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.
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 today to get started! (312) 464-9900 or email info@gildasclubchicago.org

CLUBHOUSE HOLIDAY SCHEDULE
The Clubhouse will be closed from Friday, December 30th at 3:00pm through Monday, January 2nd in observance of the New Year’s Holiday.
The Clubhouse will be closed Monday, January 16th for Martin Luther King Jr. Day.
The Clubhouse will be closed Monday, February 20th for President’s Day.

GCC@School – Cancer Support for the Classroom offers support for students and educators touched by cancer.

Based on our experience delivering this program for more than nine years, we have found it to be helpful to any student or administrator who has been diagnosed with cancer themselves or is supporting someone diagnosed with cancer.

Our goal is to foster peer support through understanding of a cancer diagnosis and its impact on the classroom. Students participate in activities that give them the ability to express their feelings about cancer. Discussions focus on daily issues faced by students who have a loved one with cancer or who are living with a cancer diagnosis themselves. Students work together to identify ways to help.

For those diagnosed, our 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 Hospital Program Coordinator, Megan Brady, LCPC, ATR-BC at 312-464-9900 x 120 or meganbrady@gildasclubchicago.org

Our 8th Annual “It’s Always Something” Teen Essay Contest for High School students is up and running!
This contest is open to any high school student in Illinois who would like to share their story about being impacted by cancer (i.e. student is living with cancer themselves, they have a friend or family member living with cancer or have lost a loved one to cancer).

Essays will be judged in two categories with cash prizes!
The deadline for essay submissions is Wednesday, March 1, 2017.

For more information, contact the Noogieland Coordinator at 312-464-9900

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, DC. and across the country.

To join, please visit: www.CSCadvocate.org

SMOKINGcessation PROGRAM
Are you interested in quitting smoking? Gilda’s Club Chicago is now offering Courage to Quit - a comprehensive group tobacco treatment program for adults. Program leaders provide information, practice skills, and support to help you reach your smoke-free goals. 3-week and 6-week sessions available. Please call (312) 464-9900.

312-464-9900 • 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.
WEEKLY SUPPORT GROUPS

These 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 5:30pm
- Tuesday 12:00pm
- Saturday 10:30am
- Saturday 1:00pm

OVARIAN WELLNESS:
Second and Fourth Tuesdays at 6:00pm

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 5:30pm

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

BEREAVEMENT GROUP:
- Wednesday 6:00pm
- Saturday 10:30am

MONTHLY NETWORKING GROUPS

These are monthly groups designed for people with similar diagnoses or life situations to meaningfully connect with others and share information helpful on the cancer journey. A Customized Membership Plan (CMP) is required prior to attending. Please call 312-464-9900 to schedule.

LATINO
Second Thursday each month | 10:00 – 11:30am
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 – 11:30am
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 – 7:30pm
This caring, supportive group is open to anyone experiencing grief due to a cancer-related loss. Family and friends welcome.

POLISH SPEAKING
Fourth Tuesday each month | 4:00 – 5:00pm
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. Join us!

POLSKA GRUPA WSPARCIA DLA OSÓB DOTKNIETYCH CHOROBĄ NOWOTWOROWĄ
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 wspólnego rozmowy, wsparcia i wzajemnej pomocy pomiędzy osobami które sa związane z sytuacją choroby. Zapraszamy!

Surviving and Thriving
Fourth Monday each month | 5:30 – 7:00pm
More than a support group, this monthly networking group will be educational, enlightening, and enjoyable for cancer survivors. Join us for topics including: Cancer Rehabilitation (1/23), Peripheral Neuropathy (2/27), and Creating your "New Normal" (3/27).

BLADDER CANCER
Fourth Wednesday each month | 6:00 – 7:30pm
Providing 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 – 7:30pm
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 welcome. This group is part of the UsTOO Prostate Cancer Education & Support Network.

YOUNG WOMEN WITH BREAST CANCER
Second Tuesday each month | 6:00 – 7:30pm
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.

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

Social Security Disability: Change and Confusion
Thursday, January 12 | 6:30 – 7:30pm
RSVP Required
This non-legal discussion will clarify the application and appeals process, and provide people with disabilities the information they need to protect and assert their rights under the Social Security Act.

Practical hints will be provided for how to deal with bureaucracy, how to communicate with treating physicians, and how to minimize the chance of delays and lost files. Additionally, the rules regarding how to return to work while on SSDI and SSI are outlined so that people receiving benefits will have accurate information when making the step back into the work force.

This is intended to be an open discussion between Mr. Rabin and the audience. Questions are encouraged and materials will be provided which will outline the subject matter and provide room for notes.

Presented by: Jeffrey A. Rabin, JD | Law Offices of Rabin, Kodner & Brown
Light refreshments provided

Care for the Caregiver
Wednesday, February 22 | 6:30 – 7:30pm
RSVP Required
Caring for an ailing family member can be rewarding, but it can also be taxing at times. This interactive workshop aims to help caregivers learn about stress and caregiver burnout, identify and normalize personal signs of burnout, and provide tools such as mindfulness to ease that stress and feel better. Participants will also have the opportunity to participate in a mindfulness exercise.

Presented by: Christina Zerwer-Gaafar, LCPC
Light refreshments provided

Reproductive Health after Cancer
Wednesday, February 1 | 6:30 – 7:30pm
RSVP Required
Join Kristin Smith, Patient Navigator for Fertility Preservation, for a talk about hormones after cancer. From this talk, you’ll understand what they mean to family building and general health.

Presented by: Kristin N. Smith | Patient Navigator for Fertility Preservation
Northwestern Medical Group
Light refreshments provided

Advance Healthcare Directives: Clarifying Our Goals for Treatment and Care
Wednesday, March 8 | 6:30 – 8:00pm
RSVP Required
Join us to discuss important ideas for writing an Advance Healthcare Planning Directive. We will provide the Five Wishes, a helpful guide in how to make decisions about your healthcare choices and have conversations with your loved ones. The Five Wishes explains possible preferences for:

• The person I want to make care decisions for me when I can’t
• The kind of medical treatment I want or don’t want
• How comfortable I want to be
• How I want people to treat me
• What I want my loved ones to know

When filled out, this document meets legal requirements in 42 states including Illinois and is used worldwide.

Presented by: Loretta Downs, MA, CSA | Founder of Chrysalis End-of-Life Inspirations
Daryl Holtz Isenberg, PhD | Founder of Family Cancer Support Network
Light refreshments provided

Bridging the Gap in Breast Cancer Care
Wednesday, February 8 | 6:30 – 7:30pm
RSVP Required
Navigating the health care system when there is a breast cancer diagnosis can be very overwhelming, even more so for a woman who is underinsured or uninsured. Join Teena Francois-Blue as she discusses the disparities in screening, diagnosis and treatment for breast cancer and shares resources to help women with breast cancer navigate the complex healthcare system.

Presented by: Teena Francois-Blue, Associate Director
Metropolitan Breast Cancer Task Force
Light refreshments provided

Cancer & the LGBTQIA+ Communities: What’s Different?
Wednesday, March 22 | 6:30 – 7:30pm
RSVP Required
We all know cancer affects everyone. But what is different about a cancer diagnosis when you identify within the LGBTQIA+ communities? Please join Laura Grimes, LCSW, as she discusses the impact for survivors and their family systems.

Presented by: Laura Grimes, LCSW | Adjunct Faculty at Loyola University Chicago
Light refreshments provided

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
LECTURE SERIES

Lectures offered as part of the monthly Surviving and Thriving Networking Group

Cancer Rehabilitation 101: Learn about how Rehabilitation can play an Important Part During and After Treatment
Monday, January 23 | 5:30 – 7:00pm
RSVP Required
Cancer and its treatment can cause many side effects including weakness, pain, edema, neuropathy, cognitive changes and fatigue that interfere with your ability to complete daily tasks as you did before diagnosis. Learn more about these side effects and whether rehabilitation may be a good option for you or your loved one. Also learn more about what types of therapy exist and what your options are for types of therapy.
Presented by: Caitlin Smith, MS OTR/L, OTD
Light refreshments provided

Managing Peripheral Neuropathy
Monday, February 27 | 5:30 – 7:00pm
RSVP Required
Peripheral Neuropathy is a common side effect experienced by many cancer survivors during the course of their treatment. It can leave you dealing with chronic pain, loss of sensation, decreased balance and muscle weakness. This can impact every part of your life long after treatment is done. Join us for an interactive workshop to better understand this condition and help you learn strategies to manage pain, protect your body and get back to your meaningful life activities.
Presented by: Caitlin Smith, MS OTR/L, OTD
Light refreshments provided

Creating your “New Normal” During and After Cancer Treatment
Monday, March 27 | 5:30 – 7:00pm
RSVP Required
Despite its challenges, the cancer journey (from diagnosis to treatment and beyond) can present new opportunities for self-awareness and discovery. Come and explore ways of using your inner strengths and resources to enjoy life while on this journey.
Presented by: Katherine Puckett, PhD, MS, MSW, LCSW | Chief, Division of Mind-Body Medicine at CTCA
Light refreshments provided

Pharmacy Lecture Series
Third Thursdays | 6:30 – 7:30pm
RSVP Required
January 19 - Pain Control Medications
February 16 - Chemotherapy and Nausea Medications
March 16 - Gastrointestinal Medications
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

SUPERVISED PLAY
This 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, 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 the Noogieland Coordinator at (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 affected by cancer. Free publications are available in the Gilda’s Club Chicago Resource Library and can also be downloaded at https://orders.cancersupportcommunity.org/

Save the Date for a special evening with Dr. Keith Block from the Block Center for Integrative Cancer Treatment on June 7, 2017.
SPECIAL EVENTS

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

Newcomers Breakfasts
Second Saturdays: January 14, February 11, March 11 | 9:30 – 10:30am
RSVP Required
All participants who joined any GCC location in the past month or so are cordially invited to get familiar with the Wells Street Clubhouse, meet other new folks, 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.
Gene and Georgetti – Tuesday, January 10 | 6:00 – 7:00pm
Chef Chris Tong - My Private Chef – Tuesday, March 21 | 6:00 – 7:00pm

Beginner’s Improv (6-Week Series)
Wednesdays: February 22 – March 29 | 6:00 – 8:00pm
RSVP Required – Space is Limited!
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: February 22 – March 29 | 6:00 – 8:00pm
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.

Lunch Bunch Cooking Club
Thursday, February 16 | 11:00am – 1:00pm
RSVP Required – Space is Limited!
Join us for another gathering of the Lunch Bunch Cooking Club. We’ll be making and enjoying lunch with one another and planning the recipes for our next gatherings.

GCC’s 19th Anniversary Party
Friday, February 10 | 5:00 – 8:00pm
RSVP Required – Space is Limited!
Join us to celebrate Gilda’s Club Chicago’s 19th anniversary! Enjoy an evening filled with tasty appetizers and plenty of laughs as we are treated to a live performance from The Second City in honor of Gilda Radner.

Soulful Social
Saturday, February 25 | 12:00 – 2:00pm
RSVP Required – Space is Limited!
Please join Gilda’s Club in celebration of Black History Month at the Soulful Social event. Join us for entertainment, food and community sharing. This event is an annual event to promote unity in the community and celebrate the African American culture. You are welcome to share your family recipes, so bring a dish or a dessert and let’s socialize.

Save the Date
Spring Fling: Gilda’s Art Gallery
Saturday, April 8 | 12:00 – 2:00pm
Don’t forget to submit your artwork by April 1st! Contact Liz Sullivan for details at 312-464-9900 or lizsullivan@gildasclubchicago.org
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<td>Clubhouse Closed for New Year's Holiday</td>
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<td>Clubhouse Closed for Martin Luther King, Jr. Day</td>
<td>Yoga 9:00 AM</td>
<td>Living Beyond Loss NG 6:00PM RSVP</td>
<td>Gentle Yoga 10:30 AM</td>
<td>Meditation 11:30 AM</td>
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<td>Surviving and Thriving NG: Cancer Rehabilitation 10:15:30 PM RSVP</td>
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<td>Jewelry Making 11:00 AM RSVP</td>
<td>Polish NG 4:00PM RSVP</td>
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<td>Scrapbooking 11:00 AM RSVP</td>
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**JANUARY 2017**

■ = RSVP REQUIRED ■ = NO RSVP

Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.
* Requires attendance at all sessions

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Weekly support groups (not listed on the calendar) are available to patients and loved ones of all cancer diagnoses and prognoses. See “Support Groups” on pg. 4 or call 312-464-9900.
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<td>Yoga 7:00 PM</td>
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<td>Gentle Yoga 10:30 AM Meditation 11:30 AM Breast Cancer Care Lecture 6:30 PM RSVP</td>
<td>Yoga 9:30 AM</td>
<td>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T’ai Chi 12:00 PM Family Event at Harris Theater 2:00 PM RSVP</td>
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<td>Yoga 7:00 PM</td>
<td>Gentle Yoga 10:00 AM Crafts 11:00 AM RSVP Young Women with Breast Cancer NG 6:00PM RSVP</td>
<td>Gentle Yoga 10:30 AM Meditation 11:30 AM</td>
<td>Lunch Bunch Cooking Club 11:00 AM RSVP Prostate Cancer NG 6:00PM RSVP Pharmacy Lecture Series 6:30PM RSVP</td>
<td>Yoga 9:30 AM</td>
<td>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Crochet and Knitting Club 12:00 PM RSVP T’ai Chi 12:00 PM</td>
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<td>Gentle Yoga 10:00 AM Class de Joyería 10:00 AM RSVP</td>
<td>Meditación 11:30 AM T’ai Chi Chih 2-45 PM Living Beyond Loss NG 6:00PM RSVP</td>
<td>Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #1 6:00 PM RSVP Beginner’s Improv #1 6:00 PM RSVP Bladder Cancer NG 6:00PM RSVP Care for the Caregiver Lecture 6:30 PM RSVP</td>
<td>Internet Básico 10:00 AM RSVP Writing Your Story #1 1:00 PM RSVP</td>
<td>Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM Scrapbooking 11:00 AM RSVP</td>
<td>Yoga 9:00 AM Restorative Yoga 11:00 AM Soulful Social 12:00 PM RSVP T’ai Chi 12:00 PM Círculo de Tejer 12:00 PM Family Arts &amp; Crafts 12:30 PM RSVP</td>
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<td>CLUBHOUSE CLOSED FOR PRESIDENT’S DAY</td>
<td>Surviving and Thriving NG: Managing Peripheral Neuropathy 5:30 PM RSVP Yoga 7:00 PM</td>
<td>Gentle Yoga 10:30 AM Meditation 11:30 AM Alumni Improv Troupe #1 6:00 PM RSVP</td>
<td>Solved! Improv #1 6:00 PM RSVP Bladder Cancer NG 6:00PM RSVP Care for the Caregiver Lecture 6:30 PM RSVP</td>
<td>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.</td>
<td>* Requires attendance at all sessions</td>
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**FEBRUARY 2017**

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<td>Writing Your Story #2 1:00 PM RSVP</td>
<td>Yoga 9:30 AM</td>
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<td>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T’ai Chi 12:00 PM Junior League Madhatters 1:00 PM RSVP</td>
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<td>Gentle Yoga 10:00 AM Crafts 11:00 AM RSVP Young Women with Breast Cancer NG 6:00 PM RSVP</td>
<td>Writing Your Story #4 10:00 PM RSVP Prostate Cancer NG 6:00 PM RSVP Pharmacy Lecture Series 6:30 PM RSVP</td>
<td>Yoga 9:30 AM</td>
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<td>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T’ai Chi 12:00 PM</td>
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<td>Gentle Yoga 10:00 AM Meditation 11:30 AM Alumni Improv Troupe #5 6:00 PM RSVP Beginner’s Improv #5 6:00 PM RSVP Bladder Cancer NG 6:00 PM RSVP Cancer &amp; the LGBTQIA+ Communities Lecture 6:30 PM RSVP</td>
<td>Internet Básico 10:00 AM RSVP Writing Your Story #5 10:00 PM RSVP</td>
<td>Yoga 9:30 AM</td>
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<td>Yoga 9:00 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T’ai Chi 12:00 PM Círculo de Tejer 12:00 PM Family Arts &amp; Crafts 12:30 PM RSVP Members Giving Back 1:00 PM RSVP</td>
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<td></td>
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<td>Gentle Yoga 10:00 AM Class de Joyería 10:00 AM RSVP Meditación 11:30 AM T’ai Chi Chih 12:45 PM Cooking Demo 6:00 PM RSVP Living Beyond Loss NG 6:00 PM RSVP</td>
<td>Writing Your Story #6 10:00 PM RSVP</td>
<td>Yoga 9:30 AM</td>
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</tr>
</tbody>
</table>

Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. * Requires attendance at all sessions
HEALTHY LIFESTYLE PROGRAMS

MIND/BODY/SPIRIT CLASSES

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

Yoga
Mondays | 7:00 – 8:30pm
Fridays | 9:30 – 11:00am
Saturdays | 9:00 – 10:30am

Gentle Yoga
Tuesdays | 10:00 – 11:00am
Wednesdays | 10:30 – 11:30am
Features gentle stretches and poses. Great for beginners.

Restorative Yoga
Saturdays | 11:00am – 12:00pm
A relaxing class using props and chairs as needed to refresh the mind and body. Ideal for beginners and people with limited mobility.

T’ai Chi
Saturdays | 12:00 – 1:00pm
An ancient Chinese exercise combining physical movement and meditation.

T’ai Chi Chih
Select Tuesdays: January 3, 17; February 7, 21; March 7, 21 | 12:45 – 1:45pm
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
Wednesdays | 11:30am – 12:30pm
Meditation can be a source of energy, wisdom, and strength. This class will teach you basic relaxation, breath meditation and visualization.

Writing Your Story:
An Expressive Writing Workshop (6-Week Series)
Thursdays: February 23 – March 30 | 1:00 – 2:30pm
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.

EXPRESSIVE ARTS ACTIVITIES

ArtReach
Second Saturdays: January 14, February 11, March 11 | 9:00am – 12:00pm
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 non-profit sister organization to the Lillstreet Art Center.

Caring Arts
Saturdays (except second Saturdays) | 10:00am – 2:00pm
No class February 25th due to Soulful Social
An exciting program instructed and facilitated by Jordi Pedrola, a fine artist from Spain, who has used different artistic media in helping individuals develop their artistic expression. No prior artistic skills required; just the desire to express yourself.

Crafts
Second Tuesdays: January 10, February 14, March 14 | 11:00 am – 12:30pm
RSVP Required
Learn ways to create original accessories like earrings, necklaces, bracelets and more in an atmosphere of learning and support for those seeking to be creative.

Jewelry Making
Tuesday, January 24 | 11:00am – 12:30pm
RSVP Required
Learn new techniques to help cherish your memories through scrapbook making. Bring your favorite photos and quotes.

Scrapbooking
Fourth Fridays, January 27, February 24, March 24 | 11:00am –12:30pm
RSVP Required
Learn ways to create original accessories like earrings, necklaces, bracelets and more in an atmosphere of learning and support for those seeking to be creative.
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 Jeanette Santana 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 – 1:30pm
Únase a otros participantes para tejer o hacer punto de cruz. No es necesario experiencia previa.

Clase de Arte (Caring Arts)
sábados (excepto el segundo sábado del mes) | 10:00am – 2:00pm
*No habrá clase el 25 de febrero.
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.

Clase de Joyería (Jewelry Making)
Tercer martes del mes: 17 de enero, 21 de febrero y 21 de marzo | 10:00 – 11:30am
Se requiere reservación
Aprenda como crear tus propios collares, aretes y esclavas.

Clase de Nutrición
viernes, 24 de febrero y 31 de marzo | 9:30am – 12:00pm
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 enero, 11 de febrero y 11 de marzo | 9:00am – 12:00pm
Expresar su creatividad usando barro para crear sus propias obras de arte.

Desayuno para Nuevos Participantes (Newcomers Breakfast)
Segundo sábados del mes: 14 de enero, 11 de febrero y 11 de marzo | 9:30 – 10:30am
Se requiere reservación
Acompáñe otros miembros del club en un desayuno en donde se le dará la bienvenida al club.

Clase de Artes Manuales (Crafts)
Segundo martes del mes: 10 de enero, 14 de febrero y 14 de marzo | 11:00am – 12:30pm
Se requiere reservación
Relájese mediante la participación en un proyecto de arte manual. Disfruta del tiempo creando algo que puede mostrar y compartir. Suministros y las instrucciones serán proporcionadas.

Álbum de Recortes (Scrapbooking)
vieres, 27 de enero, 24 de febrero y 24 de marzo | 11:00am – 12:30pm
Se requiere reservación
Los libros de recuerdos sirven para contar historias para las generaciones futuras. Aprenda nuevas técnicas para ayudar a apreciar sus recuerdos a través de la toma de álbum de recortes. Traiga sus fotos y recortes favoritos.

Meditación
Tercer martes del mes: 16 de enero, 21 de febrero y 21 de marzo | 11:30am – 12:30pm
¿Buscas ponerte en contacto contigo mismo? Este taller te conectarás con tu espíritu y tu mente.

Yoga
lunes | 7:00 – 8:30pm; viernes | 9:30 – 11:00am; sábados | 9:00 – 10:30am
Respire, estire su cuerpo y mente, desarrolle flexibilidad y balance. Use ropa cómoda.

Yoga Restaurativa
martes | 10:00 – 11:00am; miércoles | 10:30 – 11:30am; sábados | 11:00am – 12:00pm
Una clase de relajación que usa herramientas para ayudar aquellos con limitaciones en su movilidad.

T’ai Chi
sábados | 12:00 – 1:00pm
Una antigua forma de ejercicio chino que combina el ejercicio físico con la meditación.

T’ai Chi Chih
martes, 3 y 17 de enero, 7 y 21 de febrero, 7 y 21 de marzo | 12:45 – 1:45pm
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.

Internet Básico - ¡CUPO LIMITADO; RESERVE SU ESPACIO!
jueves, 26 de enero, 23 de febrero y 23 de marzo | 10:00 – 12:00pm
Este taller es presentado en español y cubre los puntos básicos sobre el internet, aprenderás a descargar archivos, a usar el correo electrónico y a crear una cuenta en las redes sociales lo cual incluye Twitter y Facebook. Si tiene una tableta o computadora portátil, favor de traerla.

Grupo de Apoyo Latino
Segundo jueves del mes: 12 de enero, 9 de febrero y 9 de marzo | 10:00 – 11:30am
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 al 312-464-9900.

Para registrarse para este taller, por favor llame a Jeanette Santana al (312) 464-9900 ext. 112 o envíe un correo electrónico a jeanettesantana@gildasclubchicago.org.
ACTIVIDADES SOCIALES / EVENTOS ESPECIALES

Fiesta de Aniversario
viernes, 10 de febrero | 5:00 – 8:00pm
Se requiere reservación
Acompáñenos a celebrar los 19 años de Gilda’s Club Chicago. Disfruta de una noche de aperitivos, mucha risa y una actuación especial de Second City.

Celebración del Mes de la Herencia Afro-Americana
sábado, 25 de febrero | 12:00-2:00pm
Se requiere reservación
Celebre el mes de la Herencia Afro-Americana con música, comida y entretenimiento.

Noche de Promotores – Cultivando la Gratitud
miércoles, 15 de marzo | 6:00 – 8:00pm
Se requiere reservación
Acompáñenos a una charla sobre la gratitud y como apreciar lo que tenemos en esta vida. Además, conozca de otras organizaciones y otros promotores de salud.

GRUPOS DE APOYO PARA NIÑOS
Para más información, llame a Jeanette Santana al 312-464-9900 o envíe un correo electrónico a jeanettesantana@gildasclubchicago.org.

GRUPOS DE APOYO PARA NIÑOS

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.

NOUGIELAND: 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.

MÁRQUE SU CALENDARIO

Marque Su Calendario

Galería de Arte de Gilda’s Club
sábado, 8 de abril | 12:00 – 2:00pm
¡No olvide entregar una obra de arte!

EL CLUB ESTARÁ CERRADO LOS SIGUIENTES DÍAS FESTIVOS:

- 18 de enero
  (Cumpleaños de Martin Luther King, Jr.)
- 15 de febrero
  (Día de los Presidentes)

ACTIVIDADES DE NOUGIELAND

Artes Manuales para la Familia (en inglés)
sábado, 14 y 28 de enero, 11 y 25 de febrero y 25 de marzo
12:30 – 2:00pm
Se requiere reservación
Programa que ofrece artes manuales y juegos para niños.

Cuentos Juegos (Jr.League Mad Hatters)
sábado, 4 de marzo | 1:00 – 1:30pm
Se requiere reservación
Gilda’s Club Chicago invita a las familias con niños a que traigan a sus hijos a esta fiesta llena de actividades divertidas.

Cocina para Jóvenes (Cooking for Teens)
sábado, 14 de enero, 11 de febrero y 11 de marzo | 1:00 – 2:00pm
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, 11 de marzo | 12:30 – 2:00 pm
Se requiere reservación
Un programa para educar 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.

Nuestra 8ª Concurso de Composición para Jóvenes

“Siempre es Algo” para estudiantes de secundaria está abierto.

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 al 312-464-9900 o por correo electrónico a jeanettesantana@gildasclubchicago.org

Juego Supervisado

Este concurso está abierto a todos los estudiantes de la escuela secundaria, que es un residente de Illinois, para compartir su historia acerca de ser impactado por el cáncer (es decir, el estudiante está viviendo con cáncer de sí mismo, que tienen un amigo o miembro de la familia que viven con cáncer o han perdido a un ser querido al cáncer).

¡Los ensayos serán evaluados en dos categorías diferentes, con premios en dinero efectivo impresionantes!

La fecha límite de presentación de composición es el miércoles, 1ro de marzo del 2017.

Para más información, llame a Jeanette Santana al 312-464-9900 o por correo electrónico a jeanettesantana@gildasclubchicago.org
MEMBERS GIVING BACK

VOLUNTEER SPOTLIGHT

HEATHER FORTIER

Heather found a Gilda’s Club Chicago flyer at an Argo Tea location last year, and immediately looked us up online. Having recently lost her father to cancer, she felt instantly drawn to our mission. Heather volunteers frequently at the front desk because she enjoys interacting with members as they enter the Clubhouse. Heather commented, “Even though the members are going through something difficult, and they might be having a bad day, they are always friendly and positive when they walk in.” In addition to volunteering at the front desk, she has also volunteered at several of our fundraisers. Heather is looking forward to trying new volunteer opportunities, such as outreach and social events. She finds that volunteering doesn’t take too much time out of her schedule, and that she gets back so much more than she gives just by being here. Heather says, “I feel uplifted every time I walk through the door, not just because I’m there, but because of the people I’m there for.”

Join us for Members Giving Back to learn more about volunteering, or contact our Volunteer Coordinator, Samantha Rowland, at 312-464-9900 or samantharowland@gildasclubchicago.org.

Team Gilda
Run 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.

Upcoming events:
- Bank of America Shamrock Shuffle - April 2, 2017
- Bank of America Chicago Marathon - October 8, 2017 (Registration is available now!)

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

Gilda’s Club Uncorked: The Tasting Event
Join the Gilda’s Club Chicago Associate Board for their annual wine and beer tasting event. Guests will enjoy appetizers, a variety of drinks and have a chance to enter a raffle. Distributors will be on site pouring wine and beer, and they will be available to answer any questions. Visit www.gildasclubchicago.org for more information.

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 achieved a 4-Star rating from Charity Navigator, so you can be confident that your gift will be used wisely and have a meaningful impact.

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.

Associate Board
The Associate Board of Gilda’s Club Chicago is a group of dedicated individuals formed to support Gilda’s Club Chicago’s mission through fundraising, public relations and outreach. The Associate Board is comprised of a highly energized and dedicated team of individuals who lend their expertise, contacts and enthusiasm to the Board, participating in a variety of ways including organizing and executing successful fundraising events, securing publicity, promoting awareness of the organization and ongoing development of the Associate Board.

For more information about the Associate Board or to join, please contact Nadia Garcia, Development Manager at 312-464-9900 or nadiagarcia@gildasclubchicago.org

Members Giving Back
Saturday, January 28 and March 25 | 1:00 – 1:30pm
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.
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 Programs Coordinators for Each Site:

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Coordinator Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocate Christ Medical Center – Oak Lawn</td>
<td>Rachel Kennedy, LCPC</td>
<td>708-684-9505 <a href="mailto:rachelkennedy@gildasclubchicago.org">rachelkennedy@gildasclubchicago.org</a></td>
</tr>
<tr>
<td>Ann &amp; Robert H. Lurie Children’s Hospital of Chicago</td>
<td>Megan Brady, LCPC, ATR-BC, ext. 120</td>
<td><a href="mailto:meganbrady@gildasclubchicago.org">meganbrady@gildasclubchicago.org</a></td>
</tr>
<tr>
<td>Mt. Sinai Hospital</td>
<td>Kassandra Billups, ext. 133</td>
<td><a href="mailto:kassandrabillups@gildasclubchicago.org">kassandrabillups@gildasclubchicago.org</a></td>
</tr>
<tr>
<td>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</td>
<td>Gosha Thornton, LSW, ext. 122</td>
<td><a href="mailto:goshathornton@gildasclubchicago.org">goshathornton@gildasclubchicago.org</a></td>
</tr>
<tr>
<td>Rush University Medical Center</td>
<td>Lindsay Slomiany, LCSW, ext. 111</td>
<td><a href="mailto:lindsayslomiany@gildasclubchicago.org">lindsayslomiany@gildasclubchicago.org</a></td>
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### Hospital Programs

<table>
<thead>
<tr>
<th>Advocate Christ Medical Center</th>
<th>Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Weekends</th>
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<tbody>
<tr>
<td>Clubhouse Closed</td>
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<td>Cancer Survivors Boot Camp Music (3 South) Support Groups Tai Chi Gentle Yoga Zumba</td>
<td>Art Games Networking Groups Zumba</td>
<td>Cancer Survivors Boot Camp Networking Groups Gentle Yoga Yoga Smoking Cessation</td>
<td>Clubhouse closed most Fridays Check the calendar for special events</td>
<td>Open Saturdays 9:00am-1:00pm Family Art Networking Group Gentle Yoga Zumba Fitness Special Events &amp; Workshops</td>
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| Mt. Sinai Hospital 1501 S. California 6th floor, Oling-Sang Building Oncology Department |                                                                  | Art as Relaxation Crafts Jewelry Making | Art as Relaxation Crafts Jewelry Making (6th floor and Radiation Department) | Art as Relaxation Crafts Jewelry Making Tai Chi Chih Knitting Caregiver Support Group Polish Support Group | Afternoon with Music |          |

| Robert H. Lurie Comprehensive Cancer Center of Northwestern University Galter Pavilion, 21st floor 675 N. St. Clair |                                                                  | Crafts Knitting Yoga Music Tuesdays | Art as Relaxation Crafts Jewelry Making Tai Chi Chih Knitting Caregiver Support Group Polish Support Group | Afternoon with Music |          |

| Galter 21, Infusion Suite |                                                                  | Artist in Residence | Artist in Residence |                | Art in Residence |          |
| Prentice Women’s Hospital 250 E. Superior |                                                                  | Artist in Residence | Art in Residence | Journaling (4th Floor) |          |
| Prentice 4th floor, Maggie Daley Center |                                                                  | Jewelry Making Yoga Afternoon with Music |                |          |
| Prentice 4, Infusion Suite |                                                                  | Artist in Residence |              |
| Prentice, Inpatient 14, 15, 16 |                                                                  | Artist in Residence |          |
| Arkes 21, Infusion Suite |                                                                  | Artist in Residence |          |

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<tr>
<th>Rush University Medical Center 1725 W. Harrison, 10th Floor Professional Building</th>
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<th>Art Chair Yoga Jewelry Making Tai Chi Chih</th>
<th>Chair Yoga Games Jewelry Making Networking Groups</th>
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<td>Infusion Suite 10th Floor, Professional Building</td>
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<td>Inpatient Tower Building, Atrium Building, Kellogg Building</td>
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<td>10 Minute Relaxation Art 10 Minute Relaxation 10 Minute Relaxation 10 Minute Relaxation Art Caregivers Group</td>
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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 350 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!

Join, volunteer, or donate.
www.gildasclubchicago.org