

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

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



Did You Know?



It's our 20th anniversary! This photo was taken at the ribbon cutting ceremony on February 14, 1998. Over the past 19 years, we have reached more than 45,000 individuals and raised more than 25 million dollars. We are committed to continuing our mission for the next 20 years - to ensure that anyone impacted by cancer is empowered by knowledge, strengthened by action and sustained by community. Watch for special events throughout the year!

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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!



A PROGRAM of the CANCER SUPPORT COMMUNITY 

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 have been diagnosed with prostate, GI, melanoma, and lung cancers.

Share your experience at
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 be closed January 1 for New Year's Day.
The Clubhouse will be closed January 15 for Martin Luther King Jr. Day.
The Clubhouse will be closed February 19 for Presidents Day.
The Clubhouse will close at 3:00 p.m. on March 30 for Good Friday.
There will not be support groups or healthy lifestyle activities on February 17 due to our 20th Anniversary Celebration.

Our 8th Annual "It's Always Something" Teen Essay Contest

Any high school student who is a resident of Illinois can share their story about being impacted by cancer (i.e. student is living with cancer themselves, they have a friend or family member living with cancer or have lost a loved one to cancer).

Essays will be judged in those two different categories with awesome cash prizes!

The deadline for essay submissions is Thursday, March 1, 2018.

For more information, go to <http://bit.ly/TeenEssay9> or contact Jamie Wiener at 312-464-9900 or jamiewiener@gildasclubchicago.org.

SAVE THE DATE!

**Spring Fling - Member Art Gallery Opening
Saturday, April 7 | 12:00 - 2:00 p.m.**

All art submissions are due by Saturday, March 31

GCC@School: Cancer Support for the Classroom

Support for students and educators impacted by cancer

This program is helpful to any student or administrator who has been diagnosed with cancer themselves or is supporting someone diagnosed 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



GCC@Work: Cancer Support for the Workplace

Gilda's Club Chicago offers a free program, *GCC@Work*, which we can bring to your workplace. This program provides ways to support coworkers, including those caring for a loved one with cancer, who are going through common cancer-related challenges. 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 free *GCC@Work* presentation at your workplace, please call (312) 464-9900 or email jamiewiener@gildasclubchicago.org.

NOOGIELAND

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



Kid Support and Kids Bereavement are held on ten (10) consecutive Saturdays. A one-time Parent/Guardian Orientation is required for parents prior to the start of the series. Each group is led by a licensed facilitator experienced

in working with children, parents and families affected by cancer.

Advance registration and attendance at each session is required.

Kid Support is a series of ten weekly peer support groups (divided by age) for children ages 4-12 who are living with cancer themselves or who have a family member or friend living with cancer.

Kids Bereavement is a series of ten weekly peer support groups (divided by age) for children ages 4-12 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 the Program Director at 312-464-9900 x130

SPECIAL EVENTS

Red Door Squad

Thursdays, January 3, 17; February 7, 21; March 7, 21 |

5:30 – 6:30 p.m.

RSVP Required

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

Financial Literacy and Healthcare for the Family

Wednesday, January 10 | 6:00 – 7:00 p.m.

RSVP Required

Please see the full lecture description on page 5 for more details.

Family Arts & Crafts

Saturday, January 13, 27; February 10, 24; March 24 |

12:30 – 2:00 p.m.

RSVP Required

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.

Cooking for Teens

Saturday, January 13, March 10 | 12:30 – 2:00 p.m.

RSVP Required

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

20th Anniversary Party

Saturday, February 17 | 11:00 a.m. – 2:00 p.m.

RSVP Required

Help us celebrate our 20th anniversary at an Open House for members, including our young Noogieland members, volunteers and all friends of GCC! This party will be extra-special and include crafts, games and fabulous entertainment by our members and The Second City. Mark your calendar now. You don't want to miss it!

Pet Therapy

Saturday, February 24 | 11:30 a.m. – 12:30 p.m.

RSVP Required - Limited to 5 Noogies

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.

Family Event at Harris Theater

Saturday, February 24 | 2:00 – 3:00 p.m.

RSVP Required

Share the wonder of dance with your entire family as American Ballet Theatre presents ABTKids, a special, one-hour performance designed to introduce young audiences to the magic and beauty of dance. The performance, recommended for children ages 4-12, is narrated by a member of ABT's Artistic Staff and features child-friendly highlights from the company's vast repertoire. A limited number of tickets are available on a first come, first served basis. For more information and to reserve tickets, please contact program staff at 312-464-9900.

Junior League Mad Hatters

Saturday, March 3 | 1:00 – 1:30 p.m.

RSVP Required

Join us for a special storytime with performers wearing silly hats! Fun goodies are provided after the show. For children ages 3-8.

Kids in the Kitchen

Saturday, March 10 | 12:30 – 2:00 p.m.

RSVP Required

Junior League's "Kids in the Kitchen" is an association-wide initiative of the Association of Junior Leagues International (AJLI). These programs are designed to creatively educate children on crucial areas such as fitness and nutrition in a fun and hands-on fashion.

For each child attending Kid Support, Kids Bereavement, Teen Activities or Family Arts & Crafts a parent or guardian will be required to complete registration paperwork.

WEEKLY SUPPORT GROUPS

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

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

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

WELLNESS GROUPS:

Monday 5:30 p.m.
Tuesday 12:30 p.m.
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 individual stress as well as ways to support their loved ones living with cancer.

FAMILY / FRIENDS GROUP:

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 GROUP:

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

MONTHLY NETWORKING GROUPS

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

BLADDER CANCER

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

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



LATINO

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

GRUPO DE APOYO LATINO

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

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

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 nowotworową, jak zarówno ich rodzin i przyjaciół. To spotkanie jest okazją do wspólnej rozmowy, wsparcia i wzajemnej pomocy pomiędzy osobami które są związane z sytuacją choroby.

LIVING BEYOND LOSS

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

POST-TREATMENT

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

PROSTATE CANCER

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



SPIRITUALITY

First Friday each month | 10:00 – 11:30 a.m.

WOMEN OF COLOR

Fourth Monday each month | 3:00 – 4:30 p.m.

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 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

EMPOWERING LECTURES

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

Financial Literacy and Healthcare for the Family

Wednesday, January 10 | 6:00 – 7:00 p.m.

RSVP Required

Learn about the importance of personal finances and the effects of healthcare costs. We will discuss how bankruptcy can occur from medical bills, how much the average American spends on medical bills, and the average cost of cancer treatment with or without insurance. Each parent will receive a copy of the Piggy Bank Book, a financial literacy tool that educates children on the smart money habits to last a lifetime. Feel free to bring the kids along, we will provide Supervised Play during the lecture.

Presented by: Gabriela Rodil

Parachuting CFO, Management Consultant, Financial Coach Author & Speaker

Light refreshments provided



Developing a Support System for Increased Health and Happiness

Thursday, January 18 | 6:30 – 7:30 p.m.

RSVP Required

Research shows a good support system improves the quality and quantity of our lives. Learn to assess your needs for psychosocial support and how best to utilize other people and local agencies to enhance that system.

Presented by: Michele Williams, LCSW

Light refreshments provided



The Body Message

Tuesday, January 30 | 6:30 – 7:30 p.m.

RSVP Required

Your body talks. Listen to it! Understanding your body's message is the first step toward a better life. We will learn the role and the message of the different body tissues in an effort to achieve optimum health.

Presented by: Ashraf Abdelhamid, PT, Ph.D. DPT., MS, OCS.CMTPT

Doctor of Physical Therapy, Orthopedic Clinical Specialist Achieve Manual Therapy

Light refreshments provided

Practicing Self-Acceptance

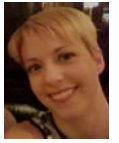
Wednesday, February 7 | 6:30 – 7:30 p.m.

RSVP Required

Sometimes we use the messages we hear about cancer from the outside world against ourselves. Treatment can also impact our appearance and how we feel about ourselves. Join us for a workshop on techniques that you can use on a daily basis to identify different types of negative messages and ways to care for yourself.

Presented by: Christina Zerwer, LCPC

Light refreshments provided



Benefits of Exercise for People Living with Lung Cancer

Tuesday, March 20 | Focus Group: 5:30 – 6:30 p.m. | Lecture: 6:30 – 7:30 p.m.

RSVP Required

We will discuss both the benefits of exercise to lung cancer patients as well as how and where to get started. This will also look at barriers to starting exercise, and we will discuss strategies to help. Please Note: This lecture will be preceded by a focus group for lung cancer patients only. A gift card will be provided to those who participate. Friends and family are welcome to attend the lecture.

Presented by: Prakash Jayabalan MD, PhD

Attending Physician Scientist, Shirley Ryan AbilityLab Assistant Professor, Northwestern Feinberg School of Medicine



Shirley Ryan
AbilityLab

NUTRITION

Good Nutrition for Prostate Health

Tuesday, March 6 | 6:30 – 7:30 p.m.

RSVP Required

Good nutrition may help slow the progression of prostate cancer and reduce the risk of recurrence. Join us as we discuss guidelines for a healthy diet while in treatment for prostate cancer.

Presented by: Jocelyn Lutkus RD, CSO, LDN

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Light refreshments provided

M Northwestern
Medicine



LECTURE SERIES

Pharmacy Lecture Series

Select Thursdays | 6:30 – 7:30 p.m.

RSVP Required

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

January 25 – Pain Control Medications

February 15 – Sex and Chemotherapy

March 15 – Pregnancy and Chemotherapy

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, February 21 – March 21 | 6:00 – 7:30 p.m.

RSVP Required

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

February 21 – Creating a Strong Team

February 28 – The Cost of Care

March 7 – Treatments and Side Effects

March 14 – Nutrition & Exercise

March 21 – The Benefits of Psychosocial Support

Light refreshments provided

Surviving and Thriving Series Managing Peripheral Neuropathy

Monday, January 22 | 5:30 – 7:00pm.

RSVP Required

Peripheral Neuropathy is a common side effect experienced by many cancer survivors during the course of their treatment. It can leave you dealing with chronic pain, loss of sensation, decreased balance and muscle weakness. This can impact every part of your life long after treatment is done. Join us for an interactive workshop to better understand this condition and help you learn strategies to manage pain, protect your body and get back to your meaningful life activities.

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

Light refreshments provided



Chemo Brain

Monday, February 26 | 5:30 – 7:00pm.

RSVP Required

“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

Light refreshments provided

Cancer Transitions

Sponsored by the Cancer Treatment Center of America



Mondays, March 5 – April 9 | 6:00 – 8:30 p.m.

RSVP Required – Attendance is required at each session. For more details and registration, call Gilda’s Club Chicago at (312) 464-9900 or email jamiewiener@gildasclubchicago.org

Cancer Transitions® is a 6-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists including physicians, nutritionists and fitness experts will discuss exercise tailored to each participant’s abilities, training in relaxation and stress management, and tips for nutritious eating. Cancer Transitions will answer many of your questions about cancer survivorship post-cancer treatment. The course covers the following topics:

Session 1 - Get Back to Wellness: Take Control of Your Survivorship

Session 2 - Exercise for Wellness: Customized Exercise

Session 3 - Emotional Health and Well-Being: From Patient to Survivor

Session 4 - Nutrition Beyond Cancer

Session 5 - Medical Management Beyond Cancer: What You Need to Know

Session 6 - Life Beyond Cancer

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 3 days in advance.

For more information and to request Supervised Play, please contact info@gildasclubchicago.org or call (312) 464-9900.

SOCIAL EVENTS

Mind/Body/Spirit Classes are listed on page 11.

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: January 13, February 10, March 10 | 9:30 – 10:30 a.m.

RSVP Required

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.

Board Game Night

Tuesday, January 16 | 6:00 – 7:30 p.m.

RSVP Required

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

Merit School of Music Performances

Saturdays, February 3 and March 3 | 12:00 – 12:30 p.m.

RSVP Required

Join us for a special musical performance of classical, musical theater and jazz music by Merit School of Music students.

Orizomegami Paper Art

Friday, February 9 | 12:30 – 2:30 p.m.

RSVP Required – 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.

Soulful Social

Saturday, February 10 | 12:30 – 2:30 p.m.

RSVP Required – Space is limited!

Please join us in celebration of Black History Month at the Soulful Social. We'll have 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.

Alumni "Rock, Paper, Scissors" Improv Troupe Performance Rehearsals

Thursdays, February 8 and 15 | 6:00 – 8:00 p.m. (Performance: Saturday, February 17)

RSVP Required

These rehearsals, led by Women in Comedy, will culminate in a final performance at our 20th Anniversary Party on February 17 that you will be proud to invite your friends and family to watch. These rehearsals and performance are open to participants who have previously attended an improv workshop at GCC.

Beginner's Improv (6-Week Series)

Thursdays: February 22 – March 29 | 6:00 – 8:00 p.m.

RSVP Required

This course is an introduction to the spontaneous movement and performance art form known as improvisation. Through guided movement games and exercises, attendees will delve into the basics of improvisation and long-form improvisation. Brought to you by Women in Comedy, both men and women 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 class is open to new participants only. Participants of the class will have the opportunity to attend an improv show together. Attendance each week is highly encouraged.



Cooking Demonstrations

RSVP Required – Space is limited!

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.

Marchesa – Tuesday, February 13 | 6:00 – 7:00 p.m.

Kinzie Chophouse – Thursday, March 8 | 6:00 – 7:00 p.m.

Saturday Night Live: Best of Gilda Radner

Wednesday, February 14 | 6:00 – 7:30 p.m.

RSVP Required


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

20th Anniversary Celebration!

Saturday, February 17 | 11:00 a.m. – 2:00 p.m.

RSVP Required – Space is limited!

Help us celebrate our 20th anniversary at an Open House for members, including our young Noogieland members, volunteers and all friends of GCC! This party will be extra-special and include crafts, games and fabulous entertainment by our members and The Second City. Mark your calendar now. You don't want to miss it!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|--|--|
|  | CLUBHOUSE CLOSED FOR NEW YEAR'S DAY 1 | Gentle Yoga 10:00 AM 2 | Gentle Yoga 10:30 AM 3 | Red Door Squad 5:30 PM RSVP 4 | Yoga 9:30 AM Spirituality NG 10:00 AM BeMoved 11:15 AM 5 | Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM T'ai Chi 12:15 PM 6 |
| 7 | 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 8 | Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Young Women with Breast Cancer NG 6:00 PM 9 | Gentle Yoga 10:30 AM Financial Literacy for Families Lecture 6:00 PM RSVP 10 | Grupo de Apoyo Latino 10:00 AM 11 | Yoga 9:30 AM BeMoved 11:15 AM 12 | 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 13 |
| 14 | CLUBHOUSE CLOSED FOR MARTIN LUTHER KING JR. DAY 15 | Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Meditación 11:30 AM Board Game Night 6:00 PM RSVP Living Beyond Loss NG 6:00 PM 16 | Gentle Yoga 10:30 AM 17 | Red Door Squad 5:30 PM RSVP Post Treatment NG 6:00 PM Prostate Cancer NG 6:00 PM Developing a Support System Lecture 6:30 PM RSVP 18 | Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM 19 | Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM 20 |
| 21 | Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Women of Color NG 3:00 PM Surviving and Thriving Lecture 5:30 PM RSVP Yoga 7:00 PM 22 | Gentle Yoga 10:00 AM Jewelry 11:00 AM Polish NG 4:00 PM 23 | La Linfedema y Como Prevenirlo 10:00 AM RSVP Gentle Yoga 10:30 AM 24 | Pharmacy Lecture Series 6:30 PM RSVP 25 | Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM 26 | 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 27 |
| 28 | 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 29 | Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM The Body Message Lecture 6:30 PM RSVP 30 | Gentle Yoga 10:30 AM 31 | <h1>JANUARY 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> | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|--|
| FEBRUARY | | | | Red Door Squad 5:30 PM RSVF | Yoga 9:30 AM BeMoved 11:15 AM Spirituality NG 10:00 AM | Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Merit School of Music Performance 12:00 PM RSVF T'ai Chi 12:15 PM |
| ■ = RSVF REQUIRED ■ = NO RSVF ■ = CMP REQUIRED | | | | 1 | 2 | 3 |
| <i>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.* Requires attendance at all sessions</i> | | | | | | |
| 4 | 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 | Gentle Yoga 10:30 AM Practicing Self-Acceptance Lecture 6:30 PM RSVF | Grupo de Apoyo Latino 10:00 AM Alumni Improv Rehearsal 6:00 PM RSVF | Yoga 9:30 AM BeMoved 11:15 AM Orizomegami Paper Art 12:30 PM RSVF | ArtReach 9:00 AM Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSVF Restorative Yoga 11:00 AM Circulo de Tejer 12:00 PM Soulful Social 12:30 PM RSVF Family Arts and Crafts 12:30 PM RSVF |
| 5 | 6 | 7 | 8 | 9 | 10 | |
| 11 | 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 Cooking Demo - Marchesa 6:00 PM RSVF Young Women with Breast Cancer NG 6:00 PM | Gentle Yoga 10:30 AM SNL: Best of Gilda Radner 6:00 PM RSVF | Red Door Squad 5:30 PM RSVF Post Treatment NG 6:00 PM Prostate Cancer NG 6:00 PM Alumni Improv Rehearsal 6:00 PM RSVF Pharmacy Lecture Series 6:30 PM RSVF | Yoga 9:30 AM BeMoved 11:15 AM | 20th Anniversary Party 11:00 AM RSVF |
| 12 | 13 | 14 | 15 | 16 | 17 | |
| 18 | CLUBHOUSE CLOSED FOR PRESIDENTS DAY | Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVF Meditación 11:30 AM Living Beyond Loss NG 6:00 PM | Gentle Yoga 10:30 AM Navigating Life with Cancer Series 6:00 PM RSVF | Beginner's Improv 6:00 PM RSVF | Clase de Nutrición 9:30 AM RSVF 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 Pet Therapy 11:30 AM RSVF Circulo de Tejer 12:00 PM Family Arts and Crafts 12:30 PM RSVF Harris Theater 2:00 PM RSVF |
| 19 | 20 | 21 | 22 | 23 | 24 | |
| 25 | 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 Women of Color NG 3:00 PM Surviving and Thriving 5:30 PM RSVF Yoga 7:00 PM | Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Writing Your Story #1 2:15 PM RSVF Polish NG 4:00 PM | Gentle Yoga 10:30 AM Navigating Life with Cancer Series 6:00 PM RSVF | 2018 | | |
| 26 | 27 | 28 |  | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|--|--|--|--|--|--|---|
| <h1>MARCH 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>An Affiliate of the CANCER SUPPORT COMMUNITY</p> | | <p>Red Door Squad 5:30 PM RSVP Beginner's Improv 6:00 PM RSVP</p> <p style="text-align: right;">1</p> | <p>Yoga 9:30 AM BeMoved 11:15 AM Spirituality NG 10:00 AM</p> <p style="text-align: right;">2</p> | <p>Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM Merit School of Music Performance 12:00 PM RSVP T'ai Chi 12:15 PM Mad Hatters 1:00 PM RSVP</p> <p style="text-align: right;">3</p> |
| 4 | <p>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</p> <p style="text-align: right;">5</p> | <p>Gentle Yoga 10:00 AM Writing Your Story #2 2:15 PM RSVP Good Nutrition for Prostate Health Lecture 6:30 PM RSVP</p> <p style="text-align: right;">6</p> | <p>Gentle Yoga 10:30 AM Navigating Life with Cancer Series 6:00 PM RSVP</p> <p style="text-align: right;">7</p> | <p>Grupo de Apoyo Latino 10:00 AM Beginner's Improv 6:00 PM RSVP Cooking Demo- Kinzie Chophouse 6:00 PM RSVP</p> <p style="text-align: right;">8</p> | <p>Yoga 9:30 AM BeMoved 11:15 AM</p> <p style="text-align: right;">9</p> | <p>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 Kids in the Kitchen 12:30 PM RSVP Cooking for Teens 12:30 PM RSVP</p> <p style="text-align: right;">10</p> | |
| 11 | <p>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</p> <p style="text-align: right;">12</p> | <p>Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Writing Your Story #3 2:15 PM RSVP Young Women with Breast Cancer NG 6:00 PM</p> <p style="text-align: right;">13</p> | <p>Gentle Yoga 10:30 AM Navigating Life with Cancer Series 6:00 PM RSVP</p> <p style="text-align: right;">14</p> | <p>Red Door Squad 5:30 PM RSVP Beginner's Improv 6:00 PM RSVP Pharmacy Lecture Series 6:30 PM RSVP Post Treatment NG 6:00 PM Prostate Cancer NG 6:00 PM</p> <p style="text-align: right;">15</p> | <p>Yoga 9:30 AM BeMoved 11:15 AM</p> <p style="text-align: right;">16</p> | <p>Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM</p> <p style="text-align: right;">17</p> | |
| 18 | <p>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</p> <p style="text-align: right;">19</p> | <p>Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Meditación 11:30 AM Writing Your Story #4 2:15 PM RSVP Living Beyond Loss NG 6:00 PM Benefits of Exercise for People with Lung Cancer: Focus Group 5:30 PM RSVP Lecture 6:30 PM RSVP</p> <p style="text-align: right;">20</p> | <p>Gentle Yoga 10:30 AM Navigating Life with Cancer Series 6:00 PM RSVP</p> <p style="text-align: right;">21</p> | <p>Beginner's Improv 6:00 PM RSVP</p> <p style="text-align: right;">22</p> | <p>Clase de Nutrición 9:30 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM</p> <p style="text-align: right;">23</p> | <p>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</p> <p style="text-align: right;">24</p> | |
| 25 | <p>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 Women of Color NG 3:00 PM Cancer Transitions 6:00 PM RSVP Yoga 7:00 PM</p> <p style="text-align: right;">26</p> | <p>Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Writing Your Story #5 2:15 PM RSVP Polish NG 4:00 PM</p> <p style="text-align: right;">27</p> | <p>Gentle Yoga 10:30 AM</p> <p style="text-align: right;">28</p> | <p>Beginner's Improv 6:00 PM RSVP</p> <p style="text-align: right;">29</p> | <p>Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:00 PM Clubhouse Closes at 3:00 p.m. for Good Friday</p> <p style="text-align: right;">30</p> | <p>Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:00 AM</p> <p style="text-align: right;">31</p> | |

HEALTHY LIFESTYLE PROGRAMS

MIND/BODY/SPIRIT CLASSES

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

Yoga

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

Mat yoga 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 – great for beginners.

Restorative Yoga

Saturdays | 11:00 a.m. – 12:00 p.m.

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

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 | 12:15 – 1:15 p.m.

An ancient Chinese exercise combining physical movement and meditation.

T'ai Chi Chih

Select Mondays: January 8, 29; February 5, 12, 26; March 5, 12, 19, 26 | 10:00 – 11:00 a.m.

Select Tuesdays: January 9, 30; February 13, 27; March 13, 27 | 11:15 a.m. – 12:15 p.m.

Based on ancient Chinese wisdom, and consisting of 19 simple and slow gentle movements, Ta'i Chi Chih is a mix of meditation and movement that has been shown to reduce stress and can be done while sitting or standing.

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, January 6, 20, 27; February 3, 24;
March 3, 17, 24, 31 | 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.

*There will be no painting class on February 17 due to our 20th Anniversary Party



ArtReach

Select Saturdays: January 13; February 10; March 10 | 9:00 a.m. – 12:00 p.m.

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

Writing Your Story: An Expressive Writing Workshop (6-Week Series)

Tuesdays: February 27 – April 3 | 2:15 – 3:15 p.m.

RSVP Required

Join us for this 6-week writing workshop where we'll explore our cancer experiences through creative writing prompts and put words to our personal stories. During group meetings, participants write and respond to each other's creative work. No experience in creative writing is required. Attendance each week is highly encouraged. 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.

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: 6, 20 y 27 de enero; 3 y 24 de febrero; 3, 17, 24 y 31 de marzo | 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: 16 de enero, 20 de febrero y 20 de marzo | 10:00 - 11:30 a.m.

Se requiere reservación

Aprenda como crear tus propios collares, aretes y esclavas.

Clase de Nutrición

viernes, 26 de enero, 23 de febrero y 23 de marzo | 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: 13 de enero, 10 de febrero y 10 de marzo | 9:00 a.m. - 12:00 p.m.

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

Desayuno para Nuevos Participantes (Newcomers Breakfast)

segundo sábado del mes: 13 de enero, 10 de febrero y 10 de marzo | 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: 16 de enero, 20 de febrero y 20 de marzo | 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: 19 de enero, 16 de febrero y 16 de marzo | 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



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: 6 de enero, 3 de febrero, 3 de marzo | 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: 8 y 29 de enero; 5, 12 y 26 de febrero; 5, 12, 19 y 26 de marzo | 10:00 - 11:00 a.m.

martes: 9 y 30 de enero; 13 y 27 de febrero; 13 y 27 de marzo | 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



A SERVICE of the CANCER
SUPPORT COMMUNITY

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: 11 de enero, 8 de febrero y 8 de marzo | 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 del 20º Aniversario

sábado, 17 de febrero | 11:00 a.m. - 2:00 p.m.

Se requiere reservación

¡Ayúdenos a celebrar nuestro 20º Aniversario en una celebración para miembros, incluyendo nuestros jóvenes miembros de "Noogieland," voluntarios y todos los amigos de Gilda's Club Chicago! Esta fiesta será extra especial e incluirá artesanías, juegos y entretenimiento por parte de nuestros amigos improvisadores de Second City. Marque su calendario ahora. ¡No se lo quiere perder!

La Linfedema y Como Prevenirlo

miércoles, 24 de enero | 10:00 a.m. - 12:00 p.m.

Se requiere reservación

Si tiene un diagnóstico de cáncer de mama o eres un familiar de una sobreviviente, en esta presentación aprenderás lo que es la linfedema, como se diagnóstica y como se puede prevenir. Presentado por Judy Guitelman, ALAS-Wings

Celebración del Mes de la Herencia Afro-Americana

sábado, 10 de febrero | 12:00 - 2:00 p.m.

Se requiere reservación

Celebre el mes de la Herencia Afro-Americana con música, comida y entretenimiento. Traiga un platillo para compartir.

Presentación Musical por Merit School of Music

sábado, 3 de febrero y 3 de marzo | 12:00 - 12:30 p.m.

Se requiere reservación

Únete a nosotros para una presentación especial de música clásica, teatral y jazz interpretada por los estudiantes de Merit School of Music.

¡MARQUE SU CALENDARIO!

Galería de Arte de Gilda's Club

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

¡No olvide entregar una obra de arte antes del sábado, 31 de marzo!

DÍAS FESTIVOS

 El club estará cerrado los días siguientes:

- el 1ro de enero para el Día de Año Nuevo
- el 15 de enero para el cumpleaños de Martin Luther King, Jr.
- el 19 de febrero para el Día de los Presidentes.
- el club cerrará a las 3:00 p.m. el 30 de marzo para el Viernes Santo.

NOOGIELAND: PROGRAMA PARA NIÑOS Y JÓVENES

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

GRUPOS DE APOYO PARA NIÑOS

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

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

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.

Nuestro Noveno Concurso de Composición para Jóvenes

"Siempre es Algo"

para estudiantes de secundaria está abierto.

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

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

La fecha límite de presentación de composición es el **jueves, 1ro de marzo del 2018.**

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

ACTIVIDADES DE NOOGIELAND

Artes Manuales para la Familia

sábado, 13 y 27 de enero, 10 y 24 de febrero y 24 de marzo | 12:30 - 2:00 p.m.

Se requiere reservación

Programa que ofrece artes manuales y una merienda.

Cocina para Jóvenes (Cooking for Teens)

sábado, 13 de enero y 10 de marzo | 12:30 - 2:00 p.m.

Se requiere reservación

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

Cuentos y Juegos (Jr. League Mad Hatters)

sábado, 3 de marzo | 1:00 - 1:30 PM

Se requiere reservación

Gilda's Club Chicago invita a las familias con niños a que traigan a sus hijos a esta fiesta llena de actividades divertidas.

Niños en la Cocina (Kids in the Kitchen)

sábado, 10 de marzo | 12:30 - 2:00 PM

Se requiere reservación

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 nutrición y el ejercicio.

Terapia de Mascota

sábado, 24 de febrero | 11:30 a.m. - 12:30 p.m.

Se requiere reservación- 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 acompañamiento durante toda su experiencia.

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

MEMBERS GIVING BACK

VOLUNTEER SPOTLIGHT

CAMILLE SMITH



Camille found Gilda's Club Chicago two years ago through an internet search for volunteer opportunities. She was intrigued by our mission because cancer has affected her family. Camille has volunteered in many ways at the Clubhouse, including at the front desk, Supervised Play, Family Days and many other Noogieland programs. Camille enjoys working with the kids. "Their faces just light up when you are helping them with crafts and activities," she says. Camille is looking forward to trying even more volunteer events, such as outreach and the marathon cheer station. "Just be open, you will learn a lot," she advises future volunteers.

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.

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 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 or 312-464-9900.

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.

- Bank of America Shamrock Shuffle - March 25, 2018
- Cinco de Miler - May 5, 2018
- Bike the Drive - May 27, 2018
- Bank of America Chicago Marathon - October 7, 2018, we have guaranteed entries

For more information please contact Nadia Garcia at nadiagarcia@gildasclubchicago.org

teamGILDA

WWW.GILDASCLUBCHICAGO.ORG



Free cancer support for the whole family. the whole time

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HOSPITAL PROGRAMS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKENDS |
|---|-------------------------|---|---|---|--|---|
| Advocate Christ Medical Center Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL | Clubhouse Closed | Boot Camp Drum Circle Gentle Yoga Lectures Music (3 South) Networking Groups Tai Chi Zumba | Art Art (3 South & Infusion Clinic) Games Lectures Music & Meditation Networking Groups Zumba | Cancer Survivors Baking Club Boot Camp Gentle Yoga Lectures Networking Groups Smoking Cessation Wellness Group Yoga | Clubhouse closed most Fridays Check the calendar for special events | Open Saturdays 9:00 a.m. - 1:00 p.m. Family Art Gentle Yoga Networking Group Zumba Fitness Special Events & Workshops |
| Mount Sinai Hospital 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 Henna Body Art Journaling Bilingual (Spanish-English) Women of Color Group | | |
| Robert H. Lurie Comprehensive Cancer Center of Northwestern University Galter Pavilion, 21st floor Conference Room 675 N. St. Clair | | Crafts Knitting Postcard Art Yoga Music Tuesdays | Art as Relaxation Jewelry Making Knitting T'ai 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 | | | | |

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

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

HOSPITAL PROGRAM COORDINATORS FOR EACH SITE:

Advocate Christ Medical Center – Oak Lawn
 Rachel Kennedy, LCPC
 708-684-9505
rachelkennedy@gildasclubchicago.org

Ann & Robert H. Lurie Children's Hospital of Chicago
 Megan Brady, LCPC, ATR-BC, ext. 120
meganbrady@gildasclubchicago.org

Mount Sinai Hospital
 Cassandra Billups, ext. 133
kassandrabilups@gildasclubchicago.org

Robert H. Lurie Comprehensive Cancer Center of Northwestern University
 Gosha Thornton, LSW, ext. 122
goshathornton@gildasclubchicago.org



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FAX: 312-464-1487

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



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

