

# March 2020



Tuesday	Wednesday	Thursday	Saturday
<b>3</b> 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 5:30-6:30pm Zumba Fitness 6:30-7:30pm Cancer Survivor Boot Camp*	<b>4</b> 10:30am-12pm Sewing Club 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 1-3pm Art: Jewelry Making <b>3-4pm Information Session*</b> 3:30-5pm Baking Club* <b>6-7pm Supporting Your Whole Self: Chemo Brain*</b>	<b>5</b> <b>*NEW* 10:30-11:30am GCC Vocal Ensemble*</b> 12-1pm Music & Meditation 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Yoga <b>6-7pm Information Session*</b> <b>8pm Colon Cancer Special Event*</b> 6:30-7:30pm Cancer Survivor Boot Camp*	<b>7</b> 9:30-10:30am Drum Circle 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 <b>11am-12pm Information Session*</b> 12-1pm T'ai Chi
<b>10</b> 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* <b>10:30am-12pm Restorative Yoga*</b> 5:30-6:30pm Zumba Fitness 5:30-7pm Gynecological Cancer NG* 6:30-7:30pm Cancer Survivor Boot Camp*	<b>11</b> 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 1-3pm Art: Knit & Crochet <b>3-4pm Information Session*</b> 6-7:30pm Lung Cancer NG*	<b>12</b> 12-1pm Music & Meditation 1-2pm Chair Yoga <b>2-4pm Create Awareness: An Art Therapy Workshop</b> 4-5pm Wellness Group* 5:30-7pm GI Cancer NG* 5:30-6:30pm Yoga 6:30-7:30pm Cancer Survivor Boot Camp*	<b>14</b> 9:30-10:30am Zumba Fitness 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga <b>11am-12pm Information Session*</b> 12-1pm T'ai Chi 12-12:30pm Gong Meditation
<b>17</b> 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 5:30-6:30pm Zumba Fitness 6:30-7:30pm Cancer Survivor Boot Camp*	<b>18</b> 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning <b>12-1:30pm Supporting Your Whole Self: Possible Side Effects and Sleep Hygiene Tips*</b> 1-3pm Art: Painting <b>3-4pm Information Session*</b> 6-7:30pm Breast Cancer NG*	<b>19</b> <b>*NEW* 10:30-11:30am GCC Vocal Ensemble*</b> 12-1pm Music & Meditation 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Yoga 6:30-7:30pm Cancer Survivor Boot Camp*	<b>21ST. PATRICK'S DAY CELEBRATION*</b> 9:30-10:30am Drum Circle 9:30-10:30am Zumba Fitness 10-11:30am Prostate Cancer NG* <b>10:30am-12:30pm Family Open Art and Bring a Friend to Breakfast*</b> 10:45-11:45am Chair Yoga <b>11am-12pm Information Session*</b> 12-1pm T'ai Chi
<b>24</b> 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 5:30-6:30pm Zumba Fitness 6-7pm Caregiver NG* <b>6-7:30pm Frankly Speaking About Cancer: Eating Well During Cancer Treatment—Viewing Party and Live Cooking Demo*</b> 6:30-7:30pm Cancer Survivor Boot Camp*	<b>25</b> 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 1-3pm Art: Painting <b>3-4pm Information Session*</b>	<b>26</b> 12-1pm Music & Meditation 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Yoga <b>6-8pm Surviving &amp; Thriving: Writing to Heal*</b> 6:30-7:30pm Cancer Survivor Boot Camp*	<b>28</b> 9:30-10:15am Zumba Fitness 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga <b>11am-12pm Information Session*</b> 12-1pm T'ai Chi
<b>31</b> 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 5:30-6:30pm Zumba Fitness 6:30-7:30pm Cancer Survivor Boot Camp*	<div style="border: 2px solid red; padding: 10px;"> <p><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><b>JOIN, VOLUNTEER or DONATE at <a href="http://www.GildasClubChicago.org">www.GildasClubChicago.org</a></b></p> </div>		

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 Ross Alexander, LCSW, Program Manager, at [rossalexander@gildasclubchicago.org](mailto:rossalexander@gildasclubchicago.org).

# March 2020 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 Houlihan, RN, BSN, OCN & Stephanie Beckner, LPC

**GYNECOLOGICAL CANCER NG:** Facilitated by Jenise Diemer, RN, BSN, OCN, Nurse Navigator & Linda Fischer, LCSW

**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

**SUPPORTING YOUR WHOLE SELF\*:** Cancer diagnosis and post-treatment can look different for everyone. Mia St. Clair, OTS, will help address commonly identified topics that affect people living with cancer.

**Wednesday, March 4 | 6:00 - 7:00 p.m.: Chemo Brain and Its Effects on Cognition**

**Wednesday, March 18 | 12:00 - 1:30 p.m.: Possible Side Effects and Sleep Hygiene Tips**

**Please RSVP.**

**COLON CANCER SPECIAL EVENT\*:** This annual prevention-focused program will increase awareness of screening guidelines, nutrition, and the latest research and treatment developments. Bryce Bardezbanian, MD from Advocate Christ Medical Center, will discuss early screening and treatment for colon cancer. Chef Ryan Hutmacher will provide a cooking demonstration that showcases the merits of the Mediterranean Diet and how this diet can benefit those impacted by colon cancer.

**Thursday, March 5 | 6:00 - 8:00 p.m.**

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

**FRANKLY SPEAKING ABOUT CANCER: Eating Well During Cancer Treatment—Viewing Party and Live Cooking Demo\*:** Please join us for a workshop featuring ways to maintain a nutritious diet when living with cancer. The presentation will be followed by a cooking demonstration.

*Facilitated by: Jill Bice, MS, RD, LDN, CSO, CNSC | University of Chicago Medicine*

**Tuesday, March 24 | 6:00 - 7:30 p.m. Please RSVP.**

**SURVIVING & THRIVING: Writing to Heal\*:** This expressive writing presentation invites participants to use writing to help them better understand their cancer experience.

*Facilitated by Kerri K. Morris, PhD | Associate Professor of English | Governors State University*

**Thursday, March 26 | 6:00 - 8:00 p.m. Please RSVP.**

## Special Events

**GCC VOCAL ENSEMBLE\*:** Experience the power and comradery of music making through singing with a group. No experience or musical know-how necessary to participate. Join Christine Pappalardo as she guides you through learning some new music and possibly some of your favorite tunes.

**Every other Thursday beginning March 5 | 10:30-11:30 a.m. Please RSVP.**

**CREATING AWARENESS: An Art Therapy Workshop:** Decorate a cancer awareness ribbon (in the form of a badge or a magnet) to honor your love, hope, strength, belief and support for yourself and those who have been impacted by cancer. Sophie Canadé, LCPC and Registered Art Therapist will provide materials and instruction for this one-time-only workshop. **Thursday, March 12 | 2:00 - 4:00 p.m.**

**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.*  
*Art with Sophie - Wednesdays, 3-5 p.m.*