



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

2019 CALENDAR
APRIL | MAY | JUNE

Gilda's Club Chicago is a nonprofit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.



Did You Know?



Cancer Support Community played an integral role in the first statutory acknowledgement of the need to include psychosocial impact in the overall patient experience. CSC worked closely with Congress and the FDA to revise the definition of "patient experience data" to not only include physical, but also psychosocial impact of a "condition, therapy, or clinical investigation." This will ensure that psychosocial care is integrated into comprehensive cancer care and could positively impact national healthcare coverage decisions in the future.

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ANNOUNCEMENTS

Becoming a Member is Free!

To become a member of Gilda's Club Chicago, all you have to do is complete a Customized Membership Plan (CMP) with one of our licensed clinical staff members. In less than an hour, they will help you identify activities that are suited to your unique needs and answer questions you may have about fully participating in the Clubhouse. They can also determine if there are additional resources that might be helpful and guide you in accessing them. Call us at (312) 464-9900 today to get started!



Join the movement today!

Help us understand the full impact of cancer.

The Cancer Support Community's "Cancer Experience Registry" is a study designed to help us better understand the social and emotional needs of people living with cancer. Findings will help develop new resources that support more than 12 million people impacted by cancer each year. At this time, we are especially looking for people who are caring for someone diagnosed with cancer, or who have cared for someone with cancer in the past.

Share your experience at
www.cancerexperienceregistry.org/join/GCChicago

Make your voice heard: Become an Advocate!

Help ensure that people impacted by cancer have access to quality, comprehensive cancer care that includes social and emotional support.

Join our grassroots advocacy network to be among the first to hear about important policy issues and also have the opportunity to advocate for quality cancer care. Making your voice heard will impact the decisions made in Washington, D.C. and across the country.

To join, please visit: www.CSCadvocate.org

SPECIAL CLUBHOUSE HOURS

The Clubhouse will be closed:

Friday, April 19th at 3 p.m.

Friday, May 24th at 3 p.m.

Saturday, May 25th through Monday, May 27th

Wednesday, June 12th at 5 p.m.

Summer Hours: The Clubhouse will be closed at 3 p.m. on Fridays from Memorial Day weekend through Labor Day weekend.

SAVE THE DATE

Fall Festival

Saturday, September 21

12:00 - 2:00 p.m.



Open to Options™ supports you as you identify important concerns and questions about your cancer treatment options, based upon your personal needs. Available at no cost, this service will help you:

- Generate a list of questions for your doctor
- Organize your questions to take with you to your appointment
- Communicate clearly with your medical team

To schedule a session with an Open to Options™ Specialist, call Rachel Kennedy, LCPC at 312-464-9900.

Appointments are available by phone or we can meet with you at any of our Gilda's Club Chicago locations.



"MyLifeLine.org" connects cancer patients and caregivers to their community of family and friends for social and emotional support, and allows patients and caregivers to share their journey and focus on healing. Since 2007, more than 174,000 people have registered on MyLifeLine globally to either give or receive support and we are excited to offer this service to our members. Contact our program team for more details about this and other programs offered free to our members. <https://www.mylifeline.org/>

PARKING

Free parking is available to members coming for an activity at the Wells Street Clubhouse if they use the Mart Parc Interpark lot located at 401 N. Wells Street. After parking, please show your red member card at the front desk to receive a parking voucher. If you are not already a member of Gilda's Club Chicago, you can sign up for a free Customized Membership Plan (CMP) appointment and learn about all that Gilda's Club Chicago has to offer by calling (312) 464-9900.

NOOGIELAND

A program for children, teens and families impacted by a cancer diagnosis



Kid Support and Kids Bereavement are held on ten (10) consecutive Saturdays. A one-time Parent/Guardian Orientation is required for parents prior to the start of the series. Each group is led by a licensed facilitator experienced in working with children, parents and families affected by cancer. Groups are for children 4-12 years old and are divided by age. **Advance registration and attendance at each session is required.**

Kid Support is for children who are living with cancer themselves or who have a family member or friend living with cancer.

Kids Bereavement is for children who have experienced the cancer-related death of a family member or friend.

If you are interested in registering a child for a support group, please contact Noogieland Program Coordinator, Ashley Carrasco, MSW at 312-464-9900 x116 or ashleycarrasco@gildasclubchicago.org.

SUPERVISED PLAY

Supervised Play is provided for children over the age of 1 whose family members wish to attend a workshop, lecture or group. Infants under 1 year are welcome at the Clubhouse but should remain with a parent. Please call to request Supervised Play at least three days in advance.

For more information and to request Supervised Play, please contact Noogieland Program Coordinator, Ashley Carrasco, MSW at 312-464-9900 x116 or ashleycarrasco@gildasclubchicago.org.

SPECIAL EVENTS

Homework Help

Thursdays | 3:30 – 5:30 p.m.

Does your child or teenager need help with homework or tutoring for upcoming tests? Our Noogieland Coordinator, Ashley Carrasco, MSW, has experience teaching and tutoring elementary, middle and high school students in math, literacy, science and other subjects. Snacks will be provided!

**Programming will end on the following date: 6/27.*

Red Door Squad

**Thursdays: April 4 & 18; May 2 & 16; June 6 & 20
5:30 – 7:00 p.m.**

Through a variety of projects and special events, high school students serve as members of our "RD Squad" and assist in raising awareness and interest in Gilda's Club Chicago while having a great time! This program provides students with fun activities as well as leadership and community service opportunities.

Family Arts & Crafts

Select Saturdays, April 6 & 27, May 18 | 12:30 – 2:00 p.m.

This is a fun-filled Saturday afternoon of arts and crafts with snacks provided.

This is offered in partnership with the Junior League's Connecting Kids to the Arts program.

Cooking with Teens

Second Saturdays: April 13, May 11, and June 8 | 1:00 – 2:30 p.m.

Connect with new and old friends, while learning new recipes for cooking and baking!

Family Night - Pet Therapy and Dog Treat Making Workshop

Thursday, June 20 | 6:00 – 7:30 p.m.

Calling all dog lovers! Join us as we learn to make our own homemade sweet and savory dog treats, while enjoying pet therapy with Sherman, the Shorkie and Tawny, the Labradoodle.

SPECIAL EVENTS

Spring Fling

Saturday, April 20 | 12:00 – 2:00 p.m.

Come celebrate spring with us and enjoy a variety of fun activities including the opening of the 2019 member art gallery and live music courtesy of the Caring Arts Foundation. We will have festivities for children and teens in Noogieland where they will be making spring crafts with the Jr. League of Chicago and go on a candy-filled egg hunt! Children are welcome to submit their artwork; please contact Ashley Carrasco, MSW at 312-464-9900 or ashleycarrasco@gildasclubchicago.org

"It's Always Something" 10th Annual Teen Essay Contest Awards Reception

Thursday, April 25 | 5:00 – 7:00 p.m.

Join us and our celebrity guest judges in celebrating our teen writers that have expressed how they have been impacted by cancer. We will honor all those who participated as well as recognize our winners for the grand prizes of \$3,000, \$1,500 and \$500!

Cinco de Mayo

Saturday, May 4 | 12:00 – 2:00 p.m.

Join Gilda's Club Chicago as we celebrate Cinco de Mayo with food and music. Please bring your favorite Mexican-inspired dish to share. Children and teens will enjoy playing Lotería (Mexican Bingo) and making their own piñatas, complete with goodies inside!

Frankly Speaking: Talking to Kids about Cancer

Thursday, May 30 | 6:30 – 8:00 p.m.

Cancer affects a family in many ways. Join us for a discussion about a child's general understanding of cancer. This presentation will include age-appropriate ways to talk with children about cancer, some common behaviors you may see and ways to support your family through this experience.

Presented by: Ashley Carrasco, MSW and Jeanette Santana González. **Pizza and light refreshments provided. Supervised Play available. This is a bilingual presentation and will be translated throughout in Spanish.**

GCC@School: Cancer Support for the Classroom

Offers support for students and educators touched by cancer.

For those diagnosed, this program provides guidance for a smooth transition from treatment back to the classroom and can serve as an outlet for expressing feelings through conversation and art. For those educators looking to enhance their health and wellness curriculum overall, we can also deliver a general presentation geared toward all audiences.

For more information, please contact 312-464-9900 or email lindsaytynes@gildasclubchicago.org.

WEEKLY SUPPORT GROUPS

All support groups are facilitated by licensed mental health professionals and clinical interns. Groups are not open for observation at any time.

Weekly support groups are offered to members 18 years or older. In order to participate, you will be assigned to a group after completing a Customized Membership Plan (CMP). Please call 312-464-9900 to schedule.

WELLNESS GROUPS offer people with a cancer diagnosis, who are in active treatment, an opportunity to share thoughts, feelings and information. Together, group participants experience warmth, understanding, support and learn how to manage stress.

WELLNESS GROUPS:

Monday 5:30 p.m.
Tuesday 12:30 p.m.
Thursday 6:00 p.m.
Saturday 10:30 a.m.

OVARIAN WELLNESS:

Second and Fourth Tuesdays 6:00 p.m.

FAMILY/FRIENDS GROUPS offer those supporting a person with cancer the opportunity to discuss common issues. Together, individual family members, friends and caregivers learn new ways to cope with their stress as well as ways to support their loved ones living with cancer.

FAMILY/FRIENDS GROUPS:

Monday 5:30 p.m.
Monday 6:00 p.m.

BEREAVEMENT GROUPS are available to any individual family member, friend or caregiver who has lost a loved one to cancer.

BEREAVEMENT GROUPS:

Wednesday 6:00 p.m.
Saturday 10:30 a.m.

MONTHLY NETWORKING GROUPS

Monthly networking groups are designed for people with similar diagnoses or life situations to meaningfully connect with others and share information helpful on the cancer journey. Friends and family are welcome to attend. All networking groups are facilitated by licensed mental health professionals and clinical interns. A Customized Membership Plan (CMP) is required prior to attending. Please call 312-464-9900 to schedule.

BLADDER CANCER

Fourth Wednesday each month | 6:00 – 7:30 p.m.

This group is held in partnership with the Bladder Cancer Advocacy Network.



LATINO

Second Thursday each month | 10:00 – 11:30 a.m.

GRUPO DE APOYO LATINO

Segundo jueves del mes | 10:00 – 11:30 a.m.

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional.

LIVING BEYOND LOSS

Third Tuesday each month | 6:00 – 7:30 p.m.

LUNG CANCER *New Day*

Fourth Wednesday each month | 6:00 – 7:30 p.m.

POST-TREATMENT

Second Wednesday each month | 6:00 – 7:30 p.m.

**Group will be cancelled on the following date: 6/12.*

CAREGIVER *New Group*

Second Thursday each month | 6:00 – 7:30 p.m.

PROSTATE CANCER

Third Thursday each month | 6:00 – 7:30 p.m.

This group is part of the UsTOO Prostate Cancer Education & Support Network.



YOUNG WOMEN WITH BREAST CANCER

Second and Fourth Tuesdays each month
6:00 – 7:30 p.m.

This group is held in partnership with the Young Survival Coalition.



METASTATIC BREAST CANCER *New Group*

First Tuesday each month | 6:00 – 7:30 p.m.

This group is held in partnership with the Young Survival Coalition.



WOMEN OF COLOR

Second Monday each month | 4:00 – 5:30 p.m.

Community & Faith Drop-In Groups
For exact times and locations, visit
<http://bit.ly/gildascommunity>

Chicago Family Health Center
9119 S. Exchange

Howard Brown Health Center
4025 N. Sheridan Rd.

Mission of Faith Baptist Church
11321 S. Prairie Ave.

Presence Sts. Mary and Elizabeth Hospital
2233 W. Division Street

Salem House of Hope
10909 S. Cottage Grove

Seventh Day Adventist
7000 S. Michigan Ave.

Trinity United Church of Christ
400 W. 95th Street

LECTURES

Programs listed in RED require an RSVP

Body Awakening Workshop

Tuesday, April 9 | 6:00 – 7:00 p.m.

This program is designed to help participants activate mind-body connection, improve attention, build resilience and manage stress. We will use coordination exercises, bilateral training of the brain, various stretching and posture exercises while juggling balls and having fun. You will also learn acupressure protocols to help let go of unwanted thoughts.

Presented by: Mila Apostolovic, Fitness and Wellbeing Coach
Chicago Center for Well-Being
Light refreshments provided



Lunch and Learn: Cancer Experience Registry Info Session

Friday, April 12 | 12:30 – 1:30 p.m.

By joining the registry you can help improve the quality of life for you and those you care for. Learn more about CER during this informational session.

Presented by: Kathleen Boss | Gilda's Club Chicago
Light refreshments provided



Cannabis and Acupuncture

Tuesday, April 16 | 6:00 – 7:30 p.m.

This workshop will include an acupuncture demonstration, along with a discussion surrounding the use of medical marijuana and how the two correlate.

Presented by: Dr. Glenn Harrison | Andy Polonsky | Empower Clinics
Dr Oleg Rivkin | NatureMed Acupuncture
Light refreshments provided



Wisdom Circle

Select Thursdays: April 18, May 16 and June 13 | 2:30 – 3:30 p.m.

In April, we will discuss books that were favorites as a child or that somehow shaped your identity, or a favorite you have read to your child or grandchild. In May, we will connect over these three simple questions about "yesterday." What surprised me? What moved or touched me? What inspired me? In June, the topic will center around courage.

Presented by: Beth Conaghan, Certified Sage-ing Leader
Light refreshments provided



Learn about Oncofertility

Tuesday, April 23 | 6:00 – 7:00 p.m.

In this lecture, we will discuss oncofertility options like egg, embryo and tissue freezing. Learn more about resources, costs and next steps.

Presented by: Dr. Jennifer Hirshfeld-Cytron | Fertility Centers of Illinois
Light refreshments provided



Benefits of Aromatherapy

Friday, May 3 | 12:30 – 1:30 p.m.

Essential oils, used in aromatherapy, can help relieve stress, relax the body and promote better sleep... but this is just the beginning. Join us as we discuss the many wonderful benefits of essential oils and learn how we can weave these gifts of nature into our daily lives.

Presented by: Joan Zigulich, Certified Yoga Instructor and Member of the National Association of Holistic Aromatherapists
Light refreshments provided



Keep Your Mind Fit to Boost Brain Health

Wednesday, May 15 | 6:00 – 7:30 p.m.

Just like the body, the brain shows signs of aging over time. This interactive session provides proactive ways to enhance cognitive functioning. It includes scientifically-studied lifestyle behaviors as well as activities that are proven to boost mental acuity and delay the onset and progression of cognitive decline.

Presented by: Alita Arnold, RN, MS, MA, DCP, Cognitive Therapeutics Specialist | Home Care Assistance
Light refreshments provided



Transforming the End of Life: Voice Your Choices

Tuesday, June 4 | 6:30 – 8:00 p.m.

Join us to discuss important ideas for writing an Advance Healthcare Planning Directive. We will provide the Five Wishes, a helpful guide in how to make decisions about your healthcare choices and have conversations with your loved ones. The Five Wishes explains possible preferences for: The Person I want to make care decisions for me when I can't The kind of medical treatment I want or don't want



How comfortable I want to be
How I want people to treat me
What I want my loved ones to know
When filled out, this document meets legal requirements in 42 states including Illinois and is used worldwide.

Presented by: Loretta Downs, MA, CSA | Founder of Chrysalis End-of-Life Inspirations
Daryl Holtz Isenberg, PhD | Founder of Family Cancer Support Network
Light refreshments provided

Wig Fashions: Look Great, Feel Great, Solutions and Maintenance Care Workshop

Tuesday, June 11 | 6:00 – 7:00 p.m.

Join certified non-surgical hair replacement education specialists and trainers as they provide insight into wig construction, what to look for when choosing a wig and make recommendations for the care and maintenance of your wig. Samples of wigs will be shown throughout this demonstration.

Presented by: Linda and Tony Randle | Salons Ink
Light refreshments provided

Building Resilience to Handle What Life Brings Us - An Experiential Presentation

Tuesday, June 18 | 6:00 - 7:00 p.m.

Raquel Jex Forsgren, a Certified Yoga Therapist and Resilience Coach, will be guiding us through strategies to build your resilience and self-care through the foundation of mindfulness and using mind-body medicine. After this 60-minute experiential, you'll be able to leverage tips on managing the emotions that go hand in hand with your journey and feel empowered in a way that helps you take control of your mind, body, emotions and way of living your life.

Presented by: Raquel Jex Forsgren, Yoga Therapist, C-IAYT | Proprietor of Living Yoga Therapy
Light refreshments provided

Not able to make it in person? You can also participate online via Facebook Live! More details can be found on our website www.gildasclubchicago.org and our Facebook page <https://www.facebook.com/GildasClubCHI/>. Please make sure to RSVP and let us know where you'll be participating.



NUTRITION WORKSHOPS AND LECTURE SERIES

Member Spot: Seasonal Cooking with Julie *New Day*

Third Wednesdays: April 17, May 15, June 19 | 6:00 – 7:30 p.m.

Join us for this new monthly cooking series focused on local, organic and seasonal produce! April will feature Potato Leek Soup and Comfort Chicken Dinner. May will feature Cream of Asparagus Soup and Springtime Quiche. June will feature Rhubarb Scones and Seasonal Salad.

Presented by: Julie Malec

Light refreshments provided

Intermittent Fasting for Beginners – How to Get Started & The Possible Benefits

Wednesday, May 1 | 6:00 – 7:00 p.m.

Join us and learn about a very old technique which has found new popularity and purpose in helping people improve their physical and mental health, lose weight and reduce chronic health symptoms like inflammation and constipation. In this presentation we will cover the basics of getting started with time-restricted eating as well as the possible benefits of it, by giving your body the time it needs to rest, digest and repair.

Presented by: Bobbie McGrath, MS, Certified Health Coach | Be For You Health Coaching

Light refreshments provided

Cancer “Phyting” Rainbow

Thursday, May 30 | 6:00 – 7:30 p.m.

Join Registered Dietitian, Susannah Baldock, to learn why and how to incorporate a rainbow of color in your cancer “phyting” toolbox. Plant-based foods and spices get protection, odor, flavor and color from compounds called phytochemicals. Once eaten, these compounds provide our bodies with many health protection benefits, such as stimulating immunity, reducing inflammation and triggering cancer cell death. This workshop will include food samples.

Presented by: Susannah Baldock, MS, MPH, RD, LDN | The Roving Dietitian, LLC

Light refreshments provided



The Art of Mindfulness & Compassionate Care - A Path to Peace

Select Tuesdays:

April 2, 9, 16, 23 | 6:00 – 7:15 p.m. (First Series)

May 14, 21, 28; June 4 | 6:00 – 7:15 p.m. (Second Series)

June 11, 18, 25 | 6:00 – 7:15 p.m. (Third Series)

As part of this journey of personal exploration and discovery, you will practice the integration of mindfulness and meditation to enrich your daily life and relationships with more balance and a deeper peace, love and heart connection. These will be a series of 75-minute classes, which connect us more deeply to our true nature and what matters most in our lives. Each class will include teachings on the cultivation of care (including mindfulness of breath, body, thoughts and emotions), insight meditation practice, inquiry and discussion.

Presented by: Sharon Fierro, Mindfulness Meditation and Qigong Teacher



BE-Lung Education & Exercise Series

Please join us for a five-week, nine session program for people living with lung cancer, as a patient or survivor.

The multi-disciplinary series will explore barriers and enablers to living well during and after treatment. Each week will include an educational session (Tuesdays, 5:30 - 7:30 p.m.) and an exercise session (Thursdays, 5:45 - 7:00 p.m.) intended to improve your ability to exercise, fitness knowledge and commitment to a healthy lifestyle. Dinner will be provided for educational sessions and snacks will be provided for exercise sessions. Prizes will be given for participation.

- April 11 Orientation
- April 16 Education Session: Breathing Strategies
- April 18 Exercise Session
- April 23 Education Session: Benefits of Exercise
- April 25 Exercise Session
- April 30 Education Session: Wellness and Mindfulness Strategies
- May 2 Exercise Session
- May 7 Education Session: Nutrition
- May 9 Exercise Session / Program Completion Celebration

Space is limited to 10 individuals with lung cancer. However, participants may bring a workout partner. For questions please contact Jeanette González at 312-464-9900. This program is brought to you via a partnership of Gilda's Club Chicago, Shirley Ryan AbilityLab and the Robert H. Lurie Comprehensive Cancer Center of Northwestern University.



Pharmacy Lecture Series

Select Thursdays: | 6:30 – 7:30 p.m.

Get practical information on a variety of medication and drug related topics:

April 25 - Patient Assistance Drug Programs

Chemotherapy may be extremely costly, but don't let that deter you. Learn about different options for patient assistance programs that can help minimize or even eliminate your copay obligations.

May 16 - Immunotherapy

New agents known as immune-checkpoint inhibitors, monoclonal antibodies and various cellular therapies have completely changed the way we treat different cancers. This session explores what different options exist, how they work and side effects that may occur.

June 20 - Holistic/Alternative Therapy/Nutrition

Maintaining a healthy lifestyle is extremely important. We will share tips to incorporate holistic practices into your lifestyle.

Presented by: Oncology Pharmacy Residents and Sandeep Parsad, PharmD, BCOP, Clinical Pharmacy Manager Director | PGY2 Oncology Pharmacy Residency Program | University of Chicago Medicine

Light refreshments provided

Surviving and Thriving Series: Cancer Rehabilitation - How to Regain Your Health Before, During and After Cancer Treatment

Monday, April 22 | 6:00 – 7:00 p.m.

Learn about energy conservation techniques, exercise and daily activities that can help you regain strength, reduce pain and anxiety, improve energy, and expedite recovery during and after cancer treatment.

Presented by: Tara Alaichamy, PT, DPT, CLT, Lead Inpatient Rehabilitation Therapist | Cancer Treatment Centers of America

Light refreshments provided



Understanding Lymphatic Therapy

Monday, June 24 | 6:00 – 7:00 p.m.

Lymphatic therapy encourages the flow of lymphatic fluid away from swollen or painful areas through light touch massage and compression bandaging as needed, which can be helpful for people impacted by cancer.

Presented by: Sandra Wallin, OTR/L, CLT | Lymphatic Wellness Clinic

Light refreshments provided



Lymphatic
Wellness Clinic

SOCIAL EVENTS

Baking Club

Mondays | 10:30 a.m. – 12:00 p.m.

Learn healthy recipes for both sweet and savory treats and put them to the test in the Gilda's Club Chicago kitchen.

**Programming will be cancelled on the following dates: 5/27 & 6/24.*

Board Game Night

Select Thursdays: April 4, May 23, June 13 | 6:00 – 7:30 p.m.

New start time

It's time to kick back and "unplug." Join us for a fun evening of board games and good company. Snacks and light refreshments provided.

Newcomers Breakfast

Select Saturdays: April 6, May 11, June 8 | 9:30 – 10:30 a.m.

All participants who have recently joined any GCC location are cordially invited to get familiar with the Wells Street Clubhouse, meet other new members and enjoy chatting over breakfast provided by GCC volunteers.

Spring Fling

Saturday, April 20 | 12:00 – 2:00 p.m.

Come celebrate spring with us and enjoy a variety of fun activities including the opening of the 2019 member art gallery and live music courtesy of the Caring Arts Foundation. We will have festivities for children and teens in Noogieland where they will be making spring crafts with the Jr. League of Chicago and go on a candy filled egg hunt!

Cinco de Mayo

Saturday, May 4 | 12:00 – 2:00 p.m.

Join Gilda's Club Chicago as we celebrate Cinco de Mayo with food and music. Please bring your favorite Mexican-inspired dish to share. Children and teens will enjoy playing Lotería (Mexican Bingo) and making their own piñatas, complete with goodies inside!

Mother's Day Tea

Friday, May 10 | 12:30 – 2:30 p.m.

Calling all moms! You are cordially invited to enjoy an afternoon tea at Gilda's Club Chicago in the company of other moms. Bring your family or come on your own -- either way, you will enjoy delightful refreshments with the pampering you deserve.

Survivor's Day

Saturday, June 1 | 11:00 a.m. – 1:00 p.m.

In honor of Cancer Survivor Month in June, we will celebrate with music and a potluck. Please bring something to share. Treats will also be generously sponsored by Nothing Bundt Cakes!

"Best of Gilda" Film Screening

Thursday, June 6 | 6:00 – 8:00 p.m.

Join us for an evening of all things Gilda by enjoying the best of her SNL skits. Popcorn and light refreshments provided.

Family Night - Pet Therapy and Dog Treat Making Workshop

Thursday, June 20 | 6:00 – 7:30 p.m.

Calling all dog lovers! Join us as we learn to make our own homemade sweet and savory dog treats, while enjoying pet therapy with Sherman, the Shorkie and Tawny, the Labradoodle.



Ulman 4K Lunch

Friday, June 21 | 12:30 – 1:30 p.m.

Every year, college students undertake a 4,000 mile bicycle journey across the country offering hope, inspiration and support to cancer communities through the Ulman 4K. Join this year's team as they host a lunch at the Clubhouse and learn about what inspired them to ride.



Lyric Opera Stage Artists Presents "An Afternoon at the Opera"

Saturday, June 22 | 12:30 – 1:30 p.m.

Join us for a special musical performance! Singers from the Lyric Opera of Chicago Chorus will be presenting some of their favorite arias and duets.

Faces of Survivorship Photoshoot

Saturday, June 22 | 12:30 – 3:00 p.m.

Max Capacity: 5 participants

Join us for complimentary headshots with Photographer Sam Lee, which will empower cancer survivors and reinforce their strength through beautiful photography. Sam Lee has been doing professional portraiture for over 15 years in the Chicagoland area, specializing in a modern twist to the classic portrait. www.samleephotos.com

Sephora Brave Beauty

Sunday, May 5 | 9:00 – 10:30 a.m.

Sephora presents a free, 90-minute program, "Brave Beauty in the Face of Cancer" at Sephora, 108 N. State St., Suite 134, for people living with cancer and their loved ones. Learn soothing skincare routines and quick-fix makeup tricks to help restore glow and the appearance of brows and lashes that may be affected by cancer treatments.

Sephora is located at 108 N. State St., Suite 134. A limited number of spaces are available - first come, first served basis. For more information and to reserve your space, please contact program staff at 312-464-9900.

GCC Night at the Chicago Sky Game

Friday, June 21 | 7:00 p.m.

Maximum Capacity: 60 participants

Join us for a fun night out at the Wintrust Arena as the Chicago Sky women's basketball team takes on the Indiana Fever.

An RSVP is required to reserve a ticket. Tickets are first come, first served.

Wintrust Arena is located at 200 E. Cermak Road.



Young Adult Social - Stories and Socializing

Wednesday, June 26 | 6:00 – 8:00 p.m.

Join Gilda's Club Chicago and Humor Beats Cancer as they host an evening of readings of humorous stories from young people's cancer experiences. If you would like to read a 500-800 word story, email editor@humorbeatscancer.com to get on our open mic list. People will be picked at random to read their funny cancer story. To get a better idea of the types of stories we're talking about, visit www.humorbeatscancer.com/blog. For more information and to register, please call the Clubhouse at 312-464-9900 and ask to speak to a program staff member.



Weekly support groups (not listed on the calendar) are available to patients and loved ones of all cancer diagnoses and prognoses. See "Support Groups" on pg. 4 or call 312-464-9900

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 10:00 a.m. Horticultura para la Salud (Hort for Health) 6:00 p.m. Metastatic Breast Cancer NG 6:00 p.m. Mindfulness & Compassionate Care	10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Laughter Yoga	11:00 a.m. Body Awakening 3:30 p.m. Homework Help 5:30 p.m. Red Door Squad 6:00 p.m. Board Game Night	9:30 a.m. Yoga 11:15 a.m. BeMoved®	9:15 a.m. Yoga 9:30 a.m. Newcomers Breakfast 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. Family Arts & Crafts 12:30 T'ai Chi
		1	2	3	4	5
	10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 4:00 p.m. Women of Color NG 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 6:00 p.m. Body Awakening Workshop 6:00 p.m. Mindfulness & Compassionate Care 6:00 p.m. Young Women with Breast Cancer NG	10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Post-Treatment NG	10:00 a.m. Grupo de Apoyo Latino/ Latino Networking Group 3:30 p.m. Homework Help 5:45 p.m. BE-Lung Education & Exercise Series 6:00 p.m. Caregiver NG	9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Lunch and Learn: Cancer Experience Registry Info Session 12:30 p.m. Yoga en Español	9:00 a.m. ArtReach Clay Project 9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:00 p.m. Círculo de Tejer 1:00 p.m. Cooking with Teens
7	8	9	10	11	12	13
	10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Clase de Joyería 10:00 a.m. Gentle Yoga 11:30 a.m. Meditación 5:30 p.m. BE-Lung Education & Exercise Series 6:00 p.m. Cannabis and Acupuncture 6:00 p.m. Living Beyond Loss NG 6:00 p.m. Mindfulness & Compassionate Care	10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Member Spot: Seasonal Cooking with Julie	11:00 a.m. Body Awakening 1:15 p.m. Yoga Nidra 2:30 p.m. Wisdom Circle 3:30 p.m. Homework Help 5:30 p.m. Red Door Squad 5:45 p.m. BE-Lung Education & Exercise Series 6:00 p.m. Prostate Cancer NG	9:30 a.m. Yoga 11:15 a.m. BeMoved® Clubhouse closes at 3 p.m.	9:15 a.m. Yoga 11:15 a.m. Restorative Yoga 12:00 p.m. Spring Fling 12:30 p.m. T'ai Chi
14	15	16	17	18	19	20
	10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 6:00 p.m. Surviving and Thriving Lecture Series - Cancer Rehabilitation 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 5:30 p.m. BE-Lung Education & Exercise Series 6:00 p.m. Learn about Oncofertility 6:00 p.m. Mindfulness & Compassionate Care 6:00 p.m. Young Women with Breast Cancer NG	10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Bladder Cancer NG 6:00 p.m. Lung Cancer NG	5:00 p.m. Teen Essay Awards Reception 5:45 p.m. BE-Lung Education & Exercise Series 6:30 p.m. Pharmacy Lecture Series	9:30 a.m. Yoga 10:00 a.m. Clase de Nutrición 11:15 a.m. BeMoved®	9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:00 p.m. Círculo de Tejer 12:30 p.m. Family Arts & Crafts
21	22	23	24	25	26	27
	10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 5:30 p.m. BE-Lung Education & Exercise Series				
28	29					

APRIL 2019

■ = RSVP REQUIRED ■ = NORSVP ■ = CMP REQUIRED

Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.* Requires attendance at all sessions



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>MAY 2019</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.* Requires attendance at all sessions</p>		 <p>GILDA'S CLUB CHICAGO An Affiliate of the CANCER SUPPORT COMMUNITY</p>	<p>10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Intermittent Fasting for Beginners 6:00 p.m. Laughter Yoga</p>	<p>11:00 a.m. Body Awakening 3:30 p.m. Homework Help 5:30 p.m. Red Door Squad 5:45 p.m. BE-Lung Education & Exercise Series</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Benefits of Aromatherapy</p>	<p>9:15 a.m. Yoga 11:15 a.m. Restorative Yoga 12:00 p.m. Cinco de Mayo 12:30 p.m. T'ai Chi</p>
			1	2	3	4
<p>9:00 a.m. Sephora Brave Beauty</p>	<p>10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 7:00 p.m. Yoga</p>	<p>10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 5:30 p.m. BE-Lung Education & Exercise Series 6:00 p.m. Metastatic Breast Cancer NG</p>	<p>10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Post-Treatment NG</p>	<p>10:00 a.m. Grupo de Apoyo Latino/ Latino Networking Group 3:30 p.m. Homework Help 5:45 p.m. BE-Lung Education & Exercise Series 6:00 p.m. Caregiver NG</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Mother's Day Tea 12:30 p.m. Yoga en Español</p>	<p>9:15 a.m. Yoga 9:30 a.m. Newcomers Breakfast 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:00 p.m. Circulo de Tejer 1:00 p.m. Cooking with Teens</p>
5	6	7	8	9	10	11
	<p>10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 4:00 p.m. Women of Color NG 7:00 p.m. Yoga</p>	<p>10:00 a.m. Gentle Yoga 6:00 p.m. Mindfulness & Compassionate Care 6:00 p.m. Young Women with Breast Cancer NG</p>	<p>10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Keep Your Mind Fit to Boost Brain Health 6:00 p.m. Member Spot: Seasonal Cooking with Julie</p>	<p>11:00 a.m. Body Awakening 1:15 p.m. Yoga Nidra 2:30 p.m. Wisdom Circle 3:30 p.m. Homework Help 5:30 p.m. Red Door Squad 6:00 p.m. Prostate Cancer NG 6:30 p.m. Pharmacy Lecture Series</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved®</p>	<p>9:00 a.m. ArtReach Clay Project 9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. Family Arts & Crafts 12:30 p.m. T'ai Chi</p>
12	13	14	15	16	17	18
	<p>10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 7:00 p.m. Yoga</p>	<p>10:00 a.m. Clase de Joyería 10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 11:30 a.m. Meditación 6:00 pm. Living Beyond Loss NG 6:00 p.m. Mindfulness & Compassionate Care</p>	<p>10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Bladder Cancer NG 6:00 p.m. Lung Cancer NG</p>	<p>3:30 p.m. Homework Help 6:00 p.m. Board Game Night</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved®</p> <p style="text-align: center;">Clubhouse Closes at 3 p.m.</p>	<p>CLUBHOUSE CLOSED FOR MEMORIAL DAY</p>
19	20	21	22	23	24	25
	<p>CLUBHOUSE CLOSED FOR MEMORIAL DAY</p>	<p>10:00 a.m. Gentle Yoga 6:00 p.m. Mindfulness & Compassionate Care 6:00 p.m. Young Women with Breast Cancer NG</p>	<p>10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation</p>	<p>3:30 p.m. Homework Help 6:00 p.m. Cancer "Phyting" Rainbow 6:30 p.m. Frankly Speaking: Talking to Kids about Cancer</p>	<p>9:30 a.m. Yoga 10:00 a.m. Clase de Nutrición 11:15 a.m. BeMoved®</p> <p style="text-align: center;">Clubhouse Closes at 3 p.m.</p>	
26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>JUNE 2019</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. *Requires attendance at all sessions</p>						 <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p>	9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:00 a.m. Survivor's Day 11:15 a.m. Restorative Yoga 12:30 p.m. T'ai Chi
2	10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 6:00 p.m. Metastatic Breast Cancer NG 6:00 p.m. The Art of Mindfulness & Compassionate Care - A Path to Peace 6:30 p.m. Transforming the End of Life: Voice Your Choices	10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Laughter Yoga	11:00 a.m. Body Awakening 3:30 p.m. Homework Help 5:30 p.m. Red Door Squad 6:00 p.m. "Best of Gilda" Film Screening	9:30 a.m. Yoga 11:15 a.m. BeMoved® Clubhouse Closes at 3 p.m.	9:00 a.m. ArtReach Clay Project 9:15 a.m. Yoga 9:30 a.m. Newcomers Breakfast 11:15 a.m. Restorative Yoga 12:00 p.m. Círculo de Tejer 1:00 p.m. Cooking with Teens	
9	10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 4:00 p.m. Women of Color NG 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 6:00 p.m. Mindfulness & Compassionate Care 6:00 p.m. Wig Fashions: Look Great, Feel Great, Solutions and Maintenance Care Workshop 6:00 p.m. Young Women with Breast Cancer NG	10:30 a.m. Gentle Yoga 11:45 a.m. Meditation Clubhouse Closes at 5 p.m.	10:00 a.m. Grupo de Apoyo Latino/ Latino Networking Group 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 2:30 p.m. Wisdom Circle 3:30 p.m. Homework Help 6:00 p.m. Board Game Night 6:00 p.m. Caregiver NG	9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Yoga en Español Clubhouse Closes at 3 p.m.	9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. T'ai Chi	
16	10:00 a.m. T'ai Chi Chih 10:30 a.m. Baking Club 11:15 a.m. Chair Yoga 12:00 p.m. Jewelry 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Clase de Joyería 10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 11:30 a.m. Meditación 6:00 p.m. Building Resilience 6:00 p.m. Living Beyond Loss NG 6:00 p.m. Mindfulness & Compassionate Care	10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Member Spot: Seasonal Cooking with Julie	11:00 a.m. Body Awakening 3:30 p.m. Homework Help 5:30 p.m. Red Door Squad 6:00 p.m. Family Night - Pet Therapy and Dog Treat Making Workshop 6:00 p.m. Prostate Cancer NG 6:30 p.m. Pharmacy Lecture Series	9:30 a.m. Yoga 10:00 a.m. Clase de Nutrición 11:15 a.m. BeMoved® 12:30 p.m. Ulman 4K Lunch 7:00 p.m. GCC Night at the Chicago Sky Game Clubhouse Closes at 3 p.m.	9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:00 p.m. Círculo de Tejer 12:30 p.m. "An Afternoon at the Opera" 12:30 p.m. Faces of Survivorship Photoshoot	
23	10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 6:00 p.m. Understanding Lymphatic Therapy 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 6:00 p.m. Mindfulness & Compassionate Care 6:00 p.m. Young Women with Breast Cancer NG	10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Bladder Cancer NG 6:00 p.m. Lung Cancer NG 6:00 p.m. Young Adult Social with Humor Beats Cancer		9:30 a.m. Yoga 11:15 a.m. BeMoved® Clubhouse Closes at 3 p.m.	9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga	
30							

HEALTHY LIFESTYLE PROGRAMS

MIND/BODY/SPIRIT CLASSES

Please note: Wear comfortable clothing and arrive promptly for the following classes at the designated start times. Movements and poses can be modified to accommodate all ability levels, just let the instructor know prior to the start of class if you have any concerns. Please talk with your doctor prior to starting an exercise program. More information about the classes can be found on our website. Thank you.

Yoga

Mondays | 7:00 – 8:15 p.m. • Fridays | 9:30 – 11:00 a.m. • Saturdays | 9:15 – 10:45 a.m.

Mat yoga class including stretching, deep breathing, balancing, functional strength and relaxation. Stretch your body and mind. Develop flexibility and balance.

**Programming will be cancelled on the following dates: 5/25 and 5/27.*

Chair Yoga

Mondays | 11:15 a.m. – 12:15 p.m.

Yoga practiced sitting in a chair or using a chair for support. Many of the poses are adapted from mat yoga. A great fit for beginners and those who are unable to take our mat classes.

**Programming will be cancelled on the following date: 5/27*

Gentle Yoga

Tuesdays | 10:00 – 11:00 a.m. • Wednesdays | 10:30 – 11:30 a.m.

This class features gentle stretches and poses using resistance to help develop strength.

Laughter Yoga ***New Program * New Day ***

First Wednesdays: April 3, May 1, June 5 | 6:00 – 7:00 p.m.

Laughter wellness (also known as laughter yoga) gets you laughing without even needing to remember that great joke you heard that one time. Please join us to learn a little more about laughter wellness, tap into your inner child and get laughing again! No experience needed and open to all levels.

Restorative Yoga

Saturdays | 11:15 a.m. – 12:15 p.m.

This relaxing class uses props and chairs as needed for support in comfortable lying and standing positions. It is ideal for beginners and people with limited mobility to refresh the mind and body.

**Programming will be cancelled on the following date: 5/25.*

Body Awakening ***New Program***

**First and Third Thursdays: April 4, 18; May 2, 16; June 6, 20
11:00 a.m. - 12:00 p.m.**

Body Awakening is a one-of-a-kind program designed to help participants improve body-mind connection, resilience, balance, focus and stress management. This unique program uses coordination exercises, bilateral training of the brain and various stretching and posture exercises. You will learn to let go through the enjoyment of juggling balls.

Yoga Nidra: Deep Healing Relaxation Method

New Program

Select Thursdays: April 18, May 16, June 13 | 1:15 – 2:15 p.m.

This healing, active meditation is done lying down on props. It leads to a deep state of relaxation that calms the mind, dispels tension and fatigue and bolsters the body's natural healing capacities to rejuvenate and energize on physical, mental and emotional levels.

BeMoved®

Fridays | 11:15 a.m. – 12:15 p.m.

BeMoved® shares the joy of dance with people of all movement abilities and believes that movement, expressed through dance and music, has a transformative power that enriches a person's well-being.

Meditation

Mondays | 12:30 – 1:30 p.m. • Wednesdays | 11:45 a.m. – 12:45 p.m.

Meditation can be a source of energy, wisdom and strength. This class will teach you basic relaxation, breath meditation and visualization.

**Programming will be cancelled on the following dates: 5/27.*

T'ai Chi

**First and Third Saturdays: April 6, 20; May 4, 18; June 1, 15
12:30 – 1:30 p.m.**

An ancient Chinese exercise combining physical movement and meditation.

T'ai Chi Chih

**Select Mondays: April 1, 8, 15, 22; May 6, 20; June 3, 10, 17, 24
10:00 – 11:00 a.m.**

Select Tuesdays: April 9, 23; May 7, 21; June 4, 18 | 11:15 a.m. - 12:15 p.m.

Based on Ancient Chinese wisdom, T'ai Chi Chih is 19 simple, slow, gentle movements that circulate and balance energy. It is a "moving meditation" that brings serenity and a greater sense of well being. Movements can be done standing, seated or through visualization.

EXPRESSIVE ARTS ACTIVITIES

These creative programs use different methods to help individuals express themselves artistically. No prior artistic skills are required. All materials are provided.

Caring Arts – Mixed Media Expression

Select Saturdays: April 6, 13, 27; May 11, 18; June 1, 15, 22, 29 | 10:00 a.m. – 2:00 p.m.



An exciting program facilitated by the Caring Arts Foundation, each session guides you on a journey to explore and develop your own creative center for the purpose of healing. Various theme idea-starters and artistic materials are provided for each session. No prior artistic skills required, just the desire to express yourself.

ArtReach Clay Project

Select Saturdays: April 13, May 18, June 8 | 9:00 a.m. – 12:00 p.m.

ArtReach seeks to transform individuals and their communities through the provision of high-quality and innovative art instruction using clay as a means of expression.

Jewelry

Mondays | 12:00 – 2:00 p.m.

Select Wednesdays: April 3, 10, 24; May 1, 15, 29 | 11:00 a.m. – 1:00 p.m.

Learn how to create your own accessories such as earrings, necklaces and bracelets in a supportive environment with others who are looking to be creative. **Programming will be cancelled on the following dates: 5/27 & 6/24.*

Pet Therapy

Sherman, the Shorkie, is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen. Tawny, the Labradoodle, is a certified Therapy Dog through Canine Therapy Corps. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits. Sherman and Tawny will be available for adults to provide a happy respite from the challenges of their daily lives. **To RSVP for your own 15 minute slot, please call (312) 464-9900.**



NUESTRA MISIÓN Lograr que todas las personas afectadas por el cáncer adquieran el poder del conocimiento, la fuerza de la acción y el respaldo de la comunidad.

ACTIVIDADES DE ARTE Y DE BIENESTAR

Círculo de Tejer

segundo y cuarto sábado del mes excepto el 25 de mayo | 12:00 – 2:00 p.m.

Únase a otros participantes para tejer o hacer punto de cruz. No es necesario experiencia previa.

Clase de Arte (Caring Arts)

sábados: 6, 13 y 27 de abril; 11 y 18 de mayo; 1, 15, 22 y 29 de junio | 10:00 a.m. – 2:00 p.m.

Facilitado por la fundación Caring Arts, cada sesión se enfoca en explorar y desarrollar su propio centro creativo con el propósito de sanarse. Se proporcionan diversos temas de inicio de ideas y materiales artísticos para cada sesión. No se requieren habilidades artísticas previas, solo el deseo de expresarte.

Clase de Joyería

tercer martes del mes: 16 de abril, 21 de mayo y 18 de junio | 10:00 – 11:30 a.m.

Aprenda como crear tus propios collares, aretes y esclavas.

Clase de Nutrición

viernes, 26 de abril, 31 de mayo y 21 de junio | 10:00 a.m. – 12:00 p.m.

Esta clase de nutrición dirigida por la Universidad de Illinois para familias. El programa es diseñado para ayudar a familias aprender cómo hacer decisiones de nutrición que mejore la dieta y salud de la familia.

Clase de Barro (ArtReach)

segundo sábado del mes: 13 de abril, 18 de mayo y 8 de junio | 9:00 a.m. – 12:00 p.m.

Expresa su creatividad usando barro para crear sus propias obras de arte.

Desayuno para Nuevos Participantes (Newcomers Breakfast)

sábado, 6 de abril, 11 de mayo y 8 de junio | 9:30 – 10:30 a.m.

Acompañe a otros miembros del club en un desayuno en donde se le dará la bienvenida a nuestro club.

Meditación

tercer martes del mes: 16 de abril, 21 de mayo y 18 de junio | 11:30 a.m. – 12:30 p.m.

¿Buscas ponerte en contacto contigo mismo? Este taller te conectará con tu espíritu y mente

Yoga en Español

segundo viernes del mes: 12 de abril, 10 de mayo y 14 de junio | 12:30 – 1:30 p.m.

Esta clase será totalmente en Español. Respire, estire su cuerpo y mente, desarrolle flexibilidad y balance. Use ropa cómoda.

BeMoved®

viernes | 11:15 a.m. – 12:15 p.m.

BeMoved® es una clase de movimiento que comparte la alegría de bailar con personas de todas las habilidades y cree que el movimiento, expresado a través del baile y la música, tiene un poder transformador que enriquece el bienestar de una persona.

Yoga

lunes | 7:00 – 8:15 p.m.; viernes | 9:30 – 11:00 a.m.; sábados | 9:15 – 10:45 a.m.

Clase de yoga que incluye estiramiento, respiración profunda, equilibrio, fuerza funcional y relajación. Estira tu cuerpo y tu mente. Desarrolla flexibilidad y equilibrio.

Yoga Restaurativa

martes | 10:00 – 11:00 a.m.; miércoles | 10:30 – 11:30 a.m.; sábados | 11:15 a.m. – 12:15 p.m.

Una clase relajante que utiliza accesorios y sillas según sea necesario para apoyar en posiciones cómodas acostada y de pie. Es ideal para principiantes y personas con movilidad limitada.

T'ai Chi

primer y tercer sábado del mes: 6 y 20 de abril, 4 y 18 de mayo, 1 y 15 de junio | 12:30 – 1:30 p.m.

Una antigua forma de ejercicio chino que combina el ejercicio físico con la meditación.

T'ai Chi Chih

lunes: 1, 8 y 15 y 22 de abril, 6 y 20 de mayo y 3, 10, 17 y 24 de junio | 10:00 – 11:00 a.m.

martes: 9 y 23 de abril; 7 y 21 de mayo, 4 y 18 de junio | 11:15 a.m. – 12:15 p.m.

Basada en la sabiduría china antigua y que consta de 19 movimientos simples y suaves y lentos. T'ai Chi Chih es una mezcla de la meditación y el movimiento que se ha demostrado para reducir el estrés y se puede hacer mientras se está sentado o de pie.

¿Se aproxima su cita con el doctor?

¿Abrumado por tanta información?

¿No sabes qué preguntar?

NOSOTROS PODEMOS AYUDAR



Open to Options™ (Abierto a Opciones) le apoya a manera que usted identifique preguntas importantes sobre sus opciones y de tratamiento de cáncer basadas en sus necesidades personales. Disponible sin costo alguno, este servicio le ayudará a:

- Generar una lista de preguntas para su médico,
- Organizar sus preguntas para llevarlas a su cita
- Comunicarse claramente con su equipo médico.

Para hacer una cita para una sesión de Open to Options™ (Abierto a Opciones), por favor llame a Gilda's Club Chicago al 312-464-9900, extensión 112. Pregunte por Jeanette Santana González. Podemos hacer una cita por teléfono o en persona.

EVENTOS ESPECIALES

Todos estos programas requieren reservación

Horticultura para la Salud

martes, 2 de abril | 10:00 a.m. – 12:00 p.m.

Presentado por la Extensión de la Universidad de Illinois Este taller se enfocará en como el estrés afecta nuestra salud y que técnicas podemos adoptar para manejar el estrés. También introducirá como cuidar de plantas en nuestro hogar y como la jardinería puede promover la salud y el bienestar.

Fiesta de Primavera y Exposición de Arte

sábado, 20 de abril | 12:00 – 2:00 p.m.

¡La primavera está aquí y es tiempo de celebrar! Estaremos exhibiendo las obras de arte de nuestros miembros. También habrá actividades para los niños y jóvenes en Noogieland. ¡Traiga a toda la familia!

Fiesta de Cinco de Mayo

sábado, 4 de mayo | 12:00 – 2:00 p.m.

Celebre el Cinco de Mayo con Gilda's Club Chicago. Habrá música, comida y actividades para los niños. Traiga su platillo favorito para compartir.

Té del Día de las Madres

viernes, 10 de mayo | 12:30 - 2:30 p.m.

Invitamos a todas las madres a tomar una taza de té en Gilda's Club Chicago en compañía de otras madres. Traiga a su familia o vengan solas -- de cualquier manera, usted podrá disfrutar de un té y deliciosos bocadillos en el Club.

Como Hablar con los Niños Sobre el Cáncer

jueves, 30 de mayo | 6:30 – 8:00 p.m.

Acompáñenos a esta charla informal sobre el entendimiento que los niños tienen sobre el cáncer. Aprenda sobre las estrategias de cómo hablar con los niños en forma apropiada para su edad.

Día del Sobreviviente de Cáncer

sábado, 1 de junio | 11:00 a.m. – 1:00 p.m.

Vamos a celebrar a todos los sobrevivientes del cáncer. Celebraremos con música, y un convivio. Por favor traiga un pequeño platillo para compartir. Los postres serán patrocinado por Nothing Bundt Cakes.

GRUPO DE APOYO

Grupo de Apoyo Latino

segundo jueves del mes:

11 de abril, 9 de mayo y 13 de junio | 10:00 – 11:30 a.m.

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional.

NOOGIELAND: PROGRAMA PARA NIÑOS Y JÓVENES

Este programa es diseñado especialmente para niños y jóvenes con un diagnóstico de cáncer, que tengan a un ser querido viviendo con cáncer, o que han perdido a un ser querido debido al cáncer.

GRUPOS DE APOYO PARA NIÑOS

Para más información, llame a Jeanette Santana González al 312-464-9900 o envíe un correo electrónico a jeanettesantana@gildasclubchicago.org

Kid Support (en inglés) -- Grupo de Apoyo para Niños

Este grupo de apoyo es para niños de 4 a 12 años que tienen cáncer, o que tienen a un familiar que ha sido diagnosticado con cáncer. Este grupo dura 10 semanas y les ofrece a los niños la oportunidad de hacer amistades y aprender destrezas que les ayudarán a vivir con el estrés de esta enfermedad.

Grupo de Duelo (en inglés)

Este grupo de apoyo es para niños de edades de 4 a 12 años de edad que han perdido a un ser querido a causa del cáncer. Los niños desarrollarán un mejor entendimiento acerca de la muerte y el sentimiento de pérdida debido a la muerte de un ser querido. Esta es una oportunidad de compartir sentimientos y aprender nuevos métodos para lidiar con la vida y con los cambios familiares.

Nuestro Decimo Concurso Anual de Composición para Jóvenes

"Siempre es Algo"

para estudiantes de secundaria está abierto.

Este concurso está abierto a todos los estudiantes de la escuela secundaria, que es un residente de Illinois, para compartir su historia acerca de ser impactado por el cáncer. (es decir, el estudiante está viviendo con cáncer de sí mismos, que tienen un amigo o miembro de la familia que viven con cáncer o han perdido a un ser querido al cáncer).

¡Los ensayos serán evaluados en dos categorías diferentes, con premios en dinero efectivo impresionantes!

La fecha límite de presentación de composición es el **miércoles, 1ro de abril del 2019**

La recepción de entrega de premios se llevará a cabo el **jueves, 25 de abril del 2019**

Para más información, llame a Jeanette González al 312-464-9900 o por correo electrónico a jeanettesantana@gildasclubchicago.org

ACTIVIDADES DE NOOGIELAND

Todos estos programas requieren reservación

Artes Manuales para la Familia

sábado, 6 y 27 de abril, 18 de mayo | 12:30 – 2:00 p.m.

Programa que ofrece artes manuales y una merienda.

Cocina para Jóvenes (Cooking with Teens)

sábado, 13 de abril, 11 de mayo y 8 de junio

1:00 – 2:30 p.m.

Conecte con nuevos y viejos amigos, mientras que aprendan nuevas recetas para cocinar y hornear.

"Red Door Squad"

jueves, 4 y 18 de abril, 2 y 16 de mayo, 6 y 20 de junio

5:30 – 7:00 p.m.

Atraves de una variedad de actividades, estudiantes de la secundaria, asisten en crear conciencia sobre Gilda's Club Chicago.

Juego Supervisado Esto se proporciona para los niños mayores de 1 año de edad, cuyos familiares deseen asistir a un taller, conferencia, o grupo. Los bebés menores de 1 año son bienvenidos, pero deben permanecer con sus padres. Por favor llame por lo menos 3 días de anticipación de su asistencia a un programa. Llame a Jeanette, 312-464-9900 o por correo electrónico a jeanettegonzalez@gildasclubchicago.org

DÍAS FESTIVOS/CLUB CERRADO:

El viernes, 19 de abril y el 24 de mayo cerramos a las 3:00 p.m. El club cerrará a las 3:00 p.m. el viernes, 24 de mayo y seguirá cerrado hasta el lunes, 27 de mayo. El club cerrará a las 5:00 p.m. el miércoles, 12 de junio. A partir del viernes, 24 de mayo, el club cerrará a las 3:00 p.m. cada viernes hasta el 30 de agosto

ESTACIONAMIENTO GRATUITO

Disponibles para los miembros que vienen para una actividad en el club de la Avenida Wells Street:

Mart Parc Interpark en el 401 N. Wells Street.

Muestre su tarjeta de membresía roja en la recepción para recibir un cupón de estacionamiento. Si aún no es miembro de Gilda's Club Chicago, haga una cita gratuita para conocer todo sobre nuestro programa llamando al (312) 464-9900.

MEMBERS GIVING BACK

VOLUNTEER SPOTLIGHT

ASTELLAS



Volunteers play a tremendous role in the success of Gilda's Club Chicago and come to us individually as well as corporate groups looking to give back to the community. Volunteers support GCC in a myriad of ways, including covering the front desk and greeting our members, representing GCC to the community at various events, sprucing up the Clubhouse, preparing food for special events and assisting at social events.

On September 13, 2018, Astellas came to the Clubhouse as part of their Changing Tomorrow Day efforts. The group spent the day performing some very detailed and most welcomed cleaning projects. Christy Noland, Director of Corporate Citizenship of Astellas, explained that every year on a global basis, the Japanese-based pharmaceutical company asks their employees to volunteer a day in the community. She further explained that the decision to support GCC was a "natural fit" given the wonderful work that GCC does for those who are impacted by cancer, and that the mission work aligns closely with the mission and vision of Astellas. Christy commented on how much it meant for GCC to "open up the Red Door to us". Astellas has also been a generous donor to GCC.

MAKE AN IMPACT

Gilda's Club Chicago relies on the generosity of the community to support our programming. Every donation demonstrates our shared commitment to ensure that no one faces cancer alone. Please consider making a gift of any size today. We also invite you to consider including Gilda's Club Chicago in your estate planning. All legacy gifts are welcome. Ensure the sustainability of Gilda's Club Chicago in a way that makes your core values known to others. Your support of our mission will be long remembered and serve as an inspiration to others. For more information, contact our Director of Development, Bradford Newquist, at 312-464-9900 x135 or bradfordnewquist@gildasclubchicago.org.

Associate Board

The Associate Board of Gilda's Club Chicago is a group of dedicated individuals formed to support Gilda's Club Chicago's mission through fundraising, public relations and outreach. The Associate Board is comprised of a highly energized and dedicated team of individuals who lend their expertise, contacts and enthusiasm to the Board, participating in a variety of ways, including organizing and executing successful fundraising events, securing publicity, promoting awareness of the organization and ongoing development of the Associate Board. For more information about the Associate Board or to join, please contact Nadia Haeflinger, Development Manager, at 312-464-9900 or nadiahaeflinger@gildasclubchicago.org

Honor Someone Today

A gift to Gilda's Club Chicago in honor or in memory of a loved one is a meaningful way to recognize those who have made a special impact on our lives. When you make a memorial or tribute donation, we will also send a card to the individual(s) being honored or a family member of the loved one who has passed, informing them of your gift. For more information about tribute gifts, please contact Nadia Haeflinger, Development Manager, at nadiahaeflinger@gildasclubchicago.org or 312-464-9900.

Awards Dinner

On Thursday, June 12th, Gilda's Club Chicago will host our annual Awards Dinner at the Four Seasons Hotel. This event brings together corporate and individual donors for an evening of honoring those who have made a difference in our community, as well as celebrating the impact of GCC. Proceeds enable us to continue making a positive difference and expand our reach in Chicagoland. For more information, contact Bradford Newquist, Director of Development, at 312-464-9900 or bradfordnewquist@gildasclubchicago.org.

Workplace Giving

If your company participates in annual workplace giving campaigns such as United Way, Community Shares of Illinois or Network for Good, you can choose Gilda's Club Chicago to receive a donation.

To direct your annual workplace gift to Gilda's Club Chicago, request a designation form from your employer and write in Gilda's Club Chicago EIN 36-4115144.

HOSPITAL PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
Advocate Christ Medical Center Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL	Clubhouse Closed	Book Club Boot Camp Coping with Cancer Gentle Yoga Lectures Music/Meditation (3 South) Networking Groups Restorative Yoga Zumba	Art (3 South & Infusion) Games Lectures Networking Groups Zumba Basic Fitness & Toning	Boot Camp Chair Yoga Lectures Meditation (3 South) Music & Meditation Networking Groups Surviving & Thriving Wellness Group Yoga	Clubhouse closed most Fridays Check the calendar for special events	Open Saturdays 9:00 a.m. - 1:00 p.m. Drum Circle (twice a month) Family Art Chair Yoga Networking Groups T'ai Chi Zumba Fitness Special Events & Workshops
Mount Sinai Hospital 1501 S. California 6th floor, Oling-Sang Building Oncology Department		Art as Relaxation Chair Yoga Connect Four Guided Relaxation Jewelry Making Puzzles	Art as Relaxation Crafts Connect Four Jewelry Making Puzzles TIC-TAC-TOE	Art as Relaxation Albums of Hope Bilingual Group (Spanish-English) Bingo Chair Yoga Guided Relaxation Women of Color Group		
Robert H. Lurie Comprehensive Cancer Center of Northwestern University Galter Pavilion, 21st floor Conference Room 675 N. St. Clair		Crafts Postcard Art Yoga Music Tuesdays (twice a month) Jewelry Making	Art as Relaxation Jewelry Making Knitting T'ai Chi Chih Caregiver Support Group Mindful Meditation (once a month)	Afternoon with Music (once a month)		
Galter 21, Infusion Suite			Art as Relaxation	Art as Relaxation		
Prentice Women's Hospital Maggie Daley Center 4th Floor 250 E. Superior				Jewelry Making Journaling Yoga Afternoon with Music (once a month)		
Prentice 4, Infusion Suite			Art as Relaxation			
Prentice, Inpatient 14, 15, 16		Artist in Residence Caregiver Support Group		Artist in Residence		Mindful Meditation
Arkes Pavilion 21st Floor, Infusion Suite 676 N. St. Clair		Art as Relaxation				

Gilda's Club Chicago also provides programming at Ann & Robert H. Lurie Children's Hospital of Chicago.

This is an overview of activities. For more information or to view the current program calendar for the Clubhouse and hospital locations, visit www.gildasclubchicago.org or call 312-464-9900.

HOSPITAL PROGRAM COORDINATORS FOR EACH SITE:

Advocate Christ Medical Center - Oak Lawn
 Kathleen Boss
 (708) 684-9505
kathleenboss@gildasclubchicago.org

Ann & Robert H. Lurie Children's Hospital of Chicago
 Lindsay Tynes, LCSW, OSW-C
 (312) 464-9900, ext. 120
lindsaytynes@gildasclubchicago.org

Mount Sinai Hospital
 Cassandra Billups, MA
 (312) 464-9900, ext. 133
kassandrabilups@gildasclubchicago.org

Robert H. Lurie Comprehensive Cancer Center of Northwestern University
 Gosha Thornton, AM, LSW
 (312) 464-9900, ext. 122
goshathornton@gildasclubchicago.org





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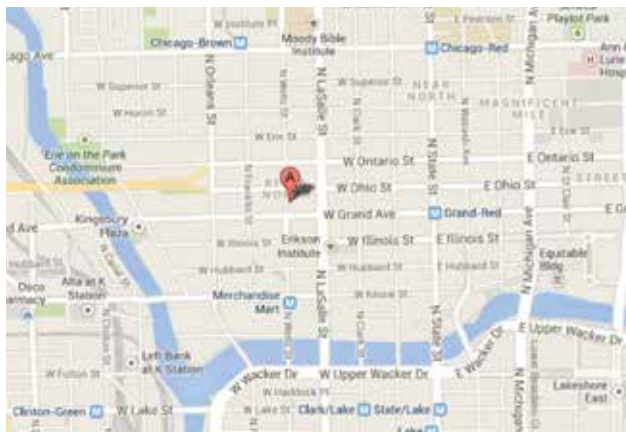
PH: 312-464-9900
FAX: 312-464-1487



Free cancer support for the whole family, the whole time

At Gilda's Club Chicago, our mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Our innovative program, including more than 300 free activities each month, is an essential complement to medical care and includes healthy lifestyle workshops, educational lectures, social opportunities, support and networking groups and resource referrals. Gilda's Club Chicago is a 501(c)(3) nonprofit organization and is funded through donations from individuals, businesses, foundations and special events.

We're easy to find!



Join, volunteer or donate.
www.gildasclubchicago.org



@gildasclubchi #TakeOnCancerTogether