – 2:00 p.m.

Join other experienced crocheters and knitters to make hats for people living with cancer at the Wells Street Clubhouse and GCC hospital satellite locations. Materials are provided, but feel free to bring hat patterns to share. This activity is member-led.



PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

NUESTRA MISIÓN Lograr que todas las personas afectadas por el cáncer adquieran el poder del conocimiento, la fuerza de la acción y el respaldo de la comunidad.

Para más información, llame a Llame a Jeanette Santana Gonzáles al 312-464-9900 o envíe un correo electrónico a jeanettesantana@gildasclubchicago.org.

ACTIVIDADES

Círculo de Tejer

Segundo y cuarto sábado del mes | 12:00 – 1:30 p.m.

Únase a otros participantes para tejer o hacer punto de cruz. No es necesario experiencia previa.

Clase de Arte (Caring Arts)

sábados: 1, 15, 22 y 29 de julio; 5, 19 y 26 de agosto; 16, 23 y 30 de septiembre | 10:00 a.m. – 2:00 p.m.

Un programa innovador dirigido por Jordi Pedrola. El Sr. Pedrola es un pintor de España que ha usado distintos medios artísticos para ayudar a los individuos desarrollar su expresión artística.

No se requiere experiencia previa.

Clase de Joyería

Tercer martes del mes: 18 de julio, 15 de agosto y 19 de septiembre | 10:00 – 11:30 a.m.

Se requiere reservación

Aprenda como crear tus propios collares, aretes y esclavas.

Clase de Nutrición

viernes, 21 de julio, 25 de agosto y 29 de septiembre | 9:30 a.m. – 12:00 p.m.

Se requiere reservación

Esta clase de nutrición dirigida por la Universidad de Illinois para familias. El programa es diseñado para ayudar a familias aprender cómo hacer decisiones de nutrición que mejore la dieta y salud de la familia.

Clase de Barro (ArtReach)

Segundo sábado del mes: 8 de julio, 12 de agosto y 16 de septiembre | 9:00 a.m. – 12:00 p.m.

Expresa su creatividad usando barro para crear sus propias obras de arte.

Desayuno para Nuevos Participantes (Newcomers Breakfast)

Segundo sábado del mes: 8 de julio, 12 de agosto y 16 de septiembre | 9:30 – 10:30 a.m.

Se requiere reservación

Acompañe otros miembros del club en un desayuno en donde se le dará la bienvenida a nuestro club.

Meditación

Tercer martes del mes: 18 de julio, 15 de agosto y 19 de septiembre | 11:30 a.m. – 12:30 p.m.

¿Buscas ponerte en contacto contigo mismo? Este taller te conectará con tu espíritu y tu mente

¡NUEVO PROGRAMA!

Yoga en Español

Cuarto viernes del mes: 28 de julio, 25 de agosto, 29 de septiembre

Esta clase será totalmente en Español. Respire, estire su cuerpo y mente, desarrolle flexibilidad y balance. Use ropa cómoda.



Yoga

lunes | 7:00 – 8:30pm; viernes | 9:30 – 11:00 a.m.; sábados | 9:00 – 10:30 a.m.

Respire, estire su cuerpo y mente, desarrolle flexibilidad y balance. Use ropa cómoda.

Yoga Restaurativa

martes | 10:00 – 11:00am; miércoles | 10:30 – 11:30 a.m.; sábados | 11:00 a.m. – 12:00 p.m.

Una clase de relajación que usa herramientas para ayudar aquellos con limitaciones en su movilidad.

T'ai Chi

sábados | 12:00 – 1:00 p.m.

Una antigua forma de ejercicio chino que combina el ejercicio físico con la meditación.

T'ai Chi Chih

lunes | 10:00 – 11:00 a.m.

martes, 11 y 18 de julio; 8 y 22 de agosto, 5 y 19 de septiembre | 12:45 – 1:45 p.m.

Basada en la sabiduría china antigua y que consta de 19 movimientos simples y suaves y lentos. T'ai Chi Chih es una mezcla de la meditación y el movimiento que se ha demostrado para reducir el estrés y se puede hacer mientras se está sentado o de pie.

¿Se aproxima su cita con el doctor?
¿Abrumado por tanta información?
¿No sabes qué preguntar?
NOSOTROS PODEMOS AYUDAR



A SERVICE of the CANCER
SUPPORT COMMUNITY

Open to Options™ (Abierto a Opciones) le apoya a manera que usted identifique preguntas importantes sobre sus opciones y de tratamiento de cáncer basadas en sus necesidades personales. Disponible sin costo alguno, este servicio le ayudará a:

- Generar una lista de preguntas para su médico,
- Organizar sus preguntas para llevarlas a su cita
- Comunicarse claramente con su equipo médico.

Para hacer una cita para una sesión de Open to Options™ (Abierto a Opciones), por favor llame a Gilda's Club Chicago al 312-464-9900, extensión 112. Pregunte por Jeanette Santana González. Podemos hacer una cita por teléfono o en persona.

GRUPO DE APOYO

Grupo de Apoyo Latino

Segundo jueves del mes: 13 de julio, 10 de agosto y 14 de septiembre | 10:00 – 11:30 a.m.

Se requiere reservación

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional. **Para más información, por favor llame a Jeanette Santana González al 312-464-9900.**

ACTIVIDADES SOCIALES / EVENTOS ESPECIALES

Festival de Otoño

sábado, 9 de septiembre | 12:00 – 2:00 p.m.

Se requiere reservación

Cada año, los estadounidenses observan el Mes Nacional de la Herencia Hispana del 15 de septiembre al 15 de octubre con la celebración de las historias, culturas y contribuciones de los ciudadanos estadounidenses cuyos antepasados vinieron de España, México, el Caribe, Centro y Sur América. Participa en la celebración de la cultura hispana en Gilda's Club Chicago. Se proporcionará entretenimiento. Favor de traer un plato de comida para compartir con los demás miembros del club. *Habrá actividades para los niños.*

Hablando con los Niños Sobre el Cáncer

jueves, 24 de agosto | 6:30 – 8:00 p.m.

Se requiere reservación

El cáncer afecta a una familia de muchas maneras. Únase a nosotros para una discusión sobre la comprensión general del niño sobre el cáncer. Esta presentación incluirá formas apropiadas para la edad de hablar con los niños sobre el cáncer, algunos comportamientos comunes que usted puede ver, y maneras de apoyar a su familia a través de esta experiencia. Esta charla será conducida en inglés y Español.

Presentado por: Allison Brown, LCSW y Jeanette S. González

Sexualidad, Intimidad y Cáncer

parte de nuestra serie de educación para promotore
miércoles, 12 de julio | 11:00 a.m. – 12:30 p.m.

Se requiere reservación

En esta presentación, aprenda como un diagnóstico de cáncer impacta la sexualidad y la intimidad. Involucrarse en su comunidad, conozca otros líderes comunitarios y profesionales y aprenda como compartir información sobre el cáncer con los demás.

Presentado por: Catalina Lawsins, PhD

Día de Familia: Chicago Botanic Garden

sábado, 23 de septiembre | 10:00 a.m. – 2:30 p.m.

Se requiere reservación

Acompañenos en familia a un paseo en los jardines botánicos. La transportación esta incluida.

NOOGIELAND: PROGRAMA PARA NIÑOS Y JÓVENES

Este programa es diseñado especialmente para niños y jóvenes con un diagnóstico de cáncer, que tengan a un ser querido viviendo con cáncer, o que han perdido a un ser querido debido al cáncer.

GRUPOS DE APOYO PARA NIÑOS

Para más información, llame a Jeanette Santana González al 312-464-9900 o envíe un correo electrónico a jeanettesantana@gildasclubchicago.org

Kid Support (en inglés) -- Grupo de Apoyo para Niños

Se requiere reservación

Este grupo de apoyo es para niños de 4 a 12 años que tienen cáncer, o que tienen a un familiar que ha sido diagnosticado con cáncer. Este grupo dura 10 semanas y les ofrece a los niños la oportunidad de hacer amistades y aprender destrezas que les ayudarán a vivir con el estrés de esta enfermedad.

Grupo de Duelo (en inglés)

Se requiere reservación

Este grupo de apoyo es para niños de edades de 4 a 12 años de edad que han perdido a un ser querido a causa del cáncer. Los niños desarrollarán un mejor entendimiento acerca de la muerte y el sentimiento de pérdida debido a la muerte de un ser querido. Esta es una oportunidad de compartir sentimientos y aprender nuevos métodos para lidiar con la vida y con los cambios familiares.

PRÓXIMAMENTE - MARQUE SU CALENDARIO

Noogiefest (Fiesta de Halloween)

sábado, 21 de octubre | 11:00 a.m. – 1:00 p.m.

Día de Familia: Fotos con Santa

sábado, 4 de noviembre | 12:00 – 2:00 p.m.

Fiesta de Navidad para Niños

sábado, 9 de diciembre | 11:00 a.m. – 1:00 p.m.

Juego Supervisado

Esto se proporciona para los niños mayores de 1 año de edad, cuyos familiares deseen asistir a un taller, conferencia, o grupo. Los bebés menores de 1 año son bienvenidos, pero deben permanecer con sus padres. Por favor llame por lo menos 3 días de anticipación de su asistencia a uno de nuestros programas. Llame a Jeanette Santana González al 312-464-9900 o por correo electrónico a jeanettesantana@gildasclubchicago.org

ACTIVIDADES DE NOOGIELAND

Artes Manuales para la Familia (en inglés)

sábado, 26 de agosto y 23 de septiembre | 12:30 – 2:00 p.m.

Se requiere reservación

Programa que ofrece artes manuales y una merienda.

Cocina para Jóvenes (Cooking for Teens)

sábado, 8 de julio y 5 de agosto | 12:30 – 2:00 p.m.

Se requiere reservación

Conecte con nuevos y viejos amigos, mientras que aprendan nuevas recetas para cocinar y hornear.

Niños en la Cocina (Kids in the Kitchen)

sábado, 16 de septiembre | 12:30 – 2:00 p.m.

Se requiere reservación

Un programa que educa a los niños y sus familias a como comer y cocinar más saludable. Este programa se enfoca en enseñarles a los niños la importancia de la nutrición y el ejercicio.

Días Festivos

El club estará cerrado el martes, 4 de julio por motivo del Día de la Independencia.

El club cerrará a las 3:00pm el viernes, 1ro de septiembre y seguirá cerrado hasta el lunes, 4 de septiembre por motivo del Día Laboral.

Terapia de Mascota - Nuevo Programa (Pet Therapy)

sábado, 23 de septiembre | 11:30 – 12:30 p.m.

Se requiere reservación - Limite de 5 niños

Conoce al nuevo miembro del equipo de Gilda's Club Chicago. Sherman, el Shorkie, es un perro de Terapia Asistida por Animales registrado y un Canino de Buen Ciudadano® de American Kennel Club. Es bien sabido (y científicamente probado) que la interacción con una mascota amable y amigable tiene importantes beneficios sociales y emocionales. Al igual que la amada Yorkie de Gilda Radner, Sparkle, le proporcionó a Gilda acompañamiento durante toda su experiencia

Reunión de Campamento Juvenil

sábado, 12 de agosto | 12:00 – 2:00 p.m.

Se requiere reservación

Las reuniones de campamento son un momento muy especial para reunirse con nuestros amigos del campamento.

Horario de Verano

A partir del viernes, 26 de mayo, el club cerrará a las 3:00 p.m. cada viernes hasta el 1ro de septiembre.

MEMBERS GIVING BACK

VOLUNTEER SPOTLIGHT

ANDY RAPOPORT



Andy found Gilda's Club Chicago when he walked past our Red Door on his way to lunch with a friend one day. All he knew was that GCC's mission is cancer-related, which interested him because he lost his cousin to cancer. He walked right in and (after a tour of the Clubhouse) decided to become a volunteer. Andy has volunteered in many different ways so far, including at the front desk, outreach events, social events and Noogieland programs. In addition to volunteering, Andy is also a Team Gilda runner. "I don't run very fast," Andy says, "I run for the challenge and for the camaraderie of it." Andy ran the Shamrock Shuffle 8K and the Cinco de Miler for Team Gilda, and he is registered to run the Bank of America Chicago Marathon on October 8th. Andy enjoys volunteering and running for GCC because of the variety of programs offered to our members, "It's a wonderful organization that does so much, not only for people living with cancer, but everyone that's been touched by cancer."

Members Giving Back

Saturdays, July 22, September 23 | 1:00 - 1:30 p.m.

RSVP Required

Looking for a way to help out this year? Look no further, Gilda's Club Chicago has plenty of ways for members to get involved! Join Gilda's Club Chicago staff for this informational session on the different ways that you can give back to the Club.

MAKE AN IMPACT

Gilda's Club Chicago relies on the generosity of the community to support our programming. Every donation demonstrates our shared commitment to ensure that no one faces cancer alone. Please consider making a gift of any size today.

We invite you to consider making a gift in memory of a loved one, including Gilda's Club Chicago in your estate planning or becoming a member of our Red Door Society. We also partner with many corporations that will match your donation. For more information or opportunities to give, contact our Director of Development, Bradford Newquist, at 312-464-9900 x135 or bradfordnewquist@gildasclubchicago.org.

Team Gilda

Run, bike or walk for Gilda's Club Chicago. Become a member of Team Gilda and raise funds to take our mission to the streets - to ensure that anyone impacted by cancer is empowered by knowledge, strengthened by action and sustained by community.

Look for us at:

- Chicago Half Marathon - September 24, 2017



For more information please contact Nadia Garcia at nadiagarcia@gildasclubchicago.org

Night of a Thousand Noogies

Saturday, October 14, 2017 - \$75 General; \$125 VIP

7:00 p.m.; Park West - 322 West Armitage Avenue, Chicago, IL

Join the Associate Board of Gilda's Club Chicago for an evening of unique comedy at their annual "Night of A Thousand Noogies," where Second City actors improvise skits and songs based on interviews with Chicago celebrities. Guests will enjoy a one-of-a-kind improv comedy show, raffle, silent auction, tasty bites and drinks. For more information, contact Nadia Garcia, Development Manager, at 312-464-9900 or nadiagarcia@gildasclubchicago.org.



Cheerleaders Needed

Sunday, October 8, 2017

Come out and cheer on Team Gilda as they race through the city at the Bank of America Chicago Marathon. Team Gilda runners have dedicated all summer to training, fundraising and building awareness of our mission. The Clubhouse is located near mile marker 11. For more information, please contact Samantha Rowland, Volunteer Coordinator, at 312-464-9900 or samantharowland@gildasclubchicago.org

HOSPITAL PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
Advocate Christ Medical Center Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL	Clubhouse Closed	Gentle Yoga Music (3 South) Lectures Networking Groups Tai Chi Zumba	Art Baking Club Games Lectures Networking Groups Zumba	Cancer Survivors Boot Camp Gentle Yoga Lectures Networking Groups Smoking Cessation Yoga	Clubhouse closed most Fridays Check the calendar for special events	Open Saturdays 9:00am-1:00pm Family Art Gentle Yoga Networking Group Zumba Fitness Special Events & Workshops
Mount Sinai Hospital 1501 S. California 6th floor, Oling-Sang Building Oncology Department		Art as Relaxation Crafts Jewelry Making (6th floor and Radiation Department) Puzzles	Art as Relaxation Crafts Jewelry Making Puzzles	Chair Yoga Guided Relaxation Henna Body Art Journaling Bilingual (Spanish-English) Networking Group		
Robert H. Lurie Comprehensive Cancer Center of Northwestern University Galter Pavilion, 21st floor Conference Room 675 N. St. Clair		Crafts Knitting Yoga Music Tuesdays	Art as Relaxation Jewelry Making T'ai Chi Chih Knitting Caregiver Support Group Polish Support Group	Afternoon with Music		
Galter 21, Infusion Suite Conference Room		Artist in Residence		Artist in Residence		
Prentice Women's Hospital Maggie Daley Center 4th Floor 250 E. Superior				Jewelry Making Journaling Yoga Afternoon with Music		
Prentice 4, Infusion Suite		Artist in Residence				
Prentice, Inpatient 14, 15, 16		Artist in Residence			Artist in Residence	
Arkes Pavilion 21st Floor Infusion Suite 676 N. St. Clair		Artist in Residence				

Gilda's Club Chicago also provides programming at Ann & Robert H. Lurie Children's Hospital of Chicago.

This is an overview of activities. For more information or to view the current program calendar for the Clubhouse and hospital locations, visit www.gildasclubchicago.org or call 312-464-9900.

HOSPITAL PROGRAM COORDINATORS FOR EACH SITE:

Advocate Christ Medical Center – Oak Lawn
Rachel Kennedy, LCPC
708-684-9505
rachelkennedy@gildasclubchicago.org

Ann & Robert H. Lurie Children's Hospital of Chicago
Megan Brady, LCPC, ATR-BC, ext. 120
meganbrady@gildasclubchicago.org

Mount Sinai Hospital
Kassandra Billups, ext. 133
kassandrabilups@gildasclubchicago.org

Robert H. Lurie Comprehensive Cancer Center of Northwestern University
Gosha Thornton, LSW, ext. 122
goshathornton@gildasclubchicago.org



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At Gilda's Club Chicago, our mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Our innovative program, including more than 300 free activities each month, is an essential complement to medical care and includes healthy lifestyle workshops, educational lectures, social opportunities, support and networking groups, and resource referrals. Gilda's Club Chicago is a 501(c)(3) non-profit organization and is funded through donations from individuals, businesses, foundations and special events.

We're easy to find!



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