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.

2020 CALENDAR
JAN | FEB | MARCH

Did You Know?

We appreciate your support during our 21st Anniversary in 2019! Here are some highlights from last year:

- Our first annual Survivor’s Day took place in June and included a survivor’s parade, laughter yoga and a potluck.
- Team Gilda runners raised more than $105,000 at the Bank of America Chicago Marathon.
- Gilda’s Club is now at Advocate Trinity Hospital!

We look forward to 2020!

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*NEW* Membership: A Two-Step Process and Always Free of Charge

The first step toward getting involved at Gilda’s Club Chicago is to make a reservation to attend an Information Session. Here, you will hear about our history, mission, philosophy and program. You will also have an opportunity to introduce yourself and meet others who are impacted by cancer, including family members and friends.

Next, if you want to become a member you will meet with our Program staff at your convenience, to create your Customized Membership Plan (CMP) by making the program choices that suit your time, interests and energy best.

To sign up for an Information Session, call the Clubhouse at 312-464-9900 or sign up online on your preferred day and time at https://www.gildasclubchicago.org/calendar

SAVE THE DATE:

Spring Fling: Gilda’s Art Gallery

Saturday, April 11 | 12:00 - 2:00 p.m.
Don’t forget to submit your artwork! Submissions are due by Saturday, March 21.

11th Annual “It’s Always Something” Teen Multimedia Contest

Calling all students in grades 7-12 to share their story and enter to win a cash prize! This year, we are expanding our entries to include different types of multimedia. Teens are welcome to enter essay, poems, artwork and videos about being impacted by cancer. Entry forms available online at http://bit.ly/gccteencontest20

Deadline for entries: April 6
Awards Reception Date: April 30

11th Annual “It’s Always Something” Teen Multimedia Contest

PARKING

Free parking is available to members who have completed a Customized Membership Plan or anyone attending their first Information Session 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.

Free parking is available to members who have completed a Customized Membership Plan or anyone attending their first Information Session 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.

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

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

CLUBHOUSE HOLIDAY CLOSINGS

The Clubhouse will be closed on Wednesday, January 1, Monday, January 20 and Monday, February 17.

“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

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

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

SPECIAL EVENTS

Noogie Day of Service
Saturday, January 18 | 10:15 a.m. - 12:30 p.m.
Maximum Capacity: 20 Noogies and their accompanying adults.
Join us for our first ever Noogie Day of Service! Every year for the Martin Luther King Jr. Holiday, the MLK Day of Service is observed as a “day on, not a day off.” Families are invited to work together on a community service project. We will meet at Gilda’s Club and head over to the Anti-Cruelty Society to make toys for animals and receive a tour of the shelter.

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.

Noogieland Program Coordinator, Ashley Carrasco, LSW at 312-464-9900 x116 or ashleycarrasco@gildasclubchicago.org.

DROP-IN GROUPS

Kids Connecting
Second Saturday each month | 11:00 a.m. - 12:00 p.m.
This acts as a monthly drop-in group for kids living with cancer themselves or who have a family member or friend living with cancer.

Red Door Squad
First and Third Tuesday each month | 5:30 - 7:00 p.m.
January 7 & 21; February 4 & 18; March 3 & 17
Through a variety of activities and special events, teens serve as members of our “RD Squad.” This program provides students with fun activities as well as support, leadership and community service opportunities.

HEALTHY LIFESTYLE

Kids Kicking Cancer
Select Saturdays: January 11; February 15; March 14
12:00 – 1:30 p.m.
Through an evidence-based innovative program that merges modern integrative medicine with traditional martial arts. Specially trained black belt martial artists teach breathing, visualization, and relaxation techniques, in addition to traditional martial arts moves, to help empower the children and provide them with a sense of power, peace, and purpose. Parents and guardians are welcome to participate with their children. Pizza will be served.

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 an Information Session and 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 12:00 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. An Information Session and a Customized Membership Plan (CMP) are required prior to attending. Please call 312-464-9900 to schedule.

METASTATIC BREAST CANCER
First Tuesday each month | 6:00 – 7:30 p.m.
This group is held in partnership with the Young Survival Coalition.

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.

CAREGIVER
Second Tuesday each month | 12:00 – 1:30 p.m.

YOUNG ADULT *New Group*
Second Tuesday each month | 6:00 – 7:30 p.m.

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

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

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

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.

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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.

PROSTATE CANCER
Third Thursday each month | 6:00 – 7:30 p.m.
This group is part of the UsTOO Prostate Cancer Education & Support Network.

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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. An Information Session and a Customized Membership Plan (CMP) are required prior to attending. Please call 312-464-9900 to schedule.

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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.

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

Amita Health Saints Mary and Elizabeth
2233 W. Division Street
Chicago Family Health Center
9119 S. Exchange
Christ Universal Temple
11901 S. Ashland Ave.
Second Saturday of the month
11:00 a.m. - 2:00 p.m.
Howard Brown Health Counseling Center
3948 N. Sheridan Rd.
Second Monday of the month
5:30-7:00 pm
Mission of Faith Baptist Church
11321 S. Prairie Ave.
Fourth Saturday of the month
12:00 - 3:00 p.m.
Salem House of Hope
10909 S. Cottage Grove
Seventh Day Adventist
7000 S. Michigan Ave.
Trinity United Church of Christ
400 W. 95th Street
Third Saturday of the month
11:00 a.m. - 2:00 p.m.

312-464-9900 • GildasClubChicago.org
LETTURES & WORKSHOPS

Programs listed in RED require an RSVP

LECTURES

Introduction to Columbia Care and the Illinois Cannabis Programs
Thursday, January 23 | 6:00 – 7:30 p.m.
This discussion will focus on the history, growth and success of Columbia Care, one of the nation’s largest medical cannabis providers. It will focus on the three different cannabis programs in Illinois: the Medical Cannabis Program (MCP), the Opioid Alternative Pilot Program (OAPP) and Adult Use (Recreational) Program.
Presented by: Tom Cohen, Patient Activation & Outreach Specialist | Columbia Care

Meditation 101
Wednesday, February 5 | 6:00 – 7:00 p.m.
Join Bright Light Founder/Manager Alyson Lyon (200 RYT/Reiki Master Teacher) for this 60-minute interactive workshop about meditation. Settling the mind can reduce stress and aid in greater relaxation. You’ll learn background on meditation, what the benefits are and try out a variety of techniques (counting, watching the breath, listening, walking, guided). If you’ve been wanting to start a meditation practice or just want some information on the topic, this is for you! Bright Light’s website: www.brightlightlove.com.
Presented by: Alyson Lyon, 200 RYT/Reiki Master Teacher | Bright Light Founder

CBD for Women
Thursday, February 6 | 6:00 – 7:30 p.m.
CBD is clinically proven to impact mental and physical well-being, when taken properly and consistently. Equilibria is committed to CBD education and empowering women to take control of their health. Encouraged by hundreds of independent research studies, Equilibria is working to explain the variety and complexity of benefits associated with taking CBD every day. Please join us to learn about the benefits of CBD from one of Equilibria’s dosage specialists.
Presented by: Equilibria

Dare to Be Aware: My Mind, My Body
Tuesday, February 25 | 5:30 – 8:00 p.m.
Low mood, decreased libido, anxiety and painful sex are some of the most common symptoms experienced by women affected by breast cancer. In this interactive workshop, participants will discuss these challenges and learn about available resources and treatment options. This event is presented by the Susan G. Komen Associate Board.
Presented by: Maja Luke, APN, Gynecologic Oncology Advocate Illinois Masonic Medical Center and Amy Siston, Ph.D, Certified Sex Therapist (CST), Psycho-Oncology Service University of Chicago Medicine

Starting and Sustaining an Exercise Program
Tuesday, March 10 | 6:00 – 7:00 p.m.
Most exercise programs are safe and very beneficial! This discussion will identify ways for people to safely start an exercise routine and will present different options - since everyone enjoys something different! We will offer tips on how to know if you are exercising effectively and holding yourself accountable to maintain consistency with whatever exercise program you choose.
Presented by: Jessica Curran, PT, DPT, OCS and Mary Zalinger, PT, DPT, CLT | Shirley Ryan AbilityLab

Chemo Brain
Tuesday, March 31 | 6:00 – 7:00 p.m.
“Chemo brain,” or cancer related cognitive dysfunction, can impact every part of your life and is often a topic not fully discussed by healthcare providers. Join us for a workshop to help you identify how cognitive changes can impact your life. Learn strategies in an interactive setting to help you manage these changes so you can fully participate in your roles and routines of daily life.
Presented by: Caitlin Smith, MS OTR/L, OTD

WORKSHOPS

Stress Busters Series
Mondays: January 27 – March 2 | 4:00 – 5:00 p.m.
Learn about the connection between thoughts and feelings of stress and practice healthy coping strategies to feel more relaxed in this 5-week series. Skills learned will include deep breathing, progressive muscle relaxation, guided imagery and more!
*Program will not occur on 2/17 due to Clubhouse Closure for Holiday.
Presented by: Paige Jeffrey, MSW Intern | Gilda’s Club Chicago

Clothes that Care: Using Art Therapy to Heal
Thursday, February 20 | 6:00 – 7:00 p.m.
This workshop will help you develop your narrative and share your story with the world using a t-shirt as the canvas. You will leave the workshop with your final t-shirt creation.
Presented by: Oluwaseye Adeleke, Brand Owner, Cancer Researcher

Writing for Readers (4-Week Series)
Tuesdays: March 3 – 24 | 2:00 – 4:00 p.m.
This 4-week writing workshop builds on the previous workshops, “Writing your Story,” which focused on writing for expressive purposes and for healing. Participants might want to write an autobiography, a graphic novel, a series of blog posts or many other potentially publishable projects. The workshop will serve as a writers’ group that can continue after the workshop is over. We will each bring some writing every meeting to read and we’ll comment on each others’ writing in a constructive and supportive way. “Writing sessions are facilitated by Kerri Morris, writing professor at Governor’s State University, blog writer/founder “Cancer Is Not a Gift” at ChicagoNow, and a cancer survivor.

312-464-9900 • GildasClubChicago.org

Lectures may be eligible for CEU’s for licensed social workers and counselors. For additional information or to register for CEUs, please contact Liz Sullivan, Clinical Program Manager, at lizsullivan@gildasclubchicago.org. Light refreshments provided at all lectures unless otherwise noted.
NUTRITION

Programs listed in RED require an RSVP

Seasonal Cooking with Julie
Third Wednesdays: January 15; February 19; March 18 | 6:00 – 7:30 p.m.
Join us for this monthly cooking series focused on local, organic and seasonal produce! January will feature healthy comfort food; February will feature “Mardi Gras” themed food; March will feature “A Hint of Spring” themed food.
Presented by: Julie Malec

Nutrition Class
Fourth Fridays: January 24; February 28; March 27 | 10:00 a.m. – 12:00 p.m.
This class is designed to help members learn how to make healthy choices in the kitchen. The class will introduce members to new and alternative ingredients to improve their eating habits.
Presented by: Martina Curry and Sandra Morales | University of Illinois Hospital & Health Sciences System

Frankly Speaking about Cancer: Eating Well During Treatment
Tuesday, March 24 | 6:00 – 7:30 p.m.
The Cancer Support Community invites people with cancer and their caregivers/loved ones to a free workshop featuring ways to maintain a nutritious diet when living with cancer.
Complimentary copies of a booklet entitled Frankly Speaking About Cancer: Eating Well During Cancer Treatment will be provided. The presentation will be followed by a cooking demonstration.
Facilitated by: Jill Bice, MS, RD, LDN, CSO, CNSC | University of Chicago Medicine

Not able to make it in person? You can also participate at our Advocate Christ Medical Center location or 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.

Colon Cancer Special Event
Wednesday, March 4 | 6:00 – 7:30 p.m.
You are invited to our inaugural colon cancer program in honor of Board member Lara Levitan. Lara was the Vice President, Legal, R&D, Alliance Management & Transactions, at AbbVie Inc., and joined the Board of Gilda’s Club Chicago in 2015. After being diagnosed with colon cancer, she became an advocate for raising awareness of the change in colon cancer screening guidelines from the age of 50 to 45. This annual program will address prevention through increased awareness of screening guidelines and nutrition, as well as address the latest research and treatment developments.
We will be joined by Andrew Albert, MD, MPH, Medical Director Digestive Health Program at Advocate Illinois Masonic Medical Center, who will discuss early screening and treatment for colon cancer. Chef Ryan Hutmacher will provide a cooking demonstration that showcases the Merits of the Mediterranean Diet and how this diet can be used for those impacted by colon cancer.
Facilitated by: Andrew Albert, MD MPH | Advocate Illinois Masonic Medical Center and Chef Ryan Hutmacher, Founder | Centered Chef
You can also participate online via Facebook Live! https://www.facebook.com/GildasClubCHI/

Comedy

Stand Up Comedy (5-Week Series)
Wednesday, January 8 – February 5 | 5:30 – 7:30 p.m.
Channel your inner Wanda, Jerry or Ali Wong! This fast-paced class will put your funny bone on steroids! From one-liners to rants, you will craft a tight four-minute set and have a chance to perform it at a live graduation show!
Facilitated by: Valerie Jencks

Gilda’s Improv Team
Thursday, January 9 | 5:30 – 7:30 p.m.
Gilda’s Improv Team is a monthly rehearsal for anyone who has taken Gilda’s Club Beginner Improv Class. The team will focus on reconnecting with friends, playing long form improv scenes, deepening improvisation skills and performing at Gilda’s and the greater Chicago area.
Facilitated by: Kat Bovbjerg

Improv (6-Week Series)
Thursdays: February 13 – March 19 | 5:30 – 7:30 p.m.
Through guided movement games and exercises, attendees will delve into the basics of improvisation and long form improvisation. All are welcome to this supportive and fun chance to play pretend and learn a little more about improvisation while having fun and reducing the stresses of cancer. This course is for beginners and alumni. Participants of the class will have the opportunity to attend an improv show together. Attendance each week is highly encouraged.
Facilitated by: Kat Bovbjerg

Team Gilda Run Club

Beginner and returning runners - Join Team Gilda and train to run a 5k to the Marathon
Want to learn how to run a 5k? 10k? Thinking about joining our fundraising team for the Shamrock Shuffle or the Marathon? Never run before, need some help getting motivated, or would simply like to have a group to run with? Well we have the answer for you!

Team Gilda Run Club in partnership with theCauseCrew!
Through the winter we will be meeting on Sunday mornings at 9:00am on the inner Lake Shore Trail at Diversey Harbor (by the entrance to the Diversey Driving Range parking lot). Workouts will be held each Sunday (lasting approximately 45 minutes). Team Gilda Run Club includes:

• Weekly group workouts led by RRCA Certified Running Coach, cancer survivor and fellow Gilda’s Club member, Mary Connolly (aka The Cause Coach, www.thecausecoach.net).
• Training plans that will have participants ready to represent Team Gilda in a spring race (5k through half marathon depending on starting point) and/or ready to join in on the marathon training program later in 2020.
• Team Gilda running shirt.
• Complimentary or discounted race entries to select Chicago spring races.
• Coffee and camaraderie after each workout at Hero Coffee (Sheridan Road & Oakdale Avenue).

Spaces in the program will be limited and allocated on a first come, first served basis. Children and teens, 8 years old and over, are welcome to join with a parent/guardian participating. Sign up today for a truly fun and rewarding experience.

As a member of Team Gilda, you have the opportunity to raise funds and take our mission to the streets. All contributions will stay in the community and help thousands of lives touched by cancer and ensure that anyone impacted by cancer is empowered by knowledge, strengthened by action and sustained by community.

Have questions? Contact Cancer Survivor, Team Gilda Member, and RRCA Certified Coach Mary at mary@thecausecoach.net

TEAM GILDA RUN CLUB

For more information and to register: www.thecausecoach.net
New Year Wellness Challenge
To participate, cards will be at the front desk for pickup on Monday, December 16th. This is similar to a Bingo game, where you attend different healthy lifestyle activities to mark your space. Simply ask the front desk volunteer to mark your card for each class you are attending. The Challenge will run throughout the whole month of January. One winner will be announced at our Anniversary Party (must be present to win). To turn in a card for entry, members will need to have completed at least 15 activity spaces. Cards need to be returned to a Program Staff member by Monday, February 3rd.

Newcomers Breakfasts
Select Saturdays: January 11; February 8; March 14
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.

Soulful Social
Saturday, February 11 | 11:00 a.m. – 2:00 p.m.
Please join Gilda’s Club in celebration of Black History Month at the Soulful Social event. Join us for entertainment, food and community sharing. This is an annual event to promote unity in the community and celebrate the African American culture. You are welcome to share your family recipes, so bring a dish or a dessert and let’s socialize!

Anniversary Party
Friday, February 7 | 5:30 – 8:00 p.m.
Join us to celebrate Gilda’s Club Chicago’s 22nd anniversary! There will be fun for the whole family! Adults will enjoy tasty appetizers and plenty of laughs as we are treated to live performances from our Gilda’s Improv Team and The Second City. Children and teens will enjoy pizza, play games and create crafts in Noogieland.

Young Adult Social at GCC: St. Patrick’s Day Celebration
Wednesday, March 11 | 5:30 – 7:30 p.m.
Irish or not, come celebrate with us dressed in green! Traditional Irish fare will be served and accompanied by festive music.

Participate in Gilda’s Club Chicago’s Spirit Week!

Monday, February 10 | 12:45 – 1:45 p.m.
It’s Chicago theme day (dress in your favorite sports, landmark, or celebrity)!

“Chicago/Gilda Trivia” Game Day
Tuesday, February 11 | 12:30 – 2:00 p.m.
Wear our signature color, Red and watch the Best of Gilda with us!

“Best of Gilda” Viewing
Wednesday, February 12 | 9:30 – 10:30 a.m.
It’s Pajama Day, come dressed in your coziest and comfy clothes and bring a dish to share for our Breakfast Potluck!

Breakfast Potluck
Thursday, February 13 | 10:30 – 11:30 a.m.
Wear the Cancer Color representing your connection and create a “Message of Encouragement” card to be delivered to our Inpatient participants!

“Message of Encouragement” Card Making
Friday, February 14 | 12:30 – 2:00 p.m.
Dress as your favorite Gilda Radner or Saturday Night Live Character!

Coaster Making Workshop with Sophie
Saturday, March 28 | 12:00 – 2:00 p.m.
Come participate in part of a year long study conducted by Mallory Shotwell, interdisciplinary artist, educator and curator. She will lead a group of individuals impacted by breast cancer and those with a genetic predisposition for breast cancer in a workshop that is meant to provide a visual articulation to the breast cancer experience, to connect and support those affected by breast cancer and provide further awareness, advocacy and understanding to this process.

Sephora Brave Beauty
Select Sundays: January 5; February 9; March 8
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.

Spring Ahead Skin and Cosmetic Routines
Wednesday, March 18 | 10:00 a.m. – 12:00 p.m.
Join the Walgreens Beauty Team for lessons on enhancing your skin care and cosmetics looks for spring. The team will present a 30 minute demo on a complete skin care routine just in time for the change of season. After the presentation, each participant will be able to have a 1:1 lesson with one of the experts.

Presented by: Walgreens Beauty Team

Gilda’s Threads with Mary
First and Third Wednesdays: January 15; February 19; March 18
1:00 – 3:00 p.m.
New or experienced quilters - all are welcome to participate! Feel free to bring a brown bag lunch as we socialize and create projects together. Supplies are provided, but you are more than welcome to bring your own.

*Programming will be cancelled on the following date: 1/1.*

Pasta Making Workshop
Saturday, February 8 | 1:00 – 2:30 p.m.
Maximum Capacity: 15 participants
Join us to learn how to make three types of pasta including gnocchi, cavatelli and ravioli with accompanying sauces!

Presented by: Julie Malec

Breast Cancer Art Workshop
Saturday, March 28 | 12:00 – 2:00 p.m.
Come participate in part of a year long study conducted by Mallory Shotwell, interdisciplinary artist, educator and curator. She will lead a group of individuals impacted by breast cancer and those with a genetic predisposition for breast cancer in a workshop that is meant to provide a visual articulation to the breast cancer experience, to connect and support those affected by breast cancer and provide further awareness, advocacy and understanding to this process.

Happy 22nd Anniversary to Gilda’s Club Chicago!
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

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<td>CLUBHOUSE CLOSED</td>
<td>11:00 a.m. Brain Fitness</td>
<td>11:00 a.m. Yoga</td>
<td>9:15 a.m. Yoga</td>
<td>9:00 a.m. ArtReach Chicago</td>
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<td>10:00 a.m. Boot Camp Booster</td>
<td>11:00 a.m. Yoga</td>
<td>10:00 a.m. Caring Arts - Mixed Media Expression</td>
<td>9:15 a.m. Yoga</td>
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<td>1:00 p.m. Information Session (Spanish)</td>
<td>11:00 a.m. Jewelry</td>
<td>10:00 a.m. Kids Connecting NG</td>
<td>9:30 a.m. Newcomers Breakfast</td>
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<td>11:15 p.m. Yoga Nidra</td>
<td>11:15 a.m. BeMoved®</td>
<td>11:15 a.m. Restorative Yoga</td>
<td>11:00 a.m. Kids Kicking Cancer</td>
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<td>5:00 p.m. Information Session</td>
<td>6:00 p.m. Yoga en Español</td>
<td>12:00 p.m. Círculo de Tejer</td>
<td>12:00 p.m. Círculo de Tejer</td>
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<td>6:00 p.m. Post-Treatment NG</td>
<td>6:00 p.m. Stand Up Comedy (5-Week Series)*</td>
<td>12:00 p.m. Full Body Workout</td>
<td>10:00 p.m. Information Session</td>
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<td>6:00 p.m. Information Session</td>
<td>6:00 p.m. Information Session</td>
<td>100 p.m. Information Session</td>
<td>9:00 a.m. Team Gilda Run Club</td>
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<td>SUNDAY</td>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
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<td><strong>Please note that if less than 5 people are registered 24 hours in advance, the program may be cancelled.</strong></td>
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<tr>
<td>9:00 a.m.</td>
<td>Team Gilda Run Club</td>
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<tr>
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<td>T'ai Chi Chih®</td>
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<td>Chair Yoga</td>
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<td>12:30 p.m.</td>
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<td>Stress Busters (4-Week Series)*</td>
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<td>7:00 p.m.</td>
<td>Yoga</td>
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<td>Gentle Yoga</td>
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<td>T'ai Chi Chih®</td>
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<tr>
<td>3:00 p.m.</td>
<td>Information Session</td>
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<td>Red Door Squad</td>
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<td>Metastatic Breast Cancer NG</td>
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<td>Information Session</td>
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<td>9:15 a.m.</td>
<td>Sit in Sound</td>
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<td>Gentle Yoga</td>
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<td>11:45 a.m.</td>
<td>Meditation</td>
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<td>1:00 p.m.</td>
<td>Gilda’s Threads with Mary</td>
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<tr>
<td>5:30 p.m.</td>
<td>Stand Up Comedy (5-Week Series)*</td>
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<td>9:45 a.m.</td>
<td>Yoga &amp; Meditation</td>
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<td>Chair Yoga</td>
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<td>&quot;Chicago/Gilda Trivia&quot; Game Day</td>
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<td>T'ai Chi Chih®</td>
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<td>Chair Yoga</td>
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<td>11:30 a.m.</td>
<td>Meditación</td>
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<td>12:00 p.m.</td>
<td>Caregiver NG</td>
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<td>&quot;Best of Gilda&quot; Viewing</td>
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<td>Low-Impact Aerobics</td>
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<td>Young Adult NG</td>
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<td>Breakfast Potluck</td>
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<td>Gentle Yoga</td>
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<td>Meditation</td>
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<td>Post - Treatment NG</td>
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<td>Grupo de Apoyo Latino/ Latino NG</td>
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<td>“Message of Encouragement” Card Making</td>
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<td>Yoga en Español</td>
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<td>Improv (6-Week Series)*</td>
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<td>6:00 p.m.</td>
<td>Information Session</td>
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<td>11:15 a.m.</td>
<td>BeMoved®</td>
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<td>12:30 p.m.</td>
<td>T'ai Chi</td>
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<tr>
<td>9:00 a.m.</td>
<td>Team Gilda Run Club</td>
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<td>Living Beyond Loss NG</td>
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<td>Gentle Yoga</td>
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<td>11:45 a.m.</td>
<td>Meditation</td>
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<td>1:00 p.m.</td>
<td>Gilda’s Threads with Mary</td>
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<td>Stand Up Comedy (5-Week Series)*</td>
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<td>Boot Camp Booster</td>
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<td>6:00 p.m.</td>
<td>Member Spot: Seasonal Cooking with Julie</td>
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<td>Brain Fitness</td>
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<td>11:00 a.m.</td>
<td>Boot Camp Booster</td>
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<td>Yoga Nadra</td>
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<td>Improv (6-Week Series)*</td>
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<td>Prostate Cancer NG</td>
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<td>Speak Up and Speak Out: Spectacular Public Speaking</td>
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<td>T'ai Chi</td>
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<td>Chair Yoga</td>
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<td>Stress Busters (4-Week Series)*</td>
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<td>Dare to Be Aware: My Mind, My Body</td>
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<td>Young Women with Breast Cancer NG</td>
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<td>Sit in Sound</td>
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<td>Lung Cancer NG</td>
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<td>Clothes that Care: Using Art Therapy to Heal</td>
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<td>Restorative Yoga</td>
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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
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**MARCH 2020**

- **= RSVP REQUIRED**
- **= NO RSVP**
- **= INFORMATION SESSION & CMP REQUIRED**

Please note that if less than 5 people are registered 24 hours in advance, the program may be cancelled.

*Encourages attendance at all cancer diagnoses and prognoses.*

See “Support Groups” on pg. 4 or call 312-464-9900
HEALTHY LIFESTYLE PROGRAMS

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, let the instructor know prior to the start of class if you have any concerns. Talk with your doctor prior to starting an exercise program.

Yoga/BODY/SPirit Classes

Yoga
Mondays | 7:00 – 8:15 p.m. | Fridays | 9:30 – 11:00 a.m.
Saturday | 9:15 – 10:45 a.m.
Mat yoga class including stretching, deep breathing, balancing, functional strength and relaxation. Stretch your body and mind.

"Programming will be cancelled on the following date: 1/20, 2/17.

Guided Meditation
9:45 – 10:45 a.m.
First and Third Thursdays: February 6, 20; March 5, 19
YoGa & Meditation
Appropriate for all levels.
to practice yoga techniques to help recapture a sense of well-being.

Brain Fitness
First and Third Thursdays: January 6, 20; February 6, 20; March 5, 19
11:00 a.m. – 12:00 p.m.
This class uses rhythm and coordination exercises to bilaterally activate and stimulate the brain’s natural ability to form new connections, which promote neuroplasticity, creativity, focus and resilience.

Sit in Sound *New Day and Time*
Mondays | 12:30 – 1:30 p.m. | Wednesdays | 11:45 a.m. – 12:45 p.m.
This 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.

Sit in Sound
Wednesdays | 9:15 – 10:15 a.m.
Re-harmonize your body and release stress with the help of crystal singing bowls. Participants simply sit near the instruments and allow the produced vibrations to bring their body back into a state of harmony. No previous experience necessary.

"Programming will be cancelled on the following dates: 1/16.

Low-Impact Aerobics
Second Tuesdays: January 14; February 11; March 10 | 6:00 – 7:00 p.m
Join Dr. Villaflor for this low-impact aerobics class. The class is open to beginners and experts alike. Please wear gym shoes and comfortable clothing.

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.

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.

Full Body Workout
Second Saturdays: January 11; February 8; March 14 | 1:00 – 2:00 p.m.
This will be a full body workout that includes strength training exercises combined with cardio, flexibility and balance. Classes will be tailored to accommodate different activity levels and those undergoing treatment.

Laughter Yoga*
Wednesday, February 5 | 6:00 – 7:00 p.m.
Please join us to learn a little more about laughter wellness (also known as laughter yoga). Tap into your inner child and get laughing again! No experience needed and open to all levels.

"RSVP Required

Laughter Yoga
Select Thursdays: January 6, 13, 27; February 3, 10, 24; March 2, 9, 16, 23, 30 | 10:00 – 11:00 a.m.
Select Tuesdays: January 7, 21; February 4, 11, 25; March 3, 17, 31
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.

Brain Fitness
First and Third Thursdays: January 2, 16; February 6, 20; March 5, 19
11:00 a.m. – 12:00 p.m.
This exercise class will boost your Boot Camp exercise practice by teaching you simple exercises to increase your strength and endurance. All experience levels welcome.

Meditation
First and Third Thursdays: January 6, 13; February 3, 10, 24; March 2, 9, 16, 23, 30 | 10:00 – 11:00 a.m.
This class will teach you basic relaxation, breath meditation and visualization.

Low-Impact Aerobics
Second Thursdays: January 14; February 11; March 10 | 6:00 – 7:00 p.m
Join Dr. Villaflor for this low-impact aerobics class. The class is open to beginners and experts alike. Please wear gym shoes and comfortable clothing.

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: January 4, 18, 25; February 15, 22, 29; March 7, 21
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.

ArtReach Chicago
Second Saturdays: January 11; February 8; March 14
9:00 a.m. – 12:00 p.m.
ArtReach seeks to transform individuals and their communities through high-quality and innovative art instruction using clay as a means of expression.

Jewelry
Select Fridays: January 3, 10, 17; February 21; March 6
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.
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

Los programas con títulos en letra roja requieren de una reservación de antemano.

Grupo de Apoyo Latino
segundo jueves del mes: 9 de enero, 13 de febrero y 12 de marzo 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.

Círculo de Tejer
segundo y cuarto sábado del mes | 12:00 – 2:00 p.m.
Únase a otros participantes para tejer o hacer punto de cruz. No es necesario experiencia previa.

Clase de Joyería
segundo martes del mes: 14 de enero, 11 de febrero y 10 de marzo 10:00 – 11:30 a.m.
Aprenda como crear tus propios collares, aretes y esclavas.

Clase de Nutrición
cuatro viernes del mes: 24 de enero, 28 de febrero y 27 de marzo 10:00 a.m. – 12:00 p.m.
Esta clase de nutrición es diseñada para ayudar a familias aprender cómo hacer decisiones de nutrición que mejoren la dieta y salud de la familia.

Meditación, Relajación, y el Control del Estrés
segundo martes del mes: 14 de enero, 11 de febrero y 10 de marzo 11:30 a.m. – 12:30 p.m.
En este taller usted experimentará los beneficios de estas prácticas, como un descanso profundo o más energía, y exploraremos como utilizarlas en su vida diaria.

Yoga en Español
segundo viernes del mes: 10 de enero, 14 de febrero y 13 de marzo 12:30 – 1:30 p.m.
Esta clase se llevará a cabo en español. Respirar, estirar su cuerpo y mente, desarrollar flexibilidad y balance. Use ropa cómoda.

Desayuno para Nuevos Participantes (Newcomers Breakfast)
sábado, 11 de enero, 8 de febrero y 14 de marzo | 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.

BeMoved®
viernes | 11:15 a.m. – 12:15 p.m.
BeMoved® es una clase de movimiento que comparte la alegria 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.

Yoga de Risa
miércoles, 5 de febrero | 6:00 – 7:00 p.m.
Clase de yoga que incluye risa y diversión.

Yoga de Luto
jueves | 6:30 – 7:30 p.m.
Esta clase da gente en luto un lugar seguro y soportable practicar yoga para recapturar un sentido de bienestar. Apropiado para todos niveles.

T’ai Chi Chih
sábado: 4 y 18 de enero; 1 y 15 de febrero; 7 y 21 de marzo
12:30 – 1:30 p.m.
Una antigua forma de ejercicio chino que combina el ejercicio físico con la meditación.

Clase de Barro (ArtReach)
segundo sábado del mes: 11 de enero, 8 de febrero y 14 de marzo 9:00 a.m. – 12:00 p.m.
Expresse su creatividad usando barro para crear sus propias obras de arte.

Internet Básico
En esta cita individual podemos cubrir los puntos básicos sobre el internet, como el uso de las máquinas de búsqueda, cómo descargar y subir archivos, el uso del correo electrónico u manejar redes sociales.

Para hacer una cita individual, llame a Jasmine Carrazco al 312-464-9900.

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.

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 Jasmine Carrasco. Podemos hacer una cita por teléfono o en persona.
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.

EVENTOS ESPECIALES

Todos estos programas requieren reservación

Nuevo Año Desafío de Bienestar
Para participar recógela tarjeta del escritorio en la entrada de lunes 16 de diciembre. El desafío es similar al juego de Lotería, el voluntario en la recepción marca el espacio cuando participas en los programas de bienestar. El desafío es activo en el mes de enero y el ganador va a ser anunciado en la fiesta aniversario en febrero (tiene que ser presente para ganar). Para enterar su tarjeta, tiene que cumplir en mínimo 15 actividades. Entrega las tarjetas a uno de los empleados en el primer piso antes de lunes 3 de febrero.

Junta Consultiva de la Comunidad Latino
Jueves, 9 de enero | 12:00-1:00 p.m.
Esta junta es la oportunidad de hablar sobre el programa bilingüe y como mejorarla. Miembros pueden compartir sus opiniones e ideas con Jasmine. También es la oportunidad de hablar y preparar para los eventos especiales de la comunidad latino.

Creando Metas Inteligentes (S.M.A.R.T Goals)
Jueves, 16 de enero | 12:00-1:30 p.m.
En muchas ocasiones se puede tener la motivación para lograr una meta u objetivo, incluso realizamos actividades para alcanzarla y aun así no lo logramos por falta de planificación. Acompañan a aprender como crear metas alcanzables para el año nuevo usando el modelo de metas inteligentes.

Enfrentando la Imagen Corporal Después del Tratamiento del Cáncer
Jueves, 31 de enero | 1:00-2:30 p.m.
Es difícil enfrentar los cambios corporales después del tratamiento. Es completamente normal sentir una serie de emociones. Únase a nosotros para obtener más información sobre cómo sobrellevar los cambios que ha experimentado después de recibir tratamiento. Presentado por Thelma Razo, MSW del Waterford Place Cancer Resource Center.

Celebración del Mes de la Herencia AfroAmericana
sábado, 1 de febrero | 11:00 a.m. - 2:00 p.m.
Celebre el mes de la Herencia AfroAmericana con música, comida y entretenimiento. Traiga un platillo para compartir. Este programa se proporciona para los niños mayores de 1 año de edad, cuyos familiares desean 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 Jasmine Carrazco, 312-464-9900 o por correo electrónico jasminecarrazco@gildasclubchicago.org

Juego Supervisado
Jueves, 31 de enero | 1:00-2:30 p.m.
Este es un juego para niños de 4 a 12 años que tienen cáncer, o que tienen a un familiar que ha sido diagnosticado con cáncer. Este grupo por una semana, y se ofrece a los niños la oportunidad de hacer amistades y aprender destrezas que les ayudarán a vivir con el estrés de esta enfermedad.

GRUPOS DE APOYO PARA NIÑOS

 Para más información, llame a Jasmine Carrazco al 312-464-9900 o envíe un correo electrónico a jasminecarrazco@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 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 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 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 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 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 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 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 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 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 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 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 de apoyo es para niños de 4 a 12 años que tienen cáncer, o que tienen a un familiar que ha sido diagn...
Mike first passed by our Red Door on November 30, 2018 while on his way to another local organization. He said that it was pure curiosity in addition to the image he saw of Gilda’s character of Roseanne Roseannadanna on the door which spurred him to go on GCC’s website that very day. Mike loved reading about the various programming offered to people impacted by cancer and their family, friends and caregivers and that is what drew him in.

Mike has since recruited team members from his employer, Groupon, to assist with various volunteer opportunities such as baking and preparing food for special events. Mike and his other team members from Groupon have enthusiastically prepared several breakfasts for our new members at the monthly Newcomers Breakfasts. Groupon has also generously sponsored the breakfasts. The Groupon team does an outstanding job with the pancakes, which have become a great hit with our members.

In addition to volunteering at GCC, Mike states that tea has been a passion of his over the past six years. He established a Facebook group called “The Chicago Communi-tea” where he does a weekly live stream of new tea tastings. Mike also enjoys movies, comic books, sci-fi and video games. We are grateful for Mike’s enthusiasm and volunteer efforts with GCC!

Mike Cuevas

Volunteer Spotlight

Make An Impact

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. Participation in a variety of ways includes 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.

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. Join us for the 2020 Bank of America Chicago Marathon on October 11, 2020. Receive your guaranteed entry by contacting Nadia Haeflinger at 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.

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. You need not be wealthy to leave a legacy. Ensure the sustainability of Gilda’s Club Chicago in a way that makes your core values known to others. Generations to come will benefit from your gift. 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.
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<th>Monday</th>
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<th>Friday</th>
<th>Weekends</th>
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<tr>
<td><strong>Advocate Christ Medical Center</strong>&lt;br&gt;Outpatient Pavilion, Ground Floor&lt;br&gt;4440 W 95th Street&lt;br&gt;Oak Lawn, IL</td>
<td>Clubhouse Closed</td>
<td>Book Club (monthly)&lt;br&gt;Boot Camp&lt;br&gt;Gentle Yoga&lt;br&gt;Lectures&lt;br&gt;Journaling&lt;br&gt;Mind Body Stress Reduction&lt;br&gt;Music/Meditation (3 South)&lt;br&gt;Networking Groups&lt;br&gt;Restorative Yoga (monthly)&lt;br&gt;Support Groups</td>
<td>Art&lt;br&gt;Art (3 South &amp; Infusion)&lt;br&gt;Baking Class (monthly)&lt;br&gt;Basic Fitness &amp; Toning&lt;br&gt;Games&lt;br&gt;Lectures&lt;br&gt;Networking Groups&lt;br&gt;Zumba</td>
<td>Boot Camp&lt;br&gt;Chair Yoga&lt;br&gt;Lectures&lt;br&gt;Music &amp; Meditation&lt;br&gt;Networking Groups&lt;br&gt;Surviving &amp; Thriving&lt;br&gt;Support Groups</td>
<td>Clubhouse closed most Fridays&lt;br&gt;Check the calendar for Special Events</td>
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<td><strong>Mount Sinai Hospital</strong>&lt;br&gt;Olga Sang Building, 6th floor&lt;br&gt;Oncology Department&lt;br&gt;1501 S. California</td>
<td>Art as Relaxation&lt;br&gt;Chair Yoga&lt;br&gt;Games&lt;br&gt;Guided Relaxation&lt;br&gt;Jewelry Making&lt;br&gt;Puzzles&lt;br&gt;Walking for Fun</td>
<td>Art as Relaxation&lt;br&gt;Crafts&lt;br&gt;Games&lt;br&gt;Jewelry Making&lt;br&gt;Puzzles&lt;br&gt;Walking for Fun</td>
<td>Art as Relaxation&lt;br&gt;Albums of Hope&lt;br&gt;Bilingual Group (Spanish-English)&lt;br&gt;Chair Yoga&lt;br&gt;Guided Relaxation&lt;br&gt;Women of Color Group (monthly)</td>
<td>Afternoon with Music&lt;br&gt;(once a month)</td>
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<td><strong>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</strong>&lt;br&gt;Galter Pavilion, 21st floor&lt;br&gt;Conference Room&lt;br&gt;675 N. St. Clair</td>
<td>Art as Relaxation&lt;br&gt;Yoga</td>
<td>Art as Relaxation&lt;br&gt;Crafts&lt;br&gt;Games&lt;br&gt;Jewelry Making&lt;br&gt;T'ai Chi Chih®&lt;br&gt;Yoga&lt;br&gt;Walking for Fun</td>
<td>Art as Relaxation&lt;br&gt;Caregiver Drop-In Group&lt;br&gt;Jewelry Making&lt;br&gt;T'ai Chi Chih®&lt;br&gt;Yoga&lt;br&gt;Walking for Fun</td>
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<td><strong>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</strong>&lt;br&gt;Galter 21, Infusion Suite</td>
<td>Monthly Activities&lt;br&gt;Second Thursday - Networking Group&lt;br&gt;Mind-Body Activity&lt;br&gt;Post Mortem Art&lt;br&gt;Yoga&lt;br&gt;Walking for Fun</td>
<td>Art as Relaxation&lt;br&gt;Artist in Residence</td>
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<td><strong>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</strong>&lt;br&gt;Prentice Women’s Hospital&lt;br&gt;Maggie Daley Center&lt;br&gt;4th Floor&lt;br&gt;250 E. Superior&lt;br&gt;250 E. Superior</td>
<td>Monthly Activities&lt;br&gt;Second Tuesday - Men’s Bilingual Support Groups&lt;br&gt;Mind-Body Activity&lt;br&gt;Post Mortem Art&lt;br&gt;Yoga&lt;br&gt;Walking for Fun</td>
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<td><strong>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</strong>&lt;br&gt;Hematology Oncology in Arches Pavilion, Suite 2140&lt;br&gt;676 N. St. Clair</td>
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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 MANAGERS & COORDINATORS FOR EACH SITE:**

- **Advocate Christ Medical Center – Oak Lawn**
  Ross Alexander, LCFSW
  (708) 684-9505
  rossalexander@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**
  Kassandra Billups, MA
  (312) 464-9900, ext. 133
  kassandrabillups@gildasclubchicago.org

- **Robert H. Lurie Comprehensive Cancer Center of Northwestern University**
  Shannon Zaleski, LCSW, OSW-C
  (312) 464-9900, ext. 122
  shannonzaleski@gildasclubchicago.org

- **Amita Health Saints Mary and Elizabeth Medical Center**
  Lindsay Tynes, LCSW, OSW-C
  (312) 464-9900, ext. 120
  lindsaytynes@gildasclubchicago.org

312-464-9900 • GildasClubChicago.org
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