



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

2017 CALENDAR  
OCT | NOV | DEC

Gilda's Club Chicago is a nonprofit 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 is proud of our inclusive, open community, and we want to address the needs and issues facing the LGBTQIA+ community when diagnosed with cancer. There are issues within the healthcare system like insurance, accessing good care, and acceptance from doctors, just to name a few. As a result, Gilda's Club Chicago has partnered with Howard Brown Health to offer a monthly drop-in group the 4th Wednesday of each month from 6:00-7:30 PM at Howard Brown Health (4025 N. Sheridan Road). This group is free of charge to anyone identifying as LGBTQIA+ who has been diagnosed with cancer, as well as their family members and friends.

## What's Inside:

<b>Page 2</b>	Announcements
<b>Page 3</b>	Noogieland Programs for Children, Teens & Families
<b>Page 4</b>	Support Groups and Networking Groups
<b>Page 5-7</b>	Educational Lectures and Special Events
<b>Page 8-10</b>	October / November / December Calendars
<b>Page 11</b>	Mind / Body / Spirit Classes
<b>Page 12-13</b>	En Español
<b>Page 14</b>	Members Giving Back
<b>Page 15</b>	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](http://www.cancerexperienceregistry.org/join/GCCChicago)

## 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.

## CLUBHOUSE HOLIDAY CLOSING AND SPECIAL EVENT SCHEDULE

The Clubhouse will close at 3:00 p.m. on Wednesday, November 22 and will remain closed through Sunday, November 26 for Thanksgiving.

The Clubhouse will be closed December 23 through 26 for Christmas.

The Clubhouse will be closed January 1 for New Year's Day.

There will not be support groups or healthy lifestyle activities for adults on October 21 and December 9 due to Noogieland special events.



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 Jamie Weiner, LCPC at 312-464-9900.

Appointments are available by phone or we can meet with you at any of our Gilda's Club Chicago locations.

## SAVE THE DATE!

**Gilda's Club Chicago's 20th Anniversary Party**  
**Saturday, February 17 | 11:00 a.m. – 2:00 p.m.**

**Spring Fling – Member Art Gallery Opening**  
**Saturday, April 7 | 12:00 – 2:00 p.m.**

All art submissions are due by Saturday, March 31

## GCC@School

**Cancer Support for the Classroom**  
**offers support for students and educators touched by cancer**

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 visit [bit.ly/GCC\\_School](http://bit.ly/GCC_School)



## GCC@Work:

### Cancer Support for the Workplace

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 [jamiweiner@gildasclubchicago.org](mailto:jamiweiner@gildasclubchicago.org).

# 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.

**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.

## Enhancing Connections - New Offering!

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 age 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.

**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**

## SPECIAL EVENTS

### Family Arts & Crafts

**Saturdays, October 14 and November 11 | 12:30 – 2:00 p.m.**

**RSVP Required**

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

### Cooking for Teens

**Saturday, October 14, November 11 | 12:30 – 2:00 p.m.**

**RSVP Required**

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

### Red Door Squad - New Offering

**Thursdays, October 19, November 2, November 16, December 7, December 21 | 5:30 – 6:30 p.m.**

**RSVP Required**

Through a variety of projects and special events, high school students will serve as members of our "RD Squad" and assist in raising awareness and interest in Gilda's Club Chicago while having a great time! This program will provide students with fun activities as well as leadership and community service opportunities.

**Contact Noogieland Coordinator, Allison Brown, LCSW for more information at 312-464-9900 x116 or [allisonbrown@gildasclubchicago.org](mailto:allisonbrown@gildasclubchicago.org)**

### Noogiefest

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

**RSVP Required by October 11th**

I choose you! Don't miss out on this year's trainer approved Halloween party. Costumes of any type are encouraged for this "Pokémon" themed party. **Food and activities provided.**

### Family Day with AbilityLab

**Saturday, October 28 | 1:00 – 3:00 p.m.**

**RSVP Required**

A fun-filled Saturday afternoon for children, teens and their families that includes Halloween-themed group exercise games and educational sessions on the importance of physical activity.

### Family Day: Holiday Photos with Santa

**Saturday, November 4 | 12:30 – 2:30 p.m.**

**RSVP Required**

Join us as we take Holiday photos with Santa and enjoy a yummy hot chocolate bar! Photos will be processed and ready in early December.

### Noogie Day of Remembrance

**Saturday, November 11 | 9:30 – 10:30 a.m.**

**RSVP Required**

This ceremony is for children and teens to remember those friends and loved ones whose lives were shortened by cancer. The event will include making memorial crafts and decorating stones for placement in the Club's Remembrance Fountain. *Supervised Play will be offered afterwards to accommodate any family members attending the adult portion of Day of Remembrance.*

### Pet Therapy

**Saturday, November 11 | 11:30 a.m. – 12:30 p.m.**

**RSVP Required - Limited to 5 Noogies**

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.

### A Very Noogie Holiday Party

**Saturday, December 9 | 11:00 a.m. – 1:00 p.m.**

**RSVP Required by November 29**

Join the pack for our Ice Age themed Holiday Party!

**Food and activities provided.**

### Family Day: New Year's Winter Luau

**Saturday, December 30 | 12:00 – 1:30 p.m.**

**RSVP Required**

Say goodbye to winter and Aloha to 2018, come inside for our winter luau! Join us in Noogieland where kids and families will be making DIY leis, New Year's Eve crafts, and eating yummy treats.

**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.**

# WEEKLY SUPPORT GROUPS

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

Weekly Support Groups are offered to members 18 years or older. In order to participate, you will be assigned to a group after completing a Customized Membership Plan (CMP). 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.

## 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.*

**Note: Group is meeting on November 15 instead of November 22.**



## 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 cancer.

## 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.

## 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.

## 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.

## 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.*



## 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 those living with cancer. Friends and family are welcome.

## 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.*



## STARTING IN 2018!

### POST-TREATMENT

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

This group provides an opportunity for discussion on concerns and issues after completing treatment. It is also a great transition from a weekly wellness support group.

**Community & Faith Groups**  
For exact times and locations,  
visit [http://bit.ly/gildas\\_community](http://bit.ly/gildas_community)

Chicago Family Health Center | 9119 S. Exchange  
LGBTQIA+ | Howard Brown Health | 4025 N. Sheridan Rd.  
Mission of Faith Baptist Church | 11321 S. Prairie Ave.  
Presence Sts. Mary and Elizabeth Hospital | 2233 W. Division Street  
Salem House of Hope | 10909 S. Cottage Grove  
Seventh Day Adventist | 7000 S. Michigan Ave.  
Trinity United Church of Christ | 400 W. 95th Street

# EMPOWERING LECTURES

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

## Medical Emergency Readiness: Tips for How to Prepare

Tuesday, October 10 | 6:30 – 7:30 p.m.

RSVP Required

When you're in a situation that is outside your comfort zone, it's natural to feel stressed. In this talk, Karen Purze will share her personal experience as a caregiver for her parents as they struggled with concurrent medical crises. She will share lessons learned from dozens of trips to the hospital, and planning tips to reduce the stress of medical emergencies.

Topics to Be Covered:

- Preparing for Medical Emergencies
- Creating a Personal Health Record
- Empowering a Loved One to Act on Your Behalf

Presented by: Karen Purze | *Light refreshments provided*

## Survivorship Care Planning for Lymphoma Survivors: What do you Need to Know?

Sponsored by the Leukemia and Lymphoma Society

Thursday, October 26 | Dinner 5:30 – 6:00p.m. | Presentation 6:00 – 7:00p.m.

RSVP Required (Note: Both organizations will receive your registration information)

This program will review important aspects of surviving Hodgkins and Diffuse Large B Cell Lymphoma (DLBCL) including the purpose of a Survivorship Care Plan, short and long-term side effects of treatment including heart or lung damage, neuropathy and screening for secondary cancers. We will highlight screening guidelines and the importance of the shared-care model; working with your oncology team and Primary Care Providers to promote communication and education can optimize your health as a cancer survivor.

Presented by: Karen Kinahan DNP, APN, FNP-BC |

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

*Light refreshments provided*

## Multiple Myeloma Journey Partner Program

This program is supported by an unrestricted educational grant by Sanofi Genzyme and the Cancer Support Community

Wednesday, November 1 | 6:00 – 7:30 p.m.

RSVP Required

This free educational program gives people with multiple myeloma and their caregivers an opportunity to hear a trained Journey Partner share his or her personal experience of living with multiple myeloma and having an autologous stem cell transplant. You'll also learn about helpful resources and the importance of considering a transplant evaluation.

Presented by: Danielle Spann | *Light refreshments provided*



## Awareness and Precautions for Skin Cancer

Thursday, November 2 | 6:30 – 7:30 p.m.

RSVP Required

People with weakened immune systems from cancer and chemotherapy are more likely to develop many types of skin cancer. When taking steps to decrease the risk, it is important to consider factors such as weather, age, ethnicity, and the different types of skin cancer. Be aware and proactive!

Presented by: Makenna Sikich | Loyola University Student and Advocate Christ Medical Center Intern

*Light refreshments provided*



## Navigating Grief: Finding Your Bearings After Loss

Tuesday, November 7 | 6:00 – 7:30 p.m.

RSVP Required

As you begin the journey through grief, you may have questions, fears and concerns about what lies ahead. This presentation will explore what a year of grieving looks and feels like as well as provide information for people who have recently lost a loved one. Questions and conversation are welcome throughout. Topics include: normal grief reactions, coping mechanisms, and what to expect.

Presented by: Samantha McGlumphy, LCPC | Bereavement Counselor | JourneyCare

*Light refreshments provided*



## Frankly Speaking About Cancer: Lung Cancer

This lecture is made possible through an unrestricted educational grant from Lilly.

Thursday, November 9 | 6:00 – 7:30 p.m.

RSVP Required

Gilda's Club Chicago invites people impacted by lung cancer to a free workshop that provides fundamental information about the most current lung cancer treatments, strategies for symptom/side-effect management and tools for survivorship. A complimentary book, *Frankly Speaking About Cancer: Lung Cancer*, will be provided.

Presented by: Victoria M. Villafior, MD | Associate Professor of Medicine Head and Neck Oncology, Thoracic Oncology, Director, Esophageal Cancer | Robert H. Lurie Comprehensive Cancer Center of Northwestern University

*Light refreshments provided*



## Botanical Medicine: Supplement Use Throughout Treatment for Cancer & Afterward

Sponsored by the Cancer Treatment Center of America

Tuesday, November 14 | Dinner: 5:30 – 6:30 p.m. | Presentation: 6:30 – 7:30 p.m.

RSVP Required at [bit.ly/CTCAatGCC](http://bit.ly/CTCAatGCC) | Parking provided for all attendees at 401 N. Wells St.

Join us to learn about herbs and botanicals with medicinal qualities. Whether finding them naturally in your diet or looking specifically for health and prevention benefits, this lecture will educate you on why certain herbs/botanicals are preferable and what you may want to avoid. You will also learn what you should take into consideration when choosing a supplement. Lastly, she will briefly address potential benefits of essential oils.

Presented by: Christina Shannon, ND, FABNO | Cancer Treatment Centers of America | *Light refreshments provided*



# LECTURE SERIES

## Surviving and Thriving Lecture Series

### Nutritional Wellness Following Treatment

Monday, October 23 | 5:30 – 7:00 p.m.

**RSVP Required - Space is Limited**

This presentation will focus on nutritional strategies to promote health and wellness following treatment. The presentation will be followed by a cooking demonstration which will focus on functional foods that will include lean proteins, antioxidants, and anti-inflammatory nutrients to promote optimal health following treatment.

**Presented by:** Jarrett Stoll | Cancer Treatment Centers of America | *Light refreshments provided*

*There are no lectures scheduled in November and December. The series will reconvene in 2018.*



### Pharmacy Lecture Series

Third Thursdays: | 6:30 – 7:30 p.m.

**RSVP Required**

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

**October 19** – Specialty Pharmacy and Chemotherapy

**November 16** – Managing Chemotherapy-Induced Nausea and Vomiting

**December 21** – Food and Chemotherapy Interactions

**Presented by:** Oncology Pharmacy Residents and Sandeep Parsad, PharmD, BCOP, Clinical Pharmacy Manager Director, PGY2 Oncology Pharmacy Residency Program, University of Chicago Medicine

*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 at: [allisonbrown@gildasclubchicago.org](mailto:allisonbrown@gildasclubchicago.org) or (312) 464-9900.

## NUTRITION

### Bugs, Gut(s), and the Brain: The Anti-Inflammatory Bug-Brain Connection

Tuesday, October 17 | 6:30 – 7:30 p.m.

**RSVP Required**

What is the role of chronic inflammation as it relates to cancer, brain-gut communication, and overall wellbeing in cancer support? How does regular consumption of anti-inflammatory foods change the type of gut microbes that may positively impact our overall health? Join Registered Dietitian Nutritionist, Becky C. Williamson, in exploring the latest evidence in gut, microbiota, and brain connection, and how an anti-inflammatory food pattern can benefit cancer survivors.

**Presented by:** Becky C. Williamson, MS, RDN, LDN, ACSM-CPT | Certified Wellcoach™ Be Balanced, LLC | Nutrition and Wellness for Real People | *Light refreshments provided*



### Optimum Health (3-Week Series)

Wednesdays, November 29, December 6 and 13 | 5:30 – 7:30 p.m.

**RSVP Required - Attendance expected at each session**

This is a 3-week workshop series to enable you to develop optimum health and optimum immunity to increase your ability to avoid cancer recurrences. It is based on the teaching of Dr. Andrew Weil, the Cancer Project, and Dr. Joel Fuhrman's Super Immunity. All three weeks are highly recommended because they complement and build on each other. A light and healthy dinner will be prepared and shared together during this interactive class.

**Presented by:** Dennis Gates, MD, and Maria Rotella, Nutritionist

### ALAS Wings - Mobile Salon

Monday, December 4 | 9:00 a.m. – 12:00 p.m.

**RSVP Required - Space is Limited!**

ALAS-WINGS is dedicated to empowering Hispanic women about breast cancer awareness through education and support for all women faced with breast cancer diagnosis. The mobile salon is a special program designed for women with cancer to improve their self-esteem and physical appearance. The salon includes a donation of bras, prosthesis and wigs. Open to any woman living with cancer.



Asociación Latina de Asistencia y Prevención del Cáncer de Mama  
Latina Association for Breast Cancer

# SOCIAL EVENTS

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

## Baking Club

**Mondays | 2:00 – 3:00 p.m.**

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

## Beginner's Improv (6-Week Series) and Alumni "Rock, Paper, Scissors" Improv Troupe (6-Week Series)

**Wednesdays: September 14 – October 18 | 6:00 – 8:00 p.m.**

These series are already in session, please contact a program staff member with questions.

## Sparkle Time with Sherman

**Second Tuesdays: October 10, November 14, December 12 | 11:00 – 11:45 a.m.**

**RSVP Required – Space is Limited!**

Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. 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. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits. Please RSVP for your own 15 minute slot. First come, first served.

## Best of Gilda Radner: "Haunted Honeymoon"

**Wednesday, October 11 | 6:00 – 7:30 p.m.**

**RSVP Required**

Join us for a movie night including snacks and light refreshments!

## Canning Workshop

**Thursday, October 12 | 6:30 – 7:30 p.m.**

**RSVP Required**

Looking for a new hobby? Join us in this workshop to learn more about what canning is and what supplies are necessary. Enjoy an interactive canning demo of classic dill pickles and strawberry jam. Samples will also be provided.

**Presented by:** Camilla Merriweather, MS, LCPC, CRC | *Light refreshments provided*

## Newcomers Breakfasts

**Select Saturdays: October 14, November 4, December 16 | 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.



## Cooking Demonstrations

**RSVP Required – Space is limited!**

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.

**Avec** – Tuesday, October 24 | 6:00 – 7:00 p.m.

**Isola Foods** – Tuesday, November 21 | 6:00 – 7:00 p.m.

**Kitchfix** – Tuesday, December 12 | 6:00 – 7:00 p.m.

## Suminagashi

**Friday, November 3 | 1:00 – 4:00 p.m.**

**RSVP Required**

Join artist Pam Martinez for an introduction to Suminagashi Japanese paper marbling. Suminagashi is the ancient Japanese practice of creating colorful ink patterns on the surface of water for paper decoration. All supplies included.

## French Pastry Class

**Saturdays: November 4, December 16 | 11:00 a.m. – 12:30 p.m.**

**RSVP Required – maximum capacity: 6 adults**

Discover French pastry by baking simple recipes and enjoying the completed treats. Get new baking tips to try at home. Please register for only one class.

## Day of Remembrance / Noogie Day of Remembrance

**Saturday, November 11 | 9:30 – 11:30 a.m.**

**RSVP Required**

Gilda's Club Chicago invites you to participate in our annual ceremony remembering those friends and loved ones whose lives were shortened by cancer. The event will feature inspirational words, members sharing stories and memories of their loved ones (optional), music, and creating memorial stones for placement in the Club's Remembrance Fountain. Children are invited to participate in Noogieland activities by making memorial crafts and decorating stones for placement in the Club's Remembrance Fountain. *Supervised Play will be available.*

## Quarterly Dinner Series

**Monday, November 20 | 6:00 – 7:00 p.m.**

**RSVP Required**

Join us for the inaugural gathering of our quarterly dinner series where volunteers will be making a delicious dinner to share. This evening's theme will be Fall comfort food.

## Adult Holiday Soiree


**Friday, December 1 | 5:00 – 8:00 p.m.**

**RSVP Required**

Join Gilda's Club Chicago at our annual holiday party! Help us celebrate with our members, volunteers and other partners. Enjoy delicious hors d'oeuvres and hear sweet melodies from our own Bradford Newquist, a professional musician and member of our staff. While the party is for adults only, we will have Supervised Play available if you want to bring the kids along.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM	Gentle Yoga 10:30 AM Meditation 11:45 AM Alumni Improv Troupe #4 6:00 PM RSVP Beginner's Improv #4 6:00 PM RSVP	Chair Yoga 11:00 AM Meditation 12:15 PM	Yoga 9:30 AM Spirituality NG 10:00 AM BeMoved 11:15 AM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:15 PM	
8	Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 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 Medical Emergency Readiness Lecture 6:30 PM RSVP	Gentle Yoga 10:30 AM Navegando la Vida con Cáncer 11:00 AM RSVP Meditation 11:45 AM Alumni Improv Troupe #5 6:00 PM RSVP Beginner's Improv #5 6:00 PM RSVP Best of Gilda Radner: "Haunted Honeymoon" 6:00 PM RSVP	Grupo de Apoyo Latino 10:00 AM Chair Yoga 11:00 AM Meditation 12:15 PM Canning Workshop 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM	ArtReach 9:00 AM Yoga 9:15 AM Newcomers Breakfasts 9:30 AM RSVP Caring Arts 10:00 AM Restorative Yoga 11:00 AM Círculo de Tejer 12:00 PM Crochet and Knitting Club 12:00 PM T'ai Chi 12:15 PM Cooking for Teens 12:30 PM RSVP Family Arts and Crafts 12:30 PM RSVP	
15	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Clase de Joyería 10:00 AM RSVP Gentle Yoga 10:00 AM Meditación 11:30 AM T'ai Chi Chih 12:45 PM Living Beyond Loss NG 6:00 PM The Anti-Inflammatory Nutrition Workshop 6:30 PM RSVP	Gentle Yoga 10:30 AM Navegando la Vida con Cáncer 11:00 AM RSVP Meditation 11:45 AM Meditation and the Crystal Bowls 1:00 PM RSVP Alumni Improv Troupe #6 6:00 PM RSVP Beginner's Improv #6 6:00 PM RSVP	Chair Yoga 11:00 AM Meditation 12:15 PM Red Door Squad 5:30 PM RSVP Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM	Noogiefest 11:00 AM RSVP	
22	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Surviving and Thriving Lecture 5:30 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM Polish NG 4:00 PM Cooking Demo - Avec 6:00 PM RSVP	Gentle Yoga 10:30 AM Navegando la Vida con Cáncer 11:00 AM RSVP Meditation 11:45 AM Bladder Cancer NG 6:00 PM	Chair Yoga 11:00 AM Meditation 12:15 PM Survivorship Planning for Lymphoma Lecture 5:30 PM RSVP	Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM	Yoga 9:15 AM Restorative Yoga 11:00 AM Círculo de Tejer 12:00 PM T'ai Chi 12:15 PM Family Day with Ability Lab 1:00 PM RSVP	
29	Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM T'ai Chi Chih 12:45 PM	<h1>OCTOBER 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>
30							
31							



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>NOVEMBER</h1> <p>■ = RSVP REQUIRED   ■ = NOR SV P   ■ = 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>Gentle Yoga 10:30 AM Navegando la Vida con Cáncer 11:00 AM RSVP Meditation 11:45 AM Multiple Myeloma Journey Partner Program 6:00 PM RSVP</p> <p style="text-align: right;">1</p>	<p>Chair Yoga 11:00 AM Meditation 12:15 PM Red Door Squad 5:30 PM RSVP Awareness and Precautions for Skin Cancer 6:30 PM RSVP</p> <p style="text-align: right;">2</p>	<p>Yoga 9:30 AM Spirituality NG 10:00 AM BeMoved 11:15 AM Suminagashi 1:00 PM RSVP</p> <p style="text-align: right;">3</p>	<p>Yoga 9:15 AM Newcomers Breakfasts 9:30 AM RSVP Caring Arts 10:00 AM French Pastry Class 11:00 AM RSVP Restorative Yoga 11:00 AM T'ai Chi 12:15 PM Family Day: Holiday Photos with Santa 12:30 PM RSVP</p> <p style="text-align: right;">4</p>
5	<p>T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM</p> <p style="text-align: right;">6</p>	<p>Gentle Yoga 10:00 AM T'ai Chi Chih 12:45 PM Navigating Grief Lecture 6:00 PM RSVP</p> <p style="text-align: right;">7</p>	<p>Gentle Yoga 10:30 AM Navegando la Vida con Cáncer 11:00 AM RSVP Meditation 11:45 AM</p> <p style="text-align: right;">8</p>	<p>Grupo de Apoyo Latino 10:00 AM Chair Yoga 11:00 AM Meditation 12:15 PM Frankly Speaking about Lung Cancer Lecture 6:00 PM RSVP</p> <p style="text-align: right;">9</p>	<p>Yoga 9:30 AM BeMoved 11:15 AM</p> <p style="text-align: right;">10</p>	<p>Yoga 9:15 AM Day of Remembrance/Noogie Day of Remembrance 9:30 AM RSVP Restorative Yoga 11:00 AM Pet Therapy 11:30 AM RSVP Circulo de Tejer 12:00 PM T'ai Chi 12:15 PM Cooking for Teens 12:30 PM RSVP Family Arts and Crafts 12:30 PM RSVP Members Giving Back 1:00 PM RSVP</p> <p style="text-align: right;">11</p>
12	<p>T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM</p> <p style="text-align: right;">13</p>	<p>Gentle Yoga 10:00 AM Sparkle Time with Sherman 11:00 AM RSVP Botanical Medicine Lecture 5:30 PM RSVP Young Women with Breast Cancer NG 6:00 PM</p> <p style="text-align: right;">14</p>	<p>Gentle Yoga 10:30 AM Meditation 11:45 AM Meditation and the Word 1:00 PM RSVP Bladder Cancer NG 6:00 PM</p> <p style="text-align: right;">15</p>	<p>Chair Yoga 11:00 AM Meditation 12:15 PM Red Door Squad 5:30 PM RSVP Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP</p> <p style="text-align: right;">16</p>	<p>Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:00 PM</p> <p style="text-align: right;">17</p>	<p>ArtReach 9:00 AM Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM T'ai Chi 12:15 PM</p> <p style="text-align: right;">18</p>
19	<p>T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Quarterly Dinner Series 6:00 PM RSVP Yoga 7:00 PM</p> <p style="text-align: right;">20</p>	<p>Clase de Joyería 10:00 AM RSVP Gentle Yoga 10:00 AM Meditación 11:30 AM T'ai Chi Chih 12:45 PM Cooking Demo - Isola Foods 6:00 PM RSVP Living Beyond Loss NG 6:00 PM</p> <p style="text-align: right;">21</p>	<p>Gentle Yoga 10:30 AM Meditation 11:45 AM  CLUBHOUSE CLOSSES AT 3:00 PM</p> <p style="text-align: right;">22</p>	<p>CLUBHOUSE CLOSED FOR THANKSGIVING</p> <p style="text-align: right;">23</p>	<p>CLUBHOUSE CLOSED FOR THANKSGIVING</p> <p style="text-align: right;">24</p>	<p>CLUBHOUSE CLOSED FOR THANKSGIVING</p> <p style="text-align: right;">25</p>
26	<p>T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM</p> <p style="text-align: right;">27</p>	<p>Gentle Yoga 10:00 AM Polish NG 4:00 PM</p> <p style="text-align: right;">28</p>	<p>Gentle Yoga 10:30 AM Meditation 11:45 AM Optimum Health 5:30 PM RSVP</p> <p style="text-align: right;">29</p>	<p>Chair Yoga 11:00 AM Meditation 12:15 PM</p> <p style="text-align: right;">30</p>	<p>2017</p> 	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>DECEMBER 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>	
					Yoga 9:30 AM Spirituality NG 10:00 AM BeMoved 11:15 AM Adult Holiday Soiree 5:00 PM RSVP	ArtReach 9:00 AM Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:15 PM
3	ALAS-Wings Mobile Salon 9:00 AM RSVP T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM T'ai Chi Chih 12:45 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Optimum Health 5:30 PM RSVP	Chair Yoga 11:00 AM Meditation 12:15 PM Red Door Squad 5:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM	A Very Noogie Holiday Party 11:00 AM RSVP
10	Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Sparkle Time with Sherman 11:00 AM RSVP Cooking Demo - Kitchfix 6:00 PM RSVP Young Women with Breast Cancer NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Optimum Health 5:30 PM RSVP	Grupo de Apoyo Latino 10:00 AM Chair Yoga 11:00 AM Meditation 12:15 PM	Yoga 9:30 AM BeMoved 11:15 AM Posadas Navideñas 12:00 PM RSVP	Yoga 9:15 AM Newcomers Breakfasts 9:30 AM RSVP Caring Arts 10:00 AM French Pastry Class 11:00 AM RSVP Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM T'ai Chi 12:15 PM
17	Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Clase de Joyería 10:00 AM RSVP Gentle Yoga 10:00 AM Meditación 11:30 AM Living Beyond Loss NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Meditation and Medicine 6:00 PM RSVP	Chair Yoga 11:00 AM Meditation 12:15 PM Red Door Squad 5:30 PM RSVP Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM	CLUBHOUSE CLOSED FOR CHRISTMAS
24	CLUBHOUSE CLOSED FOR CHRISTMAS	CLUBHOUSE CLOSED FOR CHRISTMAS	Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM	Chair Yoga 11:00 AM Meditation 12:15 PM	Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Family Day: New Year's Winter Luau 12:00 PM RSVP T'ai Chi 12:15 PM
31	CLUBHOUSE CLOSED FOR CHRISTMAS	CLUBHOUSE CLOSED FOR CHRISTMAS				

# HEALTHY LIFESTYLE PROGRAMS

## MIND/BODY/SPIRIT CLASSES

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

### Chair Yoga

**Mondays | 11:15a.m. – 12:15 p.m. • Thursdays | 11:00a.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 | 9:15 – 10:45 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.**

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

### BeMoved®

**Fridays | 11:15 a.m. – 12:15 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 | 12:15 – 1:15 p.m.**

An ancient Chinese exercise combining physical movement and meditation.

### T'ai Chi Chih

**Select Mondays: October 16, 23; November 6, 13, 20, 27; December 4 | 10:00 – 11:00 a.m.**

**Select Tuesdays: October 17, 31; November 7, 21; December 5 | 12:45 – 1:45 p.m.**

Based on ancient Chinese wisdom, and consisting of 19 simple and slow gentle movements, Ta'i 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 | 12:30 – 1:30 p.m. • Wednesdays | 11:45 a.m. – 12:45 p.m. • Thursdays | 12:15 – 1:15 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, October 7, 14; November 4, 18; December 2, 16, 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: October 14, November 18, December 2 | 9:00a.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.

### Jewelry

**Mondays | 12:00 – 2:00 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.

### Crochet and Knitting Club

**Select Saturdays: October 14, November 18, December 16 | 12:00 – 2:00p.m.**

Join other experienced crocheters and knitters (including loom 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.

### Meditation and More (3-part monthly series) | RSVP Required

#### Meditation and the Crystal Bowls

**Wednesday, October 18 | 1:00 – 2:00 p.m.**

Explore the mysteries of how crystal sound re-harmonizes the body and spirit and put yourself in touch with how sound soothes.

**Presented by:** Debbie Turcza | **Moderated by:** Barbara Zeman

#### Meditation and the Word

**Wednesday, November 15 | 1:00 – 2:00 p.m.**

Explore the benefits of the written word ... auto writing reveals messages that meditation calls forth.

**Presented by:** Barbara Zeman

#### Meditation and Medicine

**Wednesday, December 20 | 6:00 – 7:00 p.m.**

Explore the benefits that meditation has on healing. Meditation is a powerful tool that helps relax and reenergize the body, mind and spirit.

**Presented by:** Ibrahim Zabaneh, MD | **Moderated by:** Barbara Zeman | *Light refreshments provided*



# 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](mailto: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: 7 y 14 de octubre; 4 y 18 de noviembre; 2, 16, y 30 de diciembre | 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: 17 de octubre, 21 de noviembre y 19 de diciembre | 10:00 - 11:30 a.m.

**Se requiere reservación**

Aprenda como crear tus propios collares, aretes y esclavas.

### Clase de Nutrición

viernes, 27 de octubre, 17 de noviembre | 9:30 a.m. - 12:00 p.m.

**Se requiere reservación**

Esta clase de nutrición dirigido 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: 14 de octubre, 18 de noviembre y 2 de diciembre | 9:00 a.m. - 12:00 p.m.

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

### Desayuno para Nuevos Participantes (Newcomers Breakfast)

Segundo sábado del mes: 14 de octubre, 10 de noviembre y 8 de diciembre | 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: 17 de octubre, 21 de noviembre y 19 de diciembre | 11:30 a.m. - 12:30 p.m.

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

### Yoga en Español

viernes: 13 de octubre, 17 de noviembre y 29 de diciembre | 12:30 - 1:30 p.m.

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



### Yoga

lunes | 7:00 - 8:30 p.m.; viernes | 9:30 - 11:00 a.m.; sábados | 9:15 - 10:45 a.m.

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

### Yoga Restaurativa

martes | 10:00 - 11:00 a.m.; 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 | 12:15 - 1:15 p.m.

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

### T'ai Chi Chih

lunes: 16 y 23 de octubre, 6, 13, 20 y 27 de noviembre y 4 de diciembre | 10:00 - 11:00 a.m.

martes: 17 y 31 de octubre; 7 y 21 de noviembre, 5 de diciembre | 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: 12 de octubre, 9 de noviembre y 14 de diciembre | 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.

## ACTIVIDADES SOCIALES / EVENTOS ESPECIALES

### SERIE EDUCACIONAL:

#### Navegando la Vida con Cáncer

miércoles | 11:00 – 12:30 p.m.

#### Se requiere reservación

Una serie educacional para personas recién diagnosticadas con cáncer. Se requiere que asistan todas las sesiones.

**11 de octubre:** Creando un Equipo Fuerte de Apoyo

**18 de octubre:** El Costo del Cuidado Médico

**25 de octubre:** Los Tratamientos y Sus Efectos

**1 de noviembre:** Nutrición y Ejercicio

**8 de noviembre:** Los Beneficios del Apoyo Psicosocial

### Fiesta Navideña para Adultos

viernes, 1 de diciembre | 5:00 – 8:00 p.m.

#### Se requiere reservación

Acompáñenos a celebrar las navidades con sus amigos de Gilda's Club Chicago. Celebre la Navidad en esta fiesta Navideña solamente para adultos. La fiesta tendrá bocadillos y entretenimiento. Habrá cuidado de niños.

### ALAS Sobre Ruedas - EL Salón Móvil™

lunes, 4 de diciembre | 9:30 – 11:30 a.m.

#### Se requiere reservación

Un programa diseñado especialmente para mujeres con cáncer para que mejoren su auto-estima y apariencia. Se donan sostenes, prótesis y pelucas. Solo para mujeres sin cobertura médica.

### Posada Navideña

viernes, 15 de diciembre | 12:00 – 2:00 p.m.

#### Se requiere reservación

Celebre la navidad con nosotros al estilo mexicano con canticos, música, comida y ponche. *Traiga un bocadillo para compartir.*

**DÍAS FESTIVOS** El club estará cerrado a partir de las 3pm el miércoles, 22 de noviembre hasta el domingo, 26 de noviembre por motivo del día de Acción de Gracias. El club estará cerrado a partir de las 3pm el viernes, 22 de diciembre hasta el martes, 26 de diciembre por motivo de los Días Festivos. El club estará cerrado el lunes, 1ro de enero por motivo del Nuevo Año.

# 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](mailto: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.

## ACTIVIDADES DE NOOGIELAND

### Artes Manuales para la Familia (en inglés)

sábado, 14 de octubre y 11 de noviembre | 12:30 – 2:00 p.m.

#### Se requiere reservación

Programa que ofrece artes manuales y una merienda.

### Cocina para Jóvenes (Cooking for Teens)

sábado, 14 de octubre y 11 de noviembre | 12:30 – 2:00 p.m.

#### Se requiere reservación

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

### Noogiefest (Fiesta de Halloween)

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

No se pierda nuestra fiesta anual de Halloween. Se recomienda pero no es obligatorio que traigan disfraces para esta fiesta con tema de "Pokemon."

### Día de Conmemoración Para Niños

sábado, 11 de noviembre | 9:30 – 10:30 a.m.

#### Se requiere reservación

Invitamos a los niños que participen en nuestra ceremonia anual para honrar la memoria de aquellos que ya no están con nosotros. Celebremos sus vidas y contemos sus historias.

### Día de Familia: Fotos con Santa

sábado, 4 de noviembre | 12:30 – 2:30 p.m.

#### Se requiere reservación

Traiga a su familia a tomarse una foto de navidad con Santa. También tendremos chocolate calentito para todos.

### Terapia de Mascota

sábado, 11 de noviembre | 12:00 – 1:00 p.m.

#### Se requiere reservación - Límite de 5 niños

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

### 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 un programa. Llame a Jeanette, 312-464-9900.

### Día Familiar con AbilityLabs

sábado, 28 de octubre | 1:00 – 3:00 p.m.

#### Se requiere reservación

Un sábado lleno de diversión para niños, adolescentes y sus familiares que incluye juegos y ejercicios con tema de Halloween y pláticas educativas sobre la importancia de la actividad física.

# MEMBERS GIVING BACK

## VOLUNTEER SPOTLIGHT

SCOTT WARNER



Scott found Gilda's Club Chicago while attending the Chicago Volunteer Expo in 2016. After losing his father to cancer several years earlier, Scott decided it was time to give love through volunteering. Scott remembered Gilda Radner and her legacy, so he had a positive feeling about GCC. After taking a tour of the Clubhouse, Scott was impressed with the support group rooms and the energy in the building. Scott really enjoys working the front desk, where you can find him on Friday afternoons. "It's nice to see people when they walk in and give them a smile," Scott says, "I'm supposed to give love, so that's what I do."

### Members Giving Back

Saturday, November 11 | 1:00 - 1:30p.m.

RSVP Required

Looking for a way to help out this year? Gilda's Club Chicago has plenty of opportunities for members to get involved! Join GCC staff for this informational session and learn how you can give back to the Club.

**We are gearing up for our 20th Anniversary celebration! On February 14, 2018, we are officially turning 20 years old, and we need your help to get the party started.**

If you have any photos from over the years at Gilda's Club Chicago programming at the Clubhouse or any hospital satellite location, we would love to make them a part of our celebration - the older, the better! Please bring physical photos to the Clubhouse or email them to Samantha Rowland at [samantharowland@gildasclubchicago.org](mailto:samantharowland@gildasclubchicago.org). Please make sure to include your name and contact information so that we can be sure to return photographs to you once we have scanned them.

## 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 on ways to give, contact our Director of Development, Bradford Newquist, at 312-464-9900 x135 or [bradfordnewquist@gildasclubchicago.org](mailto:bradfordnewquist@gildasclubchicago.org).

### Workplace Giving

If your company is participating in annual workplace giving campaigns such as United Way, Community Shares of Illinois, Network for Good, or any other workplace giving program you can choose Gilda's Club Chicago to receive a donation.

To direct your annual workplace gift to Gilda's Club Chicago, request a designation form from your employer and write in Gilda's Club Chicago EIN 36-4115144.

### Friends of Marlene

Join Friends of Marlene at this event benefitting Gilda's Club Chicago:

**8th Annual Friends of Marlene "Fundraiser"**

**Wednesday, November 8**

To learn more, please visit [www.friendsofmarlenehp.org](http://www.friendsofmarlenehp.org)

### Giving Tuesday

Tuesday, November 28th is #GivingTuesday, a global day dedicated to giving back. Charities, families, businesses, community centers and students around the world will come together for one common purpose: to celebrate generosity and to give online.

Make your donation through our website on November 28, 2017.

For any questions, please call 312-464-9900

FRIENDS  
of  
*Marlene*  
Supporting Gilda's Club Chicago

# HOSPITAL PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>Advocate Christ Medical Center</b> Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL	<b>Clubhouse Closed</b>	Boot Camp Gentle Yoga Lectures Music (3 South) Networking Groups Tai Chi Zumba	Art Art (3 South) Games Lectures Networking Groups Zumba	Cancer Survivors Baking Club Boot Camp Gentle Yoga Lectures Networking Groups Smoking Cessation Yoga	<b>Clubhouse closed most Fridays</b>  <b>Check the calendar for special events</b>	<b>Open Saturdays 9:00 a.m. - 1:00 p.m.</b> Family Art Gentle Yoga Networking Group Zumba Fitness Special Events & Workshops
<b>Mount Sinai Hospital</b> 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) Women of Color Group		
<b>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</b> Galter Pavilion, 21st floor Conference Room 675 N. St. Clair		Crafts Knitting Postcard Art Yoga Music Tuesdays	Art as Relaxation Jewelry Making Knitting T'ai Chi Chih Caregiver 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](http://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](mailto:rachelkennedy@gildasclubchicago.org)

**Ann & Robert H. Lurie Children's Hospital of Chicago**  
 Megan Brady, LCPC, ATR-BC, ext. 120  
[meganbrady@gildasclubchicago.org](mailto:meganbrady@gildasclubchicago.org)

**Mount Sinai Hospital**  
 Cassandra Billups, ext. 133  
[kassandrabilups@gildasclubchicago.org](mailto:kassandrabilups@gildasclubchicago.org)

**Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
 Gosha Thornton, LSW, ext. 122  
[goshathornton@gildasclubchicago.org](mailto:goshathornton@gildasclubchicago.org)



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

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
CHICAGO, IL  
PERMIT NO. 3209

537 North Wells Street  
Chicago, Illinois 60654

PH: 312-464-9900  
FAX: 312-464-1487



---

## Free cancer support for the whole family, the whole time

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) nonprofit organization and is funded through donations from individuals, businesses, foundations and special events.

---

## We're easy to find!



Join, volunteer, or donate.  
[www.gildasclubchicago.org](http://www.gildasclubchicago.org)

   @gildasclubchi #TakeOnCancerTogether