

January Virtual Calendar

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 CLOSED FOR NEW YEARS	2 CLOSED FOR NEW YEARS
4 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 4:00pm Zoom Improv 4:30pm LECTURE: Ayurveda Series	5 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 5:30pm Zumba	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	7 8:30am All in One Yoga Practice 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 9:30am Zumba 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 Lyndsae 12:30pm Meditation with Lyndsae 4:00pm Zoom Improv	12 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:00am T'ai Chi Chih with Deb 11:30am Mount Sinai Check-In 12:30pm Brain Fitness 2:00pm Sewing with Sophie 5:30pm Zumba 6:00pm Bingo Night	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	14 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 4:30pm The Kitchen Table 5:30pm Boot Camp 6:30pm Yoga with Steve	15 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	16 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
18 CLOSED FOR MLK'S BIRTHDAY	19 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 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	21 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 2:00pm Book Support - Born A Crime 5:30pm Boot Camp 6:30pm Yoga with Steve	22 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	23 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
25 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 4:00pm Zoom Improv	26 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:00am T'ai Chi Chih with Deb 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 5:30pm Zumba 6:00pm LECTURE: Frankly Speaking: Talking to Kids about Cancer	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 4:30pm Art of Resilience Art Gallery Opening	28 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:00pm LECTURE: Surviving & Thriving: Acupuncture 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

January Virtual Programs

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.



PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

Cocinando Contra el Cancer con CSC Arizona

Lunes | enero 4, 11, 25 | 7:00pm

Noche de Película: que se anunciará

Miércoles | 11:30am | enero 6, 13, 20

Artes y Manualidades

Fridays | 2:00pm | enero 8, 15, 22, 29

Grupo de Apoyo Latino/ Latino Networking Group

Viernes, enero 14 | 10:00 - 11:30am

Yoga Nidra en Español con CSC Arizona

jueves, enero 14 | 7:00pm

Grupo de Apoyo Bilingue/Bilingual Networking Group

jueves enero 28 | 11:30am

Taller de Sanación Emocional con CSC Arizona

jueves, enero 28 | 5:00pm

Yoga en Español con CSC Arizona

jueves, enero 28 | 7:00pm

NOOGIELAND KIDS/TEEN PROGRAMS

Kids Kicking Cancer

Wednesday, January 6, 13, 20 & 27 | 4:30 p.m.

Red Door Squad

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

PJ Party

Saturday, January 9 | 1:00 p.m.

Kids in the Kitchen

Saturday, January 16 | 1:00 p.m.

Winter Brain and Body Fitness

Saturday, January 23 | 1:00 p.m.



Virtual Cancer Networking Groups

These educational and supportive networking groups are open to those who have cancer themselves and those supporting a loved one with cancer. Groups with (ACMC) after the name normally occur at our satellite at Advocate Christ Medical Center. Groups with (NM) after the name normally occur at our satellite at Northwestern Memorial Hospital. All other groups normally occur at the downtown Clubhouse. You are welcome to attend all groups. All Gilda's Club Chicago Networking Groups are intended for adults. By registering, I am affirming I am 18 years old or over. Please contact a program staff member by calling 312-464-9900 with any questions.

Diagnosis Specific Groups

Breast Cancer (ACMC)
Wednesday 1/20
6:00 - 7:30 p.m.

Metastatic Breast Cancer
Tuesday 1/5
6:00 - 7:30 p.m.

Young Women with Breast Cancer
Tuesday 1/12 & 1/26
6:00 - 7:30 p.m.

Bladder Cancer
Wednesday 1/27
6:00 - 7:30 p.m.

Lung Cancer (ACMC)
Wednesday 1/13
6:00 - 7:30 p.m.

Gastrointestinal Cancer (ACMC)
Thursday 1/14
5:30 - 7:00 p.m.

Gynecological Cancer (ACMC)
Tuesday 1/5
5:30 - 7:00 p.m.

Prostate Cancer
Thursday 1/21
6:00 - 7:30 p.m.

Other Groups

**Cancer Survivors
(Formerly Post-Treatment)**
Wednesday 1/13
6:00 - 7:30 p.m.

Caregiver (NM)
Tuesday 1/5
12:30 - 1:30 p.m.

LGBTQIA+ (Howard Brown Health)
Tuesday 1/12
5:30 - 7:00 p.m.

Living Beyond Loss
Tuesday 1/19
6:00 - 7:30 p.m.

Living Beyond Loss (ACMC)
Saturday 1/9
10:00 - 11:30 a.m.

Men's
Tuesday 1/12 & 1/26
5:00 - 6:00 p.m.

Women of Color
Thursday 1/7
10:00 - 11:30 a.m.

Young Adult
Tuesday 1/19
6:00 - 7:30 p.m.