



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

2018 CALENDAR  
APRIL | MAY | JUNE

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



## Did You Know?



As an affiliate of the Cancer Support Community, we are excited to announce a new partnership with an online communication and stress reducing tool. "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.

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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!



### 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 as well as caregivers. 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 have been diagnosed with prostate, GI, melanoma, and lung cancers.

Share your experience at  
[www.cancerexperienceregistry.org/join/GCChicago](http://www.cancerexperienceregistry.org/join/GCChicago)

## 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.

## CLUBHOUSE HOLIDAY CLOSING AND SPECIAL EVENT SCHEDULE

The Clubhouse will close at 3:00 p.m. on Friday, May 25th and will remain closed through Monday, May 28th in observance of Memorial Day.

Summer Hours: The Wells Street Clubhouse will close at 3:00 p.m. on Fridays from May 25th through August 31st.

The Clubhouse will close at 5:00 p.m. on Thursday, June 21st.



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 Jamie Wiener, LCPC at 312-464-9900. Appointments are available by phone or we can meet with you at any of our GCC locations.

## SAVE THE DATE!

The Anthony Rizzo Family Foundation presents:

**Gilda's Club Chicago's Teen Camp** (ages 13 - 18 years old)  
June 25 - 29 | 9:00 a.m. - 3:00 p.m.

**Gilda's Club Chicago's Kids Camp** (ages 5 - 12 years old)  
July 30 - August 3 | 9:00 a.m. - 3:00 p.m.

Registration for both camps start on May 1st. Registration is strictly limited to 40 participants for each age group. Check our website for more details.

## GCC@School: Cancer Support for the Classroom

Support for students and educators impacted by cancer

This free program is helpful to any student or administrator who has been diagnosed with cancer themselves or is supporting a loved one living with 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, we can deliver a general presentation geared toward all audiences.

For more information, please visit [bit.ly/GCC\\_School](http://bit.ly/GCC_School)

## GCC@Work: Cancer Support for the Workplace

This free program provides ways to support coworkers who have been diagnosed with cancer themselves, as well as those caring for a loved one living with cancer.

Highlights include the social and emotional impact of cancer on a person living with cancer, as well as caregivers, and how to create a supportive workplace from the manager and coworker point of view.

To schedule a GCC@Work presentation at your workplace, please call (312) 464-9900 or email [jamiwiener@gildasclubchicago.org](mailto:jamiwiener@gildasclubchicago.org).

# NOOGIELAND

Programs listed in RED require an RSVP

These programs are for children, teens and families impacted by a cancer diagnosis. For questions about Noogieland, please contact Ashley Piotrowski, MS, MSW at (312) 464-9900 x116 or [ashleypiotrowski@gildasclubchicago.org](mailto:ashleypiotrowski@gildasclubchicago.org).



**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.

**Advanced 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.

## Enhancing Connections

The Enhancing Connections Program, funded by the National Cancer Institute, is an educational study program designed for parents with cancer (diagnosed within the past 12 months) who have a child age 5-17 to:

- Enhance the quality of the parent-child relationship
- Decrease the child's concerns or worries about the parent's cancer
- Add to the parent's confidence and skills in helping their child cope with the parent's cancer

**If you are interested in registering a child for a support group or enrolling in the study, please contact Jamie Wiener, Program Director at 312-464-9900 x130**

## Spring Fling

**Saturday, April 7 | 12:00 – 2:00 p.m.**

Celebrate Spring with us and enjoy a variety of fun activities including the opening of the 2018 member art gallery. In Noogieland, children and teens can create their own cosmic glue sun catchers!

## Noogieland Open House

**Saturday, April 21 | 12:30 – 2:00 p.m.**

Come learn about all of the activities available to children and teens within our Noogieland program and meet our new Noogieland Coordinator, Ashley! We will get to know each other with fun games and make an out-of-this-world Nebula Jar together!

## Cinco de Mayo

**Saturday, May 5 | 12:00 – 2:00 p.m.**

Join us to celebrate Cinco de Mayo with food and music. Adults, please bring your favorite Mexican-inspired dish to share. Children and teens will play games and make their own Lotería cards (Mexican BINGO) and have the chance to win big!

## Pet Therapy

**Saturday, May 12 | 11:00 a.m. – 12:00 p.m.**

**Limited to 5 participants**

Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits.

## Cooking for Teens

**Saturday, April 14, June 9 | 12:30 – 2:00 p.m.**

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

## Red Door Squad

**Thursdays, April 5, 19; May 3, 17, 31; June 14 | 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 of 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

**Saturdays, April 14, 28; May 19; June 9, 23 | 12:30 – 2:00 p.m.**

This is a fun-filled Saturday afternoon of arts and crafts with snacks provided, offered in partnership with the Junior League's "Connecting Kids to the Arts" program.

## Kids in the Kitchen

**Saturday, May 12 | 12:30 – 2:00 p.m.**

Junior League's "Kids in the Kitchen" program is designed to creatively educate children on crucial areas such as fitness and nutrition in a fun and hands-on fashion.

## The Anthony Rizzo Family Foundation presents Gilda's Club Chicago's Teen Camp

**June 25 - 29 | 9:00 a.m. – 3:00 p.m.**

**Registration opens on May 1**

**Registration is strictly limited to 40 campers.**

Don't miss out on this year's annual summer day camp! Past activities include: yoga, hip-hop, art, cooking demos, Second City performances, museums, Lasertron at Whirlyball and a visit to the Lincoln Park Zoo.

## SUPERVISED PLAY

This is provided for children over the age of 1 whose family members wish to attend an activity. Infants under 1 year are welcome, but should remain with a parent. Please call to request Supervised Play at least 3 days in advance.

For more information and to request Supervised Play, please contact Ashley Piotrowski, Noogieland Coordinator at: [ashleypiotrowski@gildasclubchicago.org](mailto:ashleypiotrowski@gildasclubchicago.org) or (312) 464-9900.

# 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 a CMP.

**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.  
Saturday 10:30 a.m.

## OVARIAN WELLNESS GROUP:

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 individual 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 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 helpful information. 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 a CMP.

## 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.

## POLISH SPEAKING

Fourth Tuesday each month | 4:00 – 5:00 p.m.

## POLSKA GRUPA WSPARCIA DLA OSÓB DOTKNIETYCH CHOROBA NOWOTWOROWA

**Kiedy:** w każdy 4-ty wtorek miesiąca od godziny 16:00 do 17:00  
Ta grupa jest stworzona dla osób które przechodzą przez chorobę nowotworowa, jak zarówno ich rodzin i przyjaciół. To spotkanie jest okazją do wspólnej rozmowy, wsparcia i wzajemnej pomocy pomiędzy osobami które sa związane z sytuacją choroby.

## LIVING BEYOND LOSS

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

## PROSTATE CANCER

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

**\*Please Note: The group will meet on June 14 instead of June 21.**

*This group is held in partnership with the Us TOO Prostate Cancer Education & Support Network.*



## YOUNG WOMEN WITH BREAST CANCER

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

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



**Community & Faith Groups**  
For exact times and locations,  
visit [bit.ly/gildas\\_community](http://bit.ly/gildas_community)

**Chicago Family Health Center** | 9119 S. Exchange  
**LGBTQIA+** | Howard Brown Health | 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

Lectures may be eligible for CEU's for licensed social workers and counselors.  
For additional information or to register for CEUs, please contact  
Jamie Wiener, Program Director, at [jamiewiener@gildasclubchicago.org](mailto:jamiewiener@gildasclubchicago.org)

## Managing Relationships

Tuesday, April 3 | 6:00 – 7:00 p.m.

Making others aware of our needs can be difficult, and a cancer diagnosis makes these conversations even more difficult. This event will consist of a brief lecture that will cover effective ways to broach difficult subjects with loved ones followed by a discussion about the difficulties individuals may be facing regarding letting their loved ones know what they need.

**Presented by:** Jonah Czerwinskiy, Gilda's Club Chicago MSW Intern

*Light refreshments provided*



## Credit Enhancement Seminar

Thursday, April 12 | 6:30 – 7:30 p.m.

Join David Hochberg, mortgage expert, for an informational seminar about your credit profile and credit scores. Attendees will learn:

- Why credit scores are important
- How to enhance or reestablish your credit after a medical challenge
- How to properly handle medical collections
- How to reestablish your credit after a medical challenge

**Presented by:** David Hochberg, Vice President of Lending, PERL Mortgage, Inc.

*Light refreshments provided*



**PERL**  
YOUR LENDER FOR LIFE

## Recent and Ongoing Advances in the Treatment of Brain Tumors

Wednesday, April 25 | 6:30 – 7:30 p.m.

This lecture will provide an overview of therapeutic modalities recently FDA approved or undergoing active investigation for brain tumors. Specific modalities which will be covered include tumor treating electrical fields, gene therapies, and immunotherapeutic approaches.

While the focus will be on primary brain tumors (brain tumors which originate in the brain), the applicability of these treatment modalities for brain metastases will also be discussed. There will be time for questions.

**Presented by:** Rimas V. Lukas, MD; Associate Professor, Associate Chief of the Neuro-Oncology Division, Associate Co-Chief of the Lou and Jean Malnati Brain Tumor Institute, Ambulatory Medical Director Department of Neurology, Northwestern University

*Light refreshments provided*



## Advancements in Radiation Oncology

Tuesday, May 1 | 6:30 – 7:30 p.m.

In this presentation, we will discuss the role that radiation oncology plays in cancer treatment. The discussion will focus on advancements in the field which allow more accurate treatments, less side effects, shorter treatment times, and the ability to treat complex tumors that are not able to be treated surgically.

**Presented by:** Adam Dickler, MD, Radiation Oncologist, Cancer Treatment Centers of America

*Light refreshments provided*



## Stigma and Lung Cancer

Thursday, June 7 | 6:30 – 7:30 p.m.

An estimated 15% of patients have never smoked. Many people associate lung cancer with smoking, believing that people with lung cancer caused their illness through their lifestyle choices.

While smoking has been identified as a risk for lung cancer, there are many other factors to consider in a lung cancer diagnosis including environment and genetics. Join us for a talk in which we'll explore how maintaining such a narrow view of lung cancer can impact not only the patient's view of themselves and quality of life, but also survival rates and the ability to get funding for new lung cancer treatments in the future.

**Presented by:** Robin Katz, MSW, LCSW; Social Worker, Blood Cancers, Robert H. Lurie Comprehensive Cancer Center of Northwestern University

*Light refreshments provided*



## How to Read Your Pathology Report

Tuesday, June 12 | 6:30 – 7:30 p.m.

This presentation will review all of the details of a pathology report and explain how the pathologist does the work involved in creating the report.

**Presented by:** Carey August, MD, Director of Anatomic and Surgical Pathology, Advocate Illinois Masonic Medical Center

*Light refreshments provided*



## Transforming the End of Life: Voice Your Choices

Tuesday, June 26 | 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

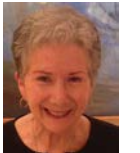
When filled out, this document meets legal requirements in 42 states including Illinois and is used worldwide.

**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*



# LECTURE SERIES

Programs listed in RED require an RSVP

## Pharmacy Lecture Series

Select Thursdays | 6:30 – 7:30 p.m.

Friendly pharmacists will provide practical information on a variety of medication and drug-related topics.

**April 19 – Medications for Sleep**

**May 17 – Dietary Supplements for Prostate Cancer**

**June 14 – Cancer Medications and Sun Precautions**

**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*

## Navigating Your Life with Cancer

Wednesdays, May 2-30 | 6:00 – 7:30 p.m.

A lecture series for individuals who are newly diagnosed with cancer. Attendance at every session is requested.

**May 2 - Creating a Strong Team**

**May 9 - The Cost of Care**

**May 16 - Treatments and Side Effects**

**May 23 - Nutrition & Exercise**

**May 30 - The Benefits of Psychosocial Support**

*Light refreshments provided*

## Surviving and Thriving Series:

### Cancer Survivorship: You are Not Alone

Monday, April 23 | 5:30 – 7:00pm.

Cancer survivors share many fears and concerns when finishing cancer treatment. Learn some tips on how to deal with these concerns and the role of a Survivorship Care Plan in your ongoing survivorship.

**Presented by:** Peggy Kupres, RN, BSN, MA, CN-BN; Clinical Research and Survivorship Coordinator, cancer survivor | Advocate South Suburban Hospital

*Light refreshments provided*

### Managing Fatigue

Monday, June 25 | 5:30 – 7:00pm.

Fatigue is a common issue for people living with cancer both during and after treatment. Join us for an interactive workshop focusing on how to best conserve your energy and manage fatigue for participation in all your meaningful activities. Learn real life strategies to improve productivity and manage your day.

**Presented by:** Caitlin Smith, MS OTR/L, OTD

*Light refreshments provided*



## NUTRITION WORKSHOP

### Optimum Health (3-Week Series)

Wednesdays, April 4-18 | 5:30 – 7:30pm.

**Attendance expected at each session**

This is a 3-week workshop series to enable you to develop optimum health and optimum immunity to increase your ability to avoid cancer recurrences. It is based on the teaching of Dr. Andrew Weil, the Cancer Project, and Dr. Joel Fuhrman's Super Immunity. All three weeks are highly recommended because they complement and build on each other. A light and healthy dinner will be prepared and shared together during this interactive class.

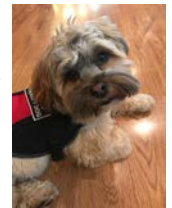
**Presented by:** Dennis Gates, MD, and Maria Rotella, Nutritionist

*Light refreshments provided*



## PET THERAPY

Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits.



Sherman will be available for adults to provide a happy respite from the challenges of their daily lives. Please call (312) 464-9900 to schedule time with him.

# SOCIAL EVENTS

Programs listed in RED require an RSVP

## Baking Club

**Mondays | 2:00 – 3:00 p.m.**

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

## Newcomers Breakfasts

**Saturdays: April 14, May 12, June 9 | 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 volunteers.

## Spring Fling

**Saturday, April 7 | 12:00 – 2:00 p.m.**

Celebrate Spring with us and enjoy a variety of fun activities including the opening of the 2018 member art gallery. In Noogieland, children and teens can create their own cosmic glue sun catchers!

## Cooking Demonstration

**Tuesday, April 24 | 6:00 – 7:00 p.m. - My Private Chef**

**Maximum capacity: 20 participants**

Join us for group cooking demonstrations in our spacious kitchen featuring guest chefs from Chicago area restaurants. Learn new cooking techniques, sample delicious food and enjoy great conversations with other members.

## Orizomegami Paper Art

**Friday, May 4 | 12:30 – 2:30 p.m.**

**Maximum capacity: 8 participants**

Orizomegami is the Japanese art of decorating papers by folding and dipping them into pools of natural dyes to produce interesting geometrical patterns. This art form has been practiced in Japan and around the world for centuries. Zen-like in its folding, the ancient technique reminds us to be present in the moment. This exciting workshop will introduce 4 basic paper folds. All supplies included.

## Cinco De Mayo

**Saturday, May 5 | 12:00 – 2:00 p.m.**

Join us to celebrate Cinco de Mayo with food and music. Adults, please bring your favorite Mexican-inspired dish to share. Children and teens will play games and make their own Loteria cards (Mexican BINGO) and have the chance to win big with candy!

## "Grace" Documentary Screening

**Tuesday, May 8 | 6:00 – 7:30 p.m.**

"Grace," a short documentary, captures the journey of a 36-year-old suburban mom and breast cancer survivor who decides to reclaim her body by covering her mastectomy scars with an elaborate tattoo. Directed by a recent breast cancer survivor, "Grace" is a frank, honest, and often funny exploration of a seldom-discussed side of the survivor's experience—the battle that begins when everyone else thinks the war is already won. Join us for a screening followed by a discussion of the documentary.

**Light refreshments provided**

## Mother's Day Tea

**Friday, May 11 | 12:30 – 2:30 p.m.**

Calling all moms! Enjoy an afternoon tea 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.

## Young Adult Social at Ace Bounce

**Tuesday, June 5 | 6:00 – 8:00 p.m.**

**Ace Bounce is located at 230 N Clark Street**

Join us for a fun night out at a ping pong playground. Connect with new and old friends playing games, and enjoying tasty appetizers.

Games and appetizers provided free of charge. Cash bar for individuals 21+

## Italian Night at GCC

**Wednesday, June 13 | 6:30 – 7:30 p.m.**

Join us for a yummy dinner prepared by GCC volunteers.

## Board Game Night

**Tuesday, June 19 | 6:00 – 7:30 p.m.**


It's time to kick back and unplug with board games and good company. Snacks and light refreshments provided.

## Ulman Fund 4K for Cancer Lunch

**Friday, June 22 | 12:15 – 2:00 p.m.**


Every year, a group of college students undertakes 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 club and learn about what inspired them to ride.


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
1	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Cancer Transitions 6:00 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Writing Your Story #6 2:15 PM RSVP Managing Relationships and Cancer Lecture 6:00 PM RSVP	Gentle Yoga 10:30 AM Meditation 11:45 AM Optimum Health 5:30 PM RSVP	Red Door Squad 5:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM	Yoga 9:15 AM Restorative Yoga 11:00 AM Spring Fling 12:00 PM RSVP T'ai Chi 12:15 PM
8	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Cancer Transitions 6:00 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM Young Women with Breast Cancer NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Optimum Health 5:30 PM RSVP	Grupo de Apoyo Latino 10:00 AM Credit Enhancement Seminar 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM	ArtReach 9:00 AM Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSVP Caring Arts 10:00 AM Restorative Yoga 11:00 AM Círculo de Tejer 12:00 PM Cooking for Teens 12:30 PM RSVP Family Arts and Crafts 12:30 PM RSVP
15	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP T'ai Chi Chih 11:15 AM Meditación 11:30 AM Living Beyond Loss NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Optimum Health 5:30 PM RSVP	Red Door Squad 5:30 PM RSVP Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP	Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Noogieland Open House 12:30 PM RSVP
22	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Surviving and Thriving Lecture 5:30 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM Polish NG 4:00 PM Cooking Demo - My Private Chef 6:00 PM RSVP	Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM Advances in Treatment of Brain Cancer Lecture 6:30 PM RSVP		Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Círculo de Tejer 12:00 PM Family Arts and Crafts 12:30 PM RSVP
29	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM			<h1>APRIL 2018</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>		



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
 <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p>		Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Advancements in Radiation Oncology Lecture 6:30 PM RSV	Gentle Yoga 10:30 AM Meditation 11:45 AM Navigating Life with Cancer Series 6:00 PM RSV	Red Door Squad 5:30 PM RSV	Yoga 9:30 AM BeMoved 11:15 AM Orizomegami 12:30 PM RSV	Yoga 9:15 AM Restorative Yoga 11:00 AM Cinco de Mayo 12:00 PM RSV T'ai Chi 12:15 PM
6	7	8	9	10	11	12
T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM "Grace" Movie Screening 6:00 PM RSV Young Women with Breast Cancer NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Navigating Life with Cancer Series 6:00 PM RSV	Grupo de Apoyo Latino 10:00 AM  Red Door Squad 5:30 PM RSV Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSV	Clase de Nutrición 9:30 AM RSV Yoga 9:30 AM BeMoved 11:15 AM Mother's Day Tea 12:30 PM RSV	ArtReach 9:00 AM Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSV Caring Arts 10:00 AM Pet Therapy 11:00 AM Restorative Yoga 11:00 AM Círculo de Tejer 12:00 PM Kids in the Kitchen 12:30 PM RSV
13	14	15	16	17	18	19
T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Clase de Joyería 10:00 AM RSV Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Meditación 11:30 AM Living Beyond Loss NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM Navigating Life with Cancer Series 6:00 PM RSV	Red Door Squad 5:30 PM RSV Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSV	Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Family Arts and Crafts 12:30 PM RSV
20	21	22	23	24	25	26
T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Polish NG 4:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM Navigating Life with Cancer Series 6:00 PM RSV	Red Door Squad 5:30 PM RSV	Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes at 3:00 PM	CLUBHOUSE CLOSED FOR MEMORIAL DAY
27	28	29	30	31	<h1>MAY 2018</h1> <p> <span style="color:red">■</span> = RSV REQUIRED                                <span style="color:black">■</span> = NORSV                                <span style="color:blue">■</span> = 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>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>JUNE 2018</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>		Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes at 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:15 PM
3	ALAS-WINGS Mobile Salon 9:30 AM RSVP Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Young Adult Social at Ace Bounce 6:00 PM RSVP	Gentle Yoga 10:30 AM Meditation 11:45 AM	Stigma and Lung Cancer Lecture 6:30 PM RSVP	Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes at 3:00 PM	ArtReach 9:00 AM Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSVP Restorative Yoga 11:00 AM Círculo de Tejer 12:00 PM Cooking for Teens 12:30 PM RSVP Family Arts and Crafts 12:30 PM RSVP	
10	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Young Women with Breast Cancer NG 6:00 PM How to Read Your Pathology Report 6:30 PM RSVP	Gentle Yoga 10:30 AM Meditation 11:45 AM Italian Night at GCC 6:30 PM RSVP	Grupo de Apoyo Latino 10:00 AM Red Door Squad 5:30 PM RSVP Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM Clubhouse Closes at 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM	
17	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Clase de Joyería 10:00 AM RSVP Gentle Yoga 10:00 AM Meditación 11:30 AM Board Game Night 6:00 PM RSVP Living Beyond Loss NG 6:00 PM	Gentle Yoga 10:30 AM Meditation 11:45 AM	Clubhouse Closes at 5:00 PM	Yoga 9:30 AM BeMoved 11:15 AM Ulman Fund 4K for Cancer Lunch 12:15 PM RSVP Clubhouse Closes at 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Círculo de Tejer 12:00 PM Family Arts and Crafts 12:30 PM RSVP	
24	Teen Camp 9:00 AM RSVP T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Surviving and Thriving 5:30 PM RSVP Yoga 7:00 PM	Teen Camp 9:00 AM RSVP Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Polish NG 4:00 PM Transforming the End of Life Lecture 6:30 PM RSVP	Teen Camp 9:00 AM RSVP Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM	Teen Camp 9:00 AM RSVP	Teen Camp 9:00 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes at 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM	

# HEALTHY LIFESTYLE PROGRAMS

Programs listed in RED require an RSVP

## 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 classes including stretching, deep breathing, balancing, functional strength and relaxation. Stretch your body and mind. Develop flexibility and balance.

### 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.

### 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.

### Restorative Yoga

**Saturdays | 11:00 a.m. – 12:00 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.

### 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 wellbeing.

### T'ai Chi

**First Saturdays, April 7, May 5, June 2 | 12:15 – 1:15 p.m.**

An ancient Chinese exercise combining physical movement and meditation.

### T'ai Chi Chih®

**Select Mondays: April 2, 9, 16, 23, 30; May 7, 14, 21; June 11, 18, 25 | 10:00 – 11:00 a.m.**

**Select Tuesdays: April 3, 17; May 1, 15; June 12, 26 | 11:15 a.m. – 12:15 p.m.**

Based on ancient Chinese wisdom, Ta'i 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 wellbeing. Movements can be done standing, seated or through visualization.

### 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.

## EXPRESSIVE ARTS ACTIVITIES

### Caring Arts

**Select Saturdays, April 14, 21, 28; May 12, 19; June 2, 16, 23, 30 | 10:00 a.m. – 2:00 p.m.**

This creative program, instructed and facilitated by a professional artist, uses different methods to help individuals express themselves artistically. No prior artistic skills are required – just the desire to express yourself.

### ArtReach

**Select Saturdays: April 14, May 12, June 9 | 9:00 a.m. – 12:00 p.m.**

ArtReach seeks to transform individuals through the provision of high-quality and innovative art instruction using clay as a means of expression. ArtReach believes creative expression is a fundamental need for all people and is the nonprofit sister organization to the LillStreet Art Center.

### Jewelry

**Mondays | 12:00 – 2:00 p.m.**

Learn how to create your own accessories such as earrings, necklaces, bracelets and more in a supportive environment with others who are looking to be creative. Supplies provided.



### ALAS-WINGS Mobile Salon

**Monday, June 4 | 9:30 – 11:30 a.m.**

The mobile salon is a special program designed for women with cancer to improve their self-esteem and physical appearance. The salon includes a donation of bras, prosthesis and wigs. Open to any woman living with cancer. This program is sponsored by ALAS-WINGS, an organization dedicated to empowering Hispanic women about breast cancer awareness through education and support.

**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 | 12:00 - 1:30 p.m.

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

### Clase de Arte (Caring Arts)

sábados: 14, 21 y 28 de abril; 12 y 19 de mayo; 2, 16, 23 y 30 de junio | 10:00 a.m. - 2:00 p.m.

Un programa innovador dirigido por Jordi Pedrola. El Sr. Pedrola es un pintor de España que ha usado distintos medios artísticos para ayudar a los individuos desarrollar su expresión artística.

No se requiere experiencia previa.

### Clase de Joyería

tercer martes del mes: 17 de abril, 15 de mayo y 19 de junio | 10:00 - 11:30 a.m.

Se requiere reservación

Aprenda como crear tus propios collares, aretes y esclavas.

### Clase de Nutrición

viernes, 20 de abril, 11 de mayo y 8 de junio | 9:30 a.m. - 12:00 p.m.

Se requiere reservación

Esta clase de nutrición dirigido 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: 14 de abril, 12 de mayo y 9 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)

segundo sábado del mes: 14 de abril, 12 de mayo y 9 de junio | 9:30 - 10:30 a.m.

Se requiere reservación

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

### Meditación

tercer martes del mes: 17 de abril, 15 de mayo y 19 de junio | 11:30 a.m. - 12:30 p.m.

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

### Yoga en Español

viernes: 27 de abril, 18 de mayo y 15 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 - 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 | 11:00 a.m. - 12:00 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 sábado del mes: 7 de abril, 5 de mayo, 2 de junio | 12:15 - 1:15 p.m.

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

### T'ai Chi Chih

lunes: 2, 9, 16, 23 y 30 de abril; 7, 14 y 21 de mayo; 11, 18 y 25 de junio | 10:00 - 11:00 a.m.

martes: 3 y 17 de abril; 1 y 15 de mayo; 12 y 26 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.

## GRUPO DE APOYO

### Grupo de Apoyo Latino

Segundo jueves del mes: 12 de abril, 10 de mayo y 14 de junio | 10:00 – 11:30 a.m.

#### Se requiere reservación

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

## EVENTOS ESPECIALES

### Fiesta de Primavera y Exposición de Arte

sábado, 7 de abril | 12:00 – 2:00 p.m.

#### Se requiere reservación

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, 5 de mayo | 12:00 – 2:00 p.m.

#### Se requiere reservación

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, 11 de mayo | 12:30 – 2:30 p.m.

#### Se requiere reservación

Invítamos 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.

### ALAS Sobre Ruedas – EL Salón Móvil™

lunes, 4 de junio | 9:30 – 11:30 a.m.

#### Se requiere reservación

Un programa diseñado especialmente para mujeres con cáncer para que mejoren su auto-estima y apariencia. Se donan sostenes, prótesis y pelucas



## DÍAS FESTIVOS:

El club cerrará a las 3:00 p.m. el viernes, 25 de mayo y seguirá cerrado hasta el lunes, 28 de mayo.

El club cerrará a las 5:00 p.m. el jueves, 21 de junio

A partir del viernes, 25 de mayo, el club cerrará a las 3:00 p.m. cada viernes hasta el 1ro de septiembre

## 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](mailto:jeanettesantana@gildasclubchicago.org)

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

#### Se requiere reservación

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)

#### Se requiere reservación

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.

## MARQUE SU CALENDARIO

### Campamento de Verano para Jóvenes (13-19 años de edad)

25 – 29 de junio | 9:00 a.m. – 3:00 p.m.

### Campamento de Verano para Niños (5-12 años de edad)

30 de junio – 3 de agosto | 9:00 a.m. – 3:00 p.m.

Registración para los campamentos comenzará el 1 de mayo.

La registraci3n para cada campo, se cerrará cuando lleguemos a 40 participantes.

No habrá excepciones debido a limitaciones de espacio.

Para más informaci3n, llame a Jeanette Santana al 312-464-9900 o por correo electrónico a [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org)

## ACTIVIDADES DE NOOGIELAND

### Artes Manuales para la Familia

sábado, 14 y 28 de abril, 19 de mayo, 9 y 23 de junio | 12:30 – 2:00 p.m.

#### Se requiere reservaci3n

Programa que ofrece artes manuales y una merienda.

### Cocina para Jóvenes (Cooking for Teens)

sábado, 14 de abril y 9 de junio | 12:30 – 2:00 p.m.

#### Se requiere reservaci3n

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

### Niños en la Cocina (Kids in the Kitchen)

sábado, 12 de mayo | 12:30 – 2:00 p.m.

#### Se requiere reservaci3n

Un programa para educar a los niños y sus familias a como comer y cocinar más saludable. Este programa se enfoca en enseñarles a los niños la importancia de la nutrici3n y el ejercicio.

### Terapia de Mascota

sábado, 12 de mayo | 11:00 a.m. – 12:00 p.m.

#### Se requiere reservaci3n- Límite de 5 niños

Sherman, el Shorkie, es un perro de Terapia Asistida por Animales registrado y un Canino de Buen Ciudadano® de American Kennel Club. Al igual que la amada Yorkie de Gilda Radner, Sparkle, le proporcionó a Gilda acompaamiento durante toda su experiencia.

**Juego Supervisado** Esto se proporciona para los niños mayores de 1 año de edad, cuyos familiares deseen asistir a un programa. Los bebés menores de 1 año son bienvenidos, pero deben permanecer con sus padres. Por favor llame por lo menos 3 días de anticipaci3n de su asistencia a un programa. Llame a Jeanette, 312-464-9900 o por correo electrónico a [jeanettesantana@gildasclubchicago.org](mailto:jeanettesantana@gildasclubchicago.org)



# MEMBERS GIVING BACK

## VOLUNTEER SPOTLIGHT



Volunteers are a vital asset to the Gilda's Club Chicago community. We depend on them to help ensure that programs run smoothly for our members and to supplement our office staff. From answering the phone, greeting people when they walk through the Red Door and assisting with lectures and cooking demos to playing in Noogieland, keeping the Clubhouse tidy and working with staff at fundraisers, we really couldn't succeed without them. We have volunteers of all ages and from all over the city. Corporate groups can help out together and individuals can schedule weekly time to volunteer. We even have volunteers who go out and represent GCC at health fairs and community events throughout Chicagoland. We are so thankful to each and every one of them. In 2017, our volunteers saved the organization more than \$182,800!

## 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. For more information on ways to give, contact our Director of Development, Bradford Newquist, at 312-464-9900 x135 or [bradfordnewquist@gildasclubchicago.org](mailto:bradfordnewquist@gildasclubchicago.org).

### Become a Monthly Donor

Monthly giving is the easiest and most efficient way to support Gilda's Club Chicago. Your monthly commitment will help ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. We are committed to keeping our programs free for anyone who needs them. Thank you for your generosity!

Please visit us at [www.gildasclubchicago.org](http://www.gildasclubchicago.org) to sign up for monthly giving.

### 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 Garcia, Development Manager at [nadiagarcia@gildasclubchicago.org](mailto:nadiagarcia@gildasclubchicago.org) or 312-464-9900 x134.

### Team Gilda

Become a member of Team Gilda and raise funds to take our mission to the streets - to ensure that anyone impacted by cancer is empowered by knowledge, strengthened by action and sustained by community. Participate in the following races, or an event of your choice.

- Cinco de Miler - May 5, 2018
- Bike the Drive - May 27, 2018
- Bank of America Chicago Marathon - October 7, 2018 (Guaranteed entries may still be available.)

For more information please contact Nadia Garcia at [nadiagarcia@gildasclubchicago.org](mailto:nadiagarcia@gildasclubchicago.org)



*Free cancer support for the whole family, the whole time*

# HOSPITAL PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>Advocate Christ Medical Center</b> Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL	<b>Clubhouse Closed</b>	Boot Camp Gentle Yoga Lectures Music (3 South) Networking Groups Tai Chi Zumba	Art Art (3 South & Infusion Clinic) Drum Circle Games Lectures Networking Groups Zumba	Baking Club Boot Camp Gentle Yoga Lectures Music & Meditation Networking Groups Surviving & Thriving Yoga	<b>Clubhouse closed most Fridays</b>  <b>Check the calendar for special events</b>	<b>Open Saturdays 9:00 a.m. - 1:00 p.m.</b> Family Art Gentle Yoga Networking Groups Zumba Fitness Special Events & Workshops
<b>Mount Sinai Hospital</b> 1501 S. California 6th floor, Oling-Sang Building Oncology Department		Art as Relaxation Crafts Jewelry Making (6th floor and Radiation Department) Puzzles	Art as Relaxation Crafts Jewelry Making Puzzles	Chair Yoga Guided Relaxation Journaling Bilingual Group (Spanish-English) Women of Color Group		
<b>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</b> Galter Pavilion, 21st floor Conference Room 675 N. St. Clair		Crafts Knitting Postcard Art Yoga Music Tuesdays	Art as Relaxation Jewelry Making Knitting Tai Chi Chih Caregiver Support Group	Afternoon with Music		
Galter 21, Infusion Suite Conference Room		Artist in Residence		Artist in Residence		
Prentice Women's Hospital Maggie Daley Center 4th Floor 250 E. Superior				Jewelry Making Journaling Yoga Afternoon with Music		
Prentice 4, Infusion Suite		Artist in Residence				
Prentice, Inpatient 14, 15, 16		Artist in Residence			Artist in Residence	
Arkes Pavilion 21st Floor Infusion Suite 676 N. St. Clair		Artist in Residence				

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](http://www.gildasclubchicago.org) or call 312-464-9900.

## HOSPITAL PROGRAM COORDINATORS FOR EACH SITE:

**Advocate Christ Medical Center – Oak Lawn**  
 Rachel Kennedy, LCPC  
 708-684-9505  
[rachelkennedy@gildasclubchicago.org](mailto:rachelkennedy@gildasclubchicago.org)

**Ann & Robert H. Lurie Children's Hospital of Chicago**  
 Megan Brady, LCPC, ATR-BC, ext. 120  
[meganbrady@gildasclubchicago.org](mailto:meganbrady@gildasclubchicago.org)

**Mount Sinai Hospital**  
 Cassandra Billups, MA, ext. 133  
[kassandrabilups@gildasclubchicago.org](mailto:kassandrabilups@gildasclubchicago.org)

**Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
 Gosha Thornton, LSW, ext. 122  
[goshathornton@gildasclubchicago.org](mailto:goshathornton@gildasclubchicago.org)

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





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Special thanks to Schafer Condon Carter for creating our 20th Anniversary logo.



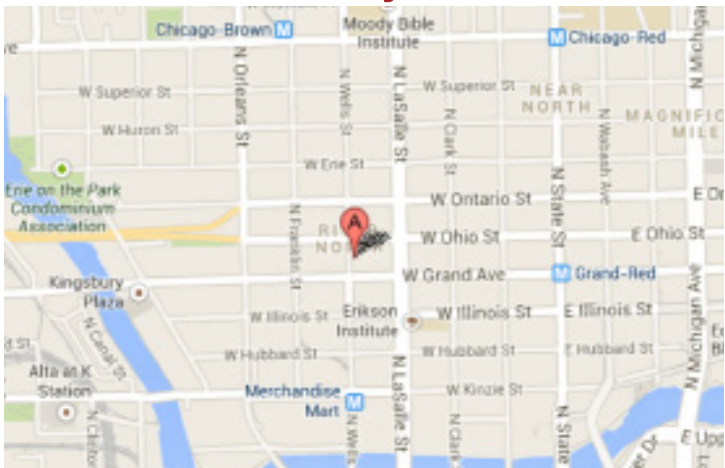
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## Free cancer support for the whole family, the whole time

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.

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## We're easy to find!



Join, volunteer or donate.  
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   @gildasclubchi #TakeOnCancerTogether