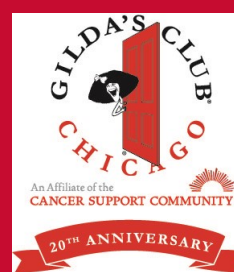


# March 2019



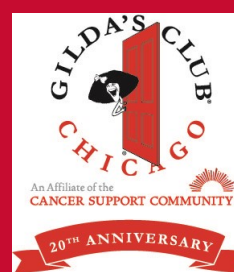
Tuesday	Wednesday	Thursday	Saturday
<p style="text-align: center;"><b>Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community</b></p> <p style="text-align: center;"><b>JOIN, VOLUNTEER or DONATE at <a href="http://www.GildasClubChicago.org">www.GildasClubChicago.org</a></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>  <b>If there's a *star* please call 708-684-9505 to register</b></p>	<p><b>2</b>            9:30-10:30am Drum Circle            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><b>5</b>            9:15-10:15am Gentle Yoga  <b>10:30-11:30am Coping with Cancer*</b>            5:30-6:30pm Zumba Fitness  <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>6</b>            11am-12pm Zumba Fitness            12-1pm Games            1-3pm Art: Jewelry Making</p>	<p><b>7</b>            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>9</b>            10:30am-12:30pm Family Open Art            10:45-11:45am Chair Yoga            12-1pm T'ai Chi</p>
<p><b>12</b>            9:15-10:15am Gentle Yoga  <b>10:30-11:30am Coping with Cancer*</b>  <b>12-1:30pm Restorative Yoga*</b>            5:30-6:30pm Zumba Fitness  <b>5:30-7pm Gynecological Cancer NG*</b>  <b>6-7pm The Benefits of Pelvic Rehabilitation After Cancer Treatment*</b>  <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>13</b>            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>14</b>            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  <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>16 FAMILY MORNING!</b>            9:30-10:30am Drum Circle  <b>10-11:30am Living Beyond Loss*</b>            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>            10:45-11:45am Chair Yoga  <b>11am-12:30pm Family &amp; Friend NG*</b>            12-1pm T'ai Chi</p>
<p><b>19</b>            9:15-10:15am Gentle Yoga  <b>10:30-11:30am Coping with Cancer*</b>            5:30-6:30pm Zumba Fitness  <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>20</b>            11am-12pm Zumba Fitness            12-12:30pm Basic Fitness and Toning            12-1pm Games            1-3pm Art: Painting  <b>6:30-8pm Breast Cancer NG*</b></p>	<p><b>21</b>            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>23</b>            9:30-10:30am Zumba Fitness            10:30am-12:30pm Family Open Art            10:45-11:45am Chair Yoga            12-1pm T'ai Chi            12-12:30pm Gong Meditation</p>
<p><b>26</b>            9:15-10:15am Gentle Yoga  <b>10:30-11:30am Coping with Cancer*</b>  <b>11am-12:30pm Book Club</b>            5:30-6:30pm Zumba Fitness  <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>27</b>            11am-12pm Zumba Fitness            12-12:30pm Basic Fitness and Toning            12-1pm Games            1-3pm Art: Card Making</p>	<p><b>28</b>  <b>9am-5pm ACMC Staff Appreciation</b>            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: Chemo Brain*</b>  <b>6:30-7:30pm Cancer Survivor Boot Camp*</b></p>	<p><b>30</b>  <b>GCC @ ACMC 5th ANNIVERSARY CELEBRATION!*</b>            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>

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](mailto:kathleenboss@gildasclubchicago.org)

# March 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

**TAI 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

Nicole Benedetto, RN, BSN & 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

**CANCER SURVIVOR BOOT CAMP\*:** Join our exercise and fitness 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.

**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, March 12 | 12:00 - 1:30 p.m.  
Space is limited, so please RSVP!

**THE BENEFITS OF PELVIC REHABILITATION AFTER CANCER TREATMENT\*:** Cancer treatment may affect bowel, bladder and sexual function. Join us to learn ways that pelvic rehabilitation can improve function by addressing sexual satisfaction, pain, scars, incontinence, constipation or difficulty voiding.  
*Presented by Lauren Mansell, PT, DPT, PRPC, CLT, CYT*  
Tuesday, March 12 | 6:00 - 7:00 p.m. Please RSVP.

**GONG MEDITATION:** Join us for this relaxing meditation and experience the soothing sounds of the gong.  
*Facilitated by Susan Wilkens*  
Saturday, March 23 | 12:00 - 12:30 p.m.

**BOOK CLUB:** Join us for a member-led discussion of the novel *The Widows of Malabar Hill* by Sujata Massey.  
Tuesday, March 26 | 11:00 a.m. - 12:30 p.m.

**ACMC STAFF APPRECIATION\*:** All ACMC Oncology staff are invited to stop in at the Clubhouse for a snack and a thank you for supporting GCC @ ACMC for the past five years.  
Thursday, March 28 | 9:00 a.m. - 5:00 p.m.

**SURVIVING & THRIVING: Chemo Brain\*:** "Chemo brain," or cancer-related cognitive dysfunction, can impact every part of your life and is often a topic not fully discussed by healthcare providers. Join us for a workshop to learn strategies in an interactive setting to help you manage these changes so you can fully participate in your roles and routines of daily life.  
*Facilitated by Caitlin Smith, MS OTR/L, OTD, CLT-UE*  
Thursday, March 28 | 6:00 - 8:00 p.m. Please RSVP.

**GCC @ ACMC 5TH ANNIVERSARY CELEBRATION\*:** Please join us in celebrating our 5th Anniversary of Gilda's Club Chicago at Advocate Christ Medical Center!  
Saturday, March 30 | 9:00 a.m. - 1:00 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.