

September 2019



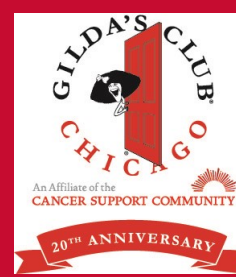
Tuesday	Wednesday	Thursday	Saturday
3 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 5:30-6:30pm Zumba Fitness	4 10:30am-12pm Sewing with Theresa 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Jewelry Making 3:30-5pm Baking Club*	5 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga	7 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
10 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 12-1:30pm Restorative Yoga* 5:30-6:30pm Zumba Fitness 5-6pm Gynecological Cancer NG* 6-8pm Dinner and a Movie*	11 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*	12 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 6:30-7:30 Cancer Survivor Boot Camp*	14 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
17 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 5:30-6:30pm Zumba Fitness 5:30-7pm Cancer Genetics NG* 6-7pm Family/Friends Group* 6:30-7:30 Cancer Survivor Boot Camp*	18 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Painting 6:30-8pm Breast Cancer NG*	19 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6:30-7:30 Cancer Survivor Boot Camp*	21 FAMILY MORNING! 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
24 9:15-10:15am Gentle Yoga 10:30-11:30am Wellness Group* 11am-12:30pm Book Club 5:30-6:30pm Zumba Fitness 6-7pm Family/Friends Group* 6:30-7:30 Cancer Survivor Boot Camp*	25 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Open Studio	26 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6-8pm Surviving & Thriving: Yoga Benefits in Cancer Recovery* 6:30-7:30 Cancer Survivor Boot Camp*	28 9:30-10:15am Zumba Fitness 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga 12-1pm T'ai Chi

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

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

September 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

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, September 10 | 12:00 - 1:30 p.m.
Space is limited, so please RSVP!

DINNER AND A MOVIE*: Don't miss this private viewing of *One Year Later*, a film by local screenwriter and director, Lucia Mauro. *One Year Later* is about a woman's journey to reclaim her life and independence after a cancer diagnosis. Dinner will be served before the movie, where the director will introduce the film, with an opportunity for Q&A to follow.
Tuesday, September 10 | 6:00 - 8:00 p.m. 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, Exercise Physiologist
Tuesdays & Thursdays, September 14 - November 26 6:30 - 7:30 p.m.

BOOK CLUB: Join us for a member-led discussion of the novel *Memory Man* by David Baldacci.
Tuesday, September 24 | 11:00 a.m. - 12:30 p.m.

SURVIVING & THRIVING: Yoga Benefits in Cancer Recovery*: Join us to learn and try out a variety of movements that strengthen the immune system, increase flexibility and help with pain and anxiety management. Discover how these practices encourage an overall sense of empowerment and well-being. Will include a guided relaxation.
Presented by Susan Wilkens, Certified Yoga Instructor
Thursday, September 26 | 6:00 - 8:00 p.m. 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.*