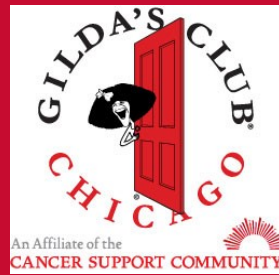


August 2019



TAKE ON CANCER TOGETHER

JOIN. GIVE. ACT.



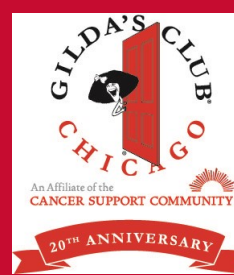
Tuesday	Wednesday	Thursday	Saturday
<p>Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community</p> <p>JOIN, VOLUNTEER or DONATE at www.GildasClubChicago.org</p>	<p>Clubhouse Hours Tues: 9am–7pm Wed: 9am–8pm Thurs: 9am–8pm Sat: 9am- 1pm</p> <p>If there's a *star* please call 708-684-9505 to register</p>	<p>1</p> <p>1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga</p>	<p>3</p> <p>9:30-10:30am Drum Circle 9:30-10:30am Zumba Fitness 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>
<p>6</p> <p>9:15-10:15am Gentle Yoga 10:30-11:30am Coping with Cancer* 5:30-6:30pm Zumba Fitness</p>	<p>7</p> <p>10:30am-12pm Sewing with Theresa 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Jewelry Making 3:30-5pm Baking Club*</p>	<p>8</p> <p>1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-7pm GI Cancer NG* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga</p>	<p>10</p> <p>9:30-10:30am Zumba Fitness 10-11:30am Living Beyond Loss* 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>
<p>13</p> <p>9:15-10:15am Gentle Yoga 10:30-11:30am Coping with Cancer* 5:30-6:30pm Zumba Fitness 5:30-7pm Gynecological Cancer NG*</p>	<p>14</p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Knit & Crochet 6-7:30pm Lung Cancer NG*</p>	<p>15</p> <p>1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga</p>	<p>17 FAMILY MORNING!</p> <p>9:30-10:30am Drum Circle 9:30-10:30am Zumba Fitness 10:30am-12:30pm Family Open Art and Breakfast* 10-11:30am Prostate Cancer NG* 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>
<p>20</p> <p>9:15-10:15am Gentle Yoga 10:30-11:30am Coping with Cancer* 5:30-6:30pm Zumba Fitness 6:30-7:30pm Strength Training Benefits & Cancer*</p>	<p>21</p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Painting 6:30-8pm Breast Cancer NG*</p>	<p>22</p> <p>1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6-8pm Surviving & Thriving: Stress Relief*</p>	<p>24</p> <p>9:30-10:15am Zumba Fitness 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>
<p>27</p> <p>9:15-10:15am Gentle Yoga 10:30-11:30am Coping with Cancer* 11am-12:30pm Book Club 12-1:30pm Restorative Yoga* 5:30-6:30pm Zumba Fitness</p>	<p>28</p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Open Studio</p>	<p>29</p> <p>1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga</p>	<p>31</p> <p>9:30-10:15am Zumba Fitness 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>

These programs are offered free of charge by Gilda's Club Chicago at Advocate Christ Medical Center, a free cancer support community.

We are located in Advocate Christ Medical Center's Outpatient Pavilion, 4440 W. 95th Street (corner of 95th & Kilbourn), Oak Lawn, IL.

For more information, please call 708-684-9505, or email Kathleen Boss, Director of Special Initiatives, at kathleenboss@gildasclubchicago.org

August 2019 Calendar



Healthy Lifestyle Activities

YOGA: Breathe, stretch your body and mind, develop flexibility and balance

GENTLE YOGA: Features gentle stretches and poses, appropriate for any skill level

CHAIR YOGA: Gentle stretches and poses done in a chair

T'AI CHI: Combines physical movement and meditation

ZUMBA FITNESS: Dance-fitness program with Latin music

ART: Get creative and relax together with art

BAKING CLUB: Learn healthy recipes for both sweet and savory treats, and put them to the test in the Gilda's Club Kitchen.

DRUM CIRCLE: Relieve stress and connect with others through music

MUSIC & MEDITATION: Music-guided relaxation

BASIC FITNESS & TONING: Use your own body weight, elastic bands & light weights for a nice overall workout.

Support Groups*

Weekly support groups offer an opportunity to share experiences and understanding with others in a similar situation. To be assigned to a group, schedule a Customized Membership Plan (CMP) appointment at 708-684-9505.

WELLNESS GROUP: For individuals diagnosed with cancer
COPING WITH CANCER: For those adjusting to life post-diagnosis

Networking Groups (NG)*

These educational and supportive networking groups are open to those who themselves have cancer and those supporting a loved one with cancer.

Please call 708-684-9505 to RSVP.

BREAST CANCER NG: Facilitated by Patrice Stephens, MSN, APN & Lindsay Tynes, LCSW, OSW-C

GASTROINTESTINAL CANCER NG: For those impacted by colorectal, gastric, liver, pancreas, gallbladder, and other GI cancers. Facilitated by Nicole Benedetto, RN, BSN & Stephanie Beckner, LPC

GYNECOLOGICAL CANCER NG: Facilitated by Jenise Diemer, RN, BSN, OCN, Nurse Navigator & Kathleen Boss

LIVING BEYOND LOSS NG: For those who have lost a loved one to cancer. Facilitated by Carolyn Stypka, LCSW

LUNG CANCER NG: Facilitated by Diane Murphy, RN, BSN, OCN & Lindsay Tynes, LCSW, OSW-C

PROSTATE CANCER NG: Facilitated by Mary Ann Andrade-Bekker, Psy. D, LCPC & Ross Alexander, LCSW

Lectures and Special Events

BAKING CLUB*: Learn recipes for both sweet and savory treats, and put them to the test in the Gilda's Club Kitchen.
Facilitated by Blair Dovgin
Wednesday, August 7 | 3:30 - 5:00 p.m. Please RSVP.

STRENGTH TRAINING BENEFITS & CANCER*: Learn about strength training, the benefits of this type of exercise and how it can be incorporated into your life. Part of the lecture will include an exercise session.
Facilitated by Kathy Turney
Tuesday, August 20 | 6:30 - 7:30 p.m. Please RSVP.

SURVIVING & THRIVING: Stress Relief*: Join us to find out how honoring your mind-body-spirit connections can help you expand your experiences, reduce stress and live your life more fully.
Presented by Beth A. Williams, CPC, ELI-MP
Brain Cancer Survivor-Thriver, Founder of Your Flourishing Life
Thursday, August 22 | 6:00 - 8:00 p.m. Please RSVP.

BOOK CLUB: Join us for a member-led discussion of the novel *Mr. Mercedes* by Stephen King.
Tuesday, August 27 | 11:00 a.m. - 12:30 p.m.

RESTORATIVE YOGA*: This relaxing class uses props and chairs as needed to refresh the mind and body.
Facilitated by Joan Zigulich, Certified Yoga Instructor
Tuesday, August 27 | 12:00 - 1:30 p.m.
Space is limited, so please RSVP!

Noogieland: Children & Teen Program

A program for children, teens and families impacted by a cancer diagnosis. **Please call to RSVP.**

KID SUPPORT: A series of 10 weekly peer support groups for children ages 4-12 with cancer themselves or who have a loved one living with cancer.

KIDS BEREAVEMENT: Peer support groups for children who have experienced a cancer related death of a loved one.

TEEN GROUP: A monthly support group for teens with cancer themselves or who have a loved one with cancer.

PARENT NETWORKING GROUP: A monthly networking group designed to support parents who have a cancer diagnosis themselves, a partner or child living with cancer, or are parenting through the death of a loved one.

We're also in the Inpatient Units on 3 South!

Meditation with Joan - Tuesdays, 10:15-11:15 a.m. & Thursdays, 4:15-5:15 p.m.
Music with Christine - Wednesdays, 5-6:30 p.m.; Art with Sophie - Wednesdays, 3-5 p.m.