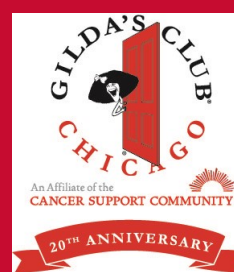


# January 2019



**TAKE ON CANCER TOGETHER**  
JOIN. GIVE. ACT.

 Advocate  
Christ Medical Center

 Advocate   
Children's Hospital

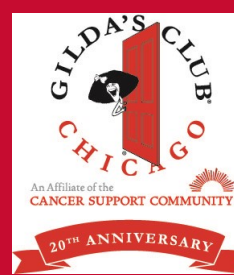
Tuesday	Wednesday	Thursday	Saturday
<p><b>1</b></p> <p><b>CLOSED IN HONOR OF NEW YEARS</b></p>	<p><b>2</b></p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Jewelry Making</p>	<p><b>3</b></p> <p>1-2pm Chair Yoga <b>4-5pm Wellness Group*</b> 5:30-6:30pm Music &amp; Meditation 5:30-6:30pm Yoga</p>	<p><b>5</b></p> <p>: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</p>
<p><b>8</b></p> <p>9-10am Gentle Yoga 5:30-6:30pm Zumba Fitness <b>5:30-7pm Gynecological Cancer NG*</b></p>	<p><b>9</b></p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Knit &amp; Crochet <b>6-7:30pm Lung Cancer NG*</b></p>	<p><b>10</b></p> <p>1-2pm Chair Yoga <b>4-5pm Wellness Group*</b> <b>5:30-7pm GI Cancer NG*</b> 5:30-6:30pm Music &amp; Meditation 5:30-6:30pm Yoga</p>	<p><b>12</b></p> <p>9:30-10:30am Zumba Fitness <b>10-11:30am Living Beyond Loss*</b> 10:30am-12:30pm Family Open Art <b>11am-12:30pm Family &amp; Friend NG*</b> 11am-12pm Chair Yoga 12-1pm T'ai Chi</p>
<p><b>15</b></p> <p>9-10am Gentle Yoga <b>10-11am Coping with Cancer*</b> 5:30-6:30pm Zumba Fitness</p>	<p><b>16</b></p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games <b>6:30-8pm Breast Cancer NG Potluck*</b></p>	<p><b>17</b></p> <p>1-2pm Chair Yoga <b>4-5pm Wellness Group*</b> 5:30-6:30pm Music &amp; Meditation 5:30-6:30pm Yoga</p>	<p><b>19 FAMILY MORNING!</b></p> <p>9:30-10:30am Drum Circle 9:30-10:30am Zumba Fitness <b>10-11:30am Prostate Cancer NG*</b> <b>10:30am-12:30pm Family Open Art and Breakfast*</b> 11am-12:30pm Chair Yoga 12-1pm T'ai Chi</p>
<p><b>22</b></p> <p>9-10am Gentle Yoga <b>10-11am Coping with Cancer*</b> <b>11am-12:30pm Book Club</b> <b>12-1:30pm Restorative Yoga*</b> 5:30-6:30pm Zumba Fitness <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>23</b></p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Painting</p>	<p><b>24</b></p> <p>1-2pm Chair Yoga <b>4-5pm Wellness Group*</b> 5:30-6:30pm Music &amp; Meditation 5:30-6:30pm Yoga <b>6-8pm Surviving &amp; Thriving: T'ai Chi*</b> <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>26</b></p> <p>: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</p>
<p><b>29</b></p> <p>9-10am Gentle Yoga <b>10-11am Coping with Cancer*</b> 5:30-6:30pm Zumba Fitness <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>30</b></p> <p>11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Jewelry Making</p>	<p><b>31</b></p> <p>1-2pm Chair Yoga <b>4-5pm Wellness Group*</b> 5:30-6:30pm Music &amp; Meditation 5:30-6:30pm Yoga <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>Clubhouse Hours</b> <b>Tues: 9am-7pm</b> <b>Wed: 9am-8pm</b> <b>Thurs: 9am-8pm</b> <b>Sat: 9am-1pm</b> If there's a <b>*star*</b> please call 708-684-9505 to register</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 Rachel Kennedy, LCPC, Hospital Program Manager, at [rachelkennedy@gildasclubchicago.org](mailto:rachelkennedy@gildasclubchicago.org)

# January 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

**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 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

## 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

**BREAST CANCER NETWORKING GROUP POTLUCK\*:** Join your fellow Breast Cancer Networking Group members to celebrate the start of a new year! We'll provide the main dish, and you bring your favorite side dish or dessert to share.

**Wednesday, January 16 | 6:30 - 8:00 p.m. Please RSVP.**

**BOOK CLUB:** Join us for a member-led discussion of the novel *Mr. Mercedes* by Stephen King.

**Tuesday, January 22 | 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, January 22 | 12:00 - 1:30 p.m.**

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

**CANCER SURVIVOR BOOT CAMP\*:** Join our 10-week, 2 session per week exercise and fitness program to improve your aerobic ability, fitness knowledge and commitment to a healthy lifestyle. Participants in any stage of treatment are welcome to join. Each participant must provide a doctor's note listing any needed modifications prior to start date. Participants must have completed a Customized Membership Plan prior to registering for this program.

*Facilitated by Kathy Turney*

**Tuesdays & Thursdays, January 22 - March 28**

**6:30 - 7:30 p.m. Please call 708-684-9505 to sign up.**

**SURVIVING & THRIVING: T'ai Chi\*:** T'ai Chi is an internal Chinese martial art practiced for both its defense training and its health benefits. Come learn more about this practice and how it can benefit you. There will be an opportunity to participate.

*Facilitated by Leon J. Williams, TC Healthcare Practitioner*

**Thursday, January 24 | 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.*