

July Virtual Calendar



An Affiliate of the
CANCER SUPPORT COMMUNITY

Phone: 312-464-9900 Website: GildasClubChicago.org

Due to the unprecedented need caused by Covid-19 Gilda's Club Chicago has created a robust virtual program. We now have more than 150 online programs scheduled including support groups, wellness workshops, yoga and art therapy. Please go to GildasClubChicago.org to RSVP. We will then send you further instructions on how to join zoom.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	2 CLOSED IN HONOR OF INDEPENDENCE DAY
4 CLOSED IN HONOR OF INDEPENDENCE DAY	5 11:00am Gentle Yoga with Joan 2:00pm Sewing with Sophie 6:00pm Beyond the Red Door: Orientation	6 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 6:00pm Transition Doula Series	7 8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:30pm Yoga with Steve	8 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	9 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
11 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Diane 4:00pm Zoom Improv	12 10:00am T'ai Chi Chih with Deb 11:00am Gentle Yoga with Joan 12:00pm Beyond the Red Door: Orientation 12:30pm Brain Fitness 2:00pm Sewing with Sophie 6:00pm Young Women with Breast Cancer Survivorship Series	13 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 6:00pm Transition Doula Series	14 8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:30pm Yoga with Steve	15 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	16 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
18 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Diane 4:00pm Zoom Improv	19 11:00am Gentle Yoga with Joan 2:00pm Sewing with Sophie 5:00pm Introduction to the 7 Chakras 5:30pm Zumba	20 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 6:00pm Transition Doula Series	21 8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 2:00pm Book Support 4:00pm Beyond the Red Door: Orientation 5:30pm Boot Camp 5:30pm The Kitchen Table 6:00pm Conversations on Cancer: Urology 6:30pm Yoga with Steve	22 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	23 GCC BLOCK PARTY 11:00 a.m. - 3:00 p.m.
25 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Diane 4:00pm Zoom Improv	26 10:00am T'ai Chi Chih with Deb 11:00am Gentle Yoga with Joan 1:00pm Beyond the Red Door: Orientation 2:00pm Sewing with Sophie 5:30pm Zumba	27 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 6:00pm Transition Doula Series	28 8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:00pm Surviving & Thriving: Medical Cannabis 6:30pm Yoga with Steve	29 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	30 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon

July Virtual Programs

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PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

Noche de Pelicula

miércoles | julio 6, 13, 20, 27 | 11:30 a.m.

Artes y Manualidades

sabado | julio 9, 16, 30 | 1:00 p.m.

Yoga en Español

jueves | julio 14

Grupo de Apoyo Mensual

martes, julio 19 | 10:00 a.m.

Meditación de la mañana

martes, julio 26 | 10:00 a.m.

NOOGIELAND KIDS/TEEN PROGRAMS

Red Door Squad

Tuesdays | July 5, 12, 19, 26 | 5:00 p.m.

Kid Support

Peer support groups for children ages 5-12 who are living with cancer or have a family member or friend living with cancer. Parents need to have attended Orientation and completed a Membership Plan.

Kid's Bereavement

Peer support groups for children ages 4-12 who have experienced the cancer-related death of a family member or friend. Parents need to have attended Orientation and completed a Membership Plan.

GCC @ School

A school-based cancer education and support program for children and adolescents with cancer or cancer in their families.

Programming available as requested. Please contact Lindsay Tynes at lindsaytynes@gildasclubchicago.org