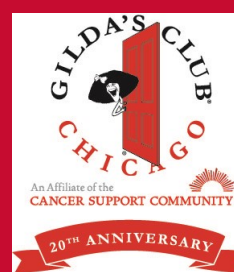


# December 2018



Tuesday

Wednesday

Thursday

Saturday

**Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community**

**JOIN, VOLUNTEER or DONATE at [www.GildasClubChicago.org](http://www.GildasClubChicago.org)**

**Clubhouse Hours**

Tues: 9am–7pm

Wed: 9am–8pm

Thurs: 9am–8pm

Sat: 9am- 1pm

If there's a **\*star\*** please call 708-684-9505 to register

**1**

9:30-10:30am Drum Circle

9:30-10:30am Zumba Fitness

10:30am-12:30pm Family Open Art

11am-12pm Chair Yoga

12-1pm T'ai Chi

**4**

9-10am Gentle Yoga

10-11am Coping with Cancer\*

5:30-6:30pm Zumba Fitness

**5**

11am-12pm Zumba Fitness

12-12:30pm Basic Fitness and Toning

12-1pm Games

1-3pm Art: Jewelry Making

**6**

1-2pm Chair Yoga

2:15-3:15 Talk-Mind-Body Program\*

4-5pm Wellness Group\*

5:30-6:30pm Music & Meditation

5:30-6:30pm Yoga

**8**

9:30-10:30am Zumba Fitness

10:30am-12:30pm Family Open Art

11am-12:30pm Family & Friend NG\*

11am-12pm Chair Yoga

12-1pm T'ai Chi

12:15-1pm Mindfulness Meditation for Pain Management

**11**

9-10am Gentle Yoga

10-11am Coping with Cancer\*

12-1:30pm Restorative Yoga\*

5:30-6:30pm Zumba Fitness

5:30-7pm Gynecological Cancer NG\*

**12**

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\*

**13**

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

**15 FAMILY MORNING!**

9:30-10:30am Drum Circle

9:30-10:30am Zumba Fitness

10-11:30am Living Beyond Loss\*

10-11:30am Prostate Cancer NG\*

10:30am-12:30pm Family Open Art and Breakfast\*

11am-12:30pm Winter Solstice Yoga

12-1pm T'ai Chi

**18**

9-10am Gentle Yoga

10-11am Coping with Cancer\*

5:30-6:30pm Zumba Fitness

5:30-7pm Cancer Genetics\*

**19**

11am-12pm Zumba Fitness

12-12:30pm Basic Fitness and Toning

12-1pm Games

1-3pm Holiday Cookie Decorating\*

3-5pm Holiday Cookie Exchange\*

6:30-8pm Breast Cancer NG\*

**20**

1-2pm Chair Yoga

4-5pm Wellness Group\*

5:30-6:30pm Music & Meditation

5:30-6:30pm Yoga

6-8pm Surviving & Thriving: Holiday Potluck\*

**22**

**CLUBHOUSE CLOSED IN HONOR OF CHRISTMAS**

**25**

**CLUBHOUSE CLOSED IN HONOR OF CHRISTMAS**

**26**

11am-12pm Zumba Fitness

12-12:30pm Basic Fitness and Toning

12-1pm Games

1-3pm Art: Painting

**27**

1-2pm Chair Yoga

4-5pm Wellness Group\*

**29**

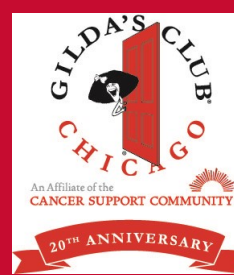
**CLUBHOUSE CLOSED IN HONOR OF NEW YEAR'S**

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 Rachel Kennedy, LCPC, Hospital Program Manager, at [rachelkennedy@gildasclubchicago.org](mailto:rachelkennedy@gildasclubchicago.org)

# December 2018 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

**FAMILY GROUP:** For those supporting a loved one 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

**FAMILY & FRIEND NG:** Facilitated by Kimberly DeJong, MA, LCPC

**GASTROINTESTINAL CANCER NG:** For those impacted by colorectal, gastric, liver, pancreas, cholangio-carcinoma, gallbladder, and other GI cancers. Facilitated by Kelly Baker, RN, MSN, OCN & Stephanie Beckner, LPC

**GYNECOLOGICAL CANCER NG:** Facilitated by Rachel Kennedy, LCPC

**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

## 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.

## Lectures and Special Events

**TALK-MIND-BODY PROGRAM\*:** This 60-minute program is designed to help you feel empowered to take control of your thoughts and emotions.

*Facilitated by Raquel Jex Forsgren, Yoga Therapist, C-IAYT and Stephanie Beckner, LPC*

**Thursday, December 6 | 2:15 - 3:15 p.m. Please RSVP.**

**MINDFULNESS MEDITATION FOR PAIN MANAGEMENT:** Join us for this series and learn to use the power of mindfulness to transform your relationship to pain.

*Facilitated by Susan Wilkens*

**2nd Saturday of the month (December 8)**

**12:15 - 1:00 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, December 11 | 12:00 - 1:30 p.m.**

**Space is limited, so please RSVP!**

**WINTER SOLSTICE YOGA:** Please join us for a candlelit yoga class, featuring a wintery treat!

*Facilitated by Susan Wilkens*

**Saturday, December 15 | 11:00 a.m. - 12:30 p.m.**

**CANCER GENETICS\*:** This networking group offers an opportunity to share information and experiences for anyone with a genetic mutation or family history that increases their risk of cancer.

*Facilitated by Deborah Oleskowitz, MS, CGC & Cristina Ruiz, MS, CGC*

**Tuesday, December 18 | 5:30 - 7:00 p.m. Please RSVP.**

**HOLIDAY COOKIE DECORATING\*:** Join us for an afternoon of decorating holiday cookies!

**Wednesday, December 19 | 1:00 - 3:00 p.m.**

**Please RSVP.**

**HOLIDAY COOKIE EXCHANGE\*:** Join us for some holiday fun! Bring a batch of your favorite cookies to exchange with others, and enjoy some sweet treats and holiday music with your fellow GCC members!

**Wednesday, December 19 | 3:00 - 5:00 p.m.**

**Please RSVP.**

**SURVIVING & THRIVING: Holiday Potluck\*:** Join us for an evening of food, friends, and holiday cheer! We'll provide the main dish, and you bring your favorite side dish or dessert to share!

**Thursday, December 20 | 6:00 - 8:00 p.m. Please RSVP.**

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

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