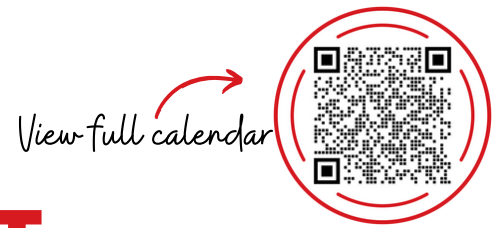




GILDA'S CLUB CHICAGO

An Affiliate of the
CANCER SUPPORT COMMUNITY



FREE CANCER SUPPORT

Offering more than 250 free activities per month to those impacted by cancer and their families.

Gilda's Club Chicago is a place where anyone whose life has been impacted by any type of cancer, as well as their families and friends, can feel they are part of a welcoming community of support. Join us and help us prove that **Community is Stronger Than Cancer**. We are proud to provide free membership to those living with cancer, supporting someone who is, or have lost a loved one to cancer.

Not a member of Gilda's Club Chicago? Join us today at gildasclubchicago.org/membership.

MONDAYS

Hatha Yoga	Weekly	9:00 AM - 10:00 AM	Virtual
T'ai Chi	Weekly	10:00 AM - 11:00 AM	Virtual
Mind.Body.Soul.	3rd Monday	11:00 AM - 12:30 PM	Virtual
Community Art	Weekly	1:00 PM - 2:00 PM	Virtual
Advanced Improv Club	2nd Monday	5:00 PM - 7:00 PM	Virtual
Yoga for Queer Bodies	2nd Monday	6:00 PM - 7:00 PM	Virtual
Meditación en Español	4th Monday	6:30 PM - 7:30 PM	Virtual

TUESDAYS

Brain Fitness	1st & 3rd Tuesdays	10:00 AM - 11:00 AM	Virtual (also streaming at Downtown Clubhouse)
T'ai Chi Chih	2nd & 4th Tuesdays	10:00 AM - 11:00 AM	Virtual (also streaming at Downtown Clubhouse)
Strength, Fitness & Fun!	Weekly	11:00 AM - 12:00 PM	Downtown Clubhouse
Jewelry Making & Beading	Weekly	11:30 AM - 12:30 PM	Downtown Clubhouse
Sound Healing Meditation	Weekly	12:30 PM - 1:30 PM	Downtown Clubhouse
Stitchcraft	Weekly	2:00 PM - 3:00 PM	Virtual
Surviving & Thriving Lecture	4th Tuesday	6:00 PM - 7:30 PM	Virtual

WEDNESDAYS

T'ai Chi	Weekly	9:30 AM - 10:30 AM	Virtual
Group Reiki	1st & 3rd Wednesdays	10:00 AM - 11:00 AM	Downtown Clubhouse
Individual Reiki (30 minute sessions)	1st & 3rd Wednesdays	11:00 AM - 12:00 PM	Downtown Clubhouse

WEDNESDAYS CONT...

Meditation	Weekly	12:00 PM - 1:00 PM	Virtual
Chair Yoga	Weekly	2:30 PM - 3:30 PM	Virtual
Yoga	Weekly	6:30 PM - 7:30 PM	Virtual

THURSDAYS

Journaling	Weekly	11:00 AM - 12:00 PM	Virtual
Shiatsu Massage (45 minute sessions)	2nd Thursday	11:00 AM - 2:00 PM	Downtown Clubhouse
Thankful Thursday	3rd Thursday	11:00 AM - 12:00 PM	Virtual/Blue Door Neighborhood Center Morgan Park
	1st, 2nd & 4th Thursdays	12:00 PM - 1:00 PM	Virtual
Mind.Body.Soul.	1st Thursday	12:00 PM - 1:30 PM	Downtown Clubhouse
Balance & Body Spatial Awareness	Weekly	5:30 PM - 6:30 PM	Virtual
All in One Yoga	Weekly	5:30 PM - 6:30 PM	Virtual
The Healthy Dish	3rd Thursday	5:30 PM - 7:00 PM	Virtual

FRIDAYS

Unleash Your Creativity	Weekly	10:30 AM - 12:00 PM	Virtual
Book Support	3rd Friday	2:00 PM - 3:30 PM	Virtual

SATURDAYS

Zumba	Weekly	9:30 AM - 10:30 AM	Virtual
Saturday LIVE! <i>with Art & Movement</i>	2nd Saturday	10:00 AM - 1:00 PM	Downtown Clubhouse
T'ai Chi	Weekly	12:00 PM - 1:00 PM	Virtual
Artes y Manualidades	Weekly	1:30 PM - 3:00 PM	Virtual

ADDITIONAL PROGRAMMING

The activities listed above are only a fraction of all the services provided by Gilda's Club Chicago. With our Downtown Clubhouse in River North, virtual programming, and through our partnerships with Advocate Health Care, Northwestern Medicine, Sinai Chicago, Howard Brown, Ascension, faith communities, and Blue Door Neighborhood Centers, our programming can be accessed throughout the Chicagoland area.

Our core components include:

- Support Groups/Individual Counseling
- Educational Lectures
- Healthy Lifestyle Activities
- Social Connections
- Resources & Referrals

View full calendar



July 1, 2025