



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

2018 CALENDAR
JULY | AUG | SEPT

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



Did You Know?



Our new initiative, #WeAreGilda, captures the power of community by reminding us, "Gilda believed that no one should have to go through cancer alone. And in her Club, no one ever has to. Through our stories, our struggles and our commitment to community. She was Gilda. We are Gilda. And this is our Club. Gilda's Club." Check out the full manifesto hanging on the front of the Wells Street Clubhouse! Take a selfie and post it to social media using #WeAreGilda.

What's Inside:

- Page 2** Announcements
- Page 3** Noogieland Programs for Children, Teens & Families
- Page 4** Support Groups and Networking Groups
- Page 5-7** Educational Lectures and Social Events
- Page 8-10** July / August / September Calendars
- Page 11** Mind / Body / Spirit Classes
- Page 12-13** En Español
- Page 14** Members Giving Back
- Page 15** Hospital Programs

ANNOUNCEMENTS

Becoming a Member is Free!

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



Help us understand the full impact of cancer.

The Cancer Support Community's "Cancer Experience Registry" is a study designed to help us better understand the social and emotional needs of people living with cancer as well as caregivers. Findings will help develop new resources that support more than 12 million people impacted by cancer each year. At this time, we are especially looking for people who have been diagnosed with prostate, GI, melanoma, and lung cancers.

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

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 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

CLUBHOUSE HOLIDAY CLOSING SCHEDULE

Summer Hours: The Clubhouse will close at 3:00 p.m. every Friday from May 25 through September 3.

The Clubhouse will close at 3:00 p.m. on Tuesday, July 3 and be closed on Wednesday, July 4 in observance of Independence Day.

The Clubhouse will close at 3:00 p.m. on Friday, August 31 and will remain closed through Monday, September 3 in observance of Labor Day.



Open to Options™ supports you as you identify concerns and questions about your cancer treatment, based upon your personal needs.

Available at no cost, this service will help you:

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

To schedule a session with an Open to Options™ Specialist, call Jamie Wiener, LCPC at 312-464-9900. Appointments are available by phone or we can meet with you at any of our GCC locations.

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.

GCC@School: Cancer Support for the Classroom

Support for students and educators impacted by cancer

This free program is helpful to any student or administrator who has been diagnosed with cancer themselves or is supporting a loved one living with cancer.

For those diagnosed, this program provides guidance for a smooth transition from treatment back to the classroom, and can serve as an outlet for expressing feelings through conversation and art.

For those educators looking to enhance their health and wellness curriculum, we can deliver a general presentation geared toward all audiences.

For more information, please visit bit.ly/GCC_School

GCC@Work: Cancer Support for the Workplace

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

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

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

Save the Date for the Biden Cancer Summit held at GCC on September 21!

More information will be posted at www.gildasclubchicago.org.

NOOGIELAND

Programs listed in RED require an RSVP

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



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

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

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

Enhancing Connections

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

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

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

SUPERVISED PLAY

This is provided for children over the age of 1 whose family members wish to attend an activity. Infants under 1 year are welcome 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 Ashley Piotrowski, Noogieland Coordinator at: ashleypiotrowski@gildasclubchicago.org or (312) 464-9900.

Family Picnic Day

Thursday, July 12 | 12:00 – 2:00 p.m.
Maximum Capacity: 30 participants

Join us for tasty food and summer fun, with activities for the whole family. Mane In Heaven miniature therapy ponies will also provide social emotional support during this event.



Cooking for Teens

Saturday, July 14, August 11, September 8 | 12:30 – 2:00 p.m.
Connect with friends while learning new recipes for cooking and baking!

GCC Family Day: Chicago Sky Game

Wednesday, July 18 | 9:30 a.m. – 2:00 p.m.
Maximum Capacity: 50 participants

Gilda's Club invites your family to an outing at the Wintrust Arena to watch a Chicago Sky women's basketball game. Transportation is provided from the Wells St. Clubhouse.



Teen Camp Reunion

Thursday, July 26 | 9:30 a.m. – 4:30 p.m.
Space is reserved for registered 2018 Teen Camp participants only.

This reunion is a special time to get together with friends from camp. Reconnect over a Cubs game at Wrigley Field! The Cubs will be playing the Diamondbacks. Transportation is provided from the Wells St. Clubhouse.

Pet Therapy for Noogies

Saturday, August 11 | 11:30 a.m. – 12:30 p.m.
Maximum Capacity: 5 Noogie participants

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

Family Arts & Crafts

Saturdays, August 25; September 8, 22 | 12:30 – 2:00 p.m.
This is a fun-filled Saturday afternoon of arts, crafts and snacks, offered in partnership with the Junior League's "Connecting Kids to the Arts" program.

Fall Festival

Saturday, September 15 | 12:30 – 2:30 p.m.,
Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15. Join Gilda's Club Chicago in celebrating Hispanic culture. Entertainment will be provided. Please bring a dish to share with the community. We will also have activities for kids in Noogieland. Don't miss out!

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

July 30 - August 3 | 9:00 a.m. – 3:00 p.m.
Registration is now closed! Please call 312-464-900 to place your child on a waiting list.

Activities include: yoga, music, art, cooking demos, Brookfield Zoo, Pump it Up, a Cubs Game and more!

Red Door Squad

"RD Squad" is taking a brief hiatus for the summer. Check back in the fall for dates and activities for teens!

18th Annual GCC@School Professional Development Seminar

Thursday, September 27
Dinner and registration: 6:00 – 6:30 p.m.
Program: 6:30 – 8:30 p.m.

This FREE seminar, providing school and healthcare professionals with the necessary information to support children, families and friends who have been impacted by cancer and experienced the loss of a loved one, will take place at Gilda's Club Chicago, 537 North Wells Street.

Please check our website for additional details and registration information at: <http://bit.ly/2J3N9Mz>

2.5 CEUs will be provided free of charge for counselors and social workers.

WEEKLY SUPPORT GROUPS

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

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

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

WELLNESS GROUPS:

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

OVARIAN WELLNESS GROUP:
Second and Fourth Tuesdays 6:00 p.m.

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

FAMILY / FRIENDS GROUPS:

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

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

BEREAVEMENT GROUPS:

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

MONTHLY NETWORKING GROUPS

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

BLADDER CANCER

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

***Please Note: The group will meet on Aug. 29 instead of Aug. 22.**

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



LATINO

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

GRUPO DE APOYO LATINO

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

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

LIVING BEYOND LOSS

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

***Please Note: The group will meet on Aug. 28 instead of Aug. 15.**

LUNG CANCER *new group!

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

POST-TREATMENT *new group!

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

PROSTATE CANCER

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

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



YOUNG WOMEN WITH BREAST CANCER
Second Tuesday each month | 6:00 – 7:30 p.m.



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

WOMEN OF COLOR * new group!

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

Community & Faith Groups
For exact times and locations,
visit bit.ly/gildas_community

Chicago Family Health Center
9119 S. Exchange

LGBTQIA+
Howard Brown Health | 4025 N. Sheridan Rd.

Mission of Faith Baptist Church
11321 S. Prairie Ave.

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

Salem House of Hope
10909 S. Cottage Grove

Seventh Day Adventist
7000 S. Michigan Ave.

Trinity United Church of Christ
400 W. 95th Street

LECTURES

Programs listed in RED require an RSVP

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

Acupuncture and Oncology

Thursday, July 26 | 6:30 – 7:30 p.m.

Acupuncture is a primary health care option used by nearly one-third of the world to preserve health and diagnose, treat and prevent illness. The fundamental principles are to treat a person as an integrated whole in body, mind, and spirit to the root cause of illness and disease, not only symptoms. This lecture will be a brief introduction on what acupuncture is, what you can expect when you have a treatment and how it can benefit your body.

Presented by: Kaysie Lingo L.Ac, NCCAOM, Board Certified Herbalist and partner/acupuncturist, Anatomy and Alchemy

Light refreshments provided



Cancer, Sleep and Your Body's Clock

Thursday, August 2 | 6:30 – 7:30 p.m.

This talk and interactive Q&A session will provide a brief overview of the current scientific understanding of how cancer and cancer treatment can impact sleep and circadian rhythms, which are fundamental aspects of health that help the body fight cancer. Suggestions will be presented for fostering healthy sleep behaviors and optimal organization of our circadian clocks.

Presented by: Keith C. Summa, PhD MD/PhD candidate at Northwestern University

Light refreshments provided

Cannabis and Cancer: How Marijuana Helps the Body Heal

Tuesday, August 7 | 6:30 – 7:30 p.m.

This lecture will focus on how medical marijuana can be a positive force in healing and explain how people can incorporate it into their treatment and prevention plan. Different types of products will be discussed to help achieve the best results, along with information on how to obtain a medical card.

Presented by: Mauricio Consalter, MD, Medici Healthcare

Light refreshments provided



Cancer and Health Insurance - What Are My Options?

Thursday, August 9 | 6:00 – 7:00 p.m.

It is important for people living with cancer to have a health insurance plan that covers needed medical treatments. Join us for an informative talk to learn what options are available to you and the impact of the current healthcare law to make the most informed decision.

Presented by: Jim Stumm, Executive Vice President, Stumm Insurance, LLC

Light refreshments provided



PET THERAPY

Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits. Sherman will be available for adults to provide a happy respite from the challenges of their daily lives. Please call (312) 464-9900 to schedule time with him.

Frankly Speaking About Lung Cancer

Tuesday, September 11 | Dinner: 6:00 - 6:30 | Presentation: 6:30 – 7:30 p.m.

Please join us for a free workshop that provides fundamental information about the most current lung cancer treatments, strategies for symptom/side-effect management and tools for survivorship. A complimentary book, [Frankly Speaking About Cancer: Lung Cancer](#), will be provided.

This workshop is made possible through unrestricted educational grants from Merck, Takeda, and AbbVie. **Presented by:** Victoria M. Villafior, MD | Associate Professor of Medicine Head and Neck Oncology, Thoracic Oncology, Director, Esophageal Cancer | Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Light refreshments provided



NUTRITION WORKSHOP

Optimum Health for Prostate Cancer

Thursday, August 16 | 6:00 – 7:30 p.m.

This talk will discuss holistic approaches to supplement standard prostate cancer treatments. Topics will include: what we ingest, enhancing our immune system, maintaining our body and mind. A light, healthy meal will be served.

Presented by: Dennis Gates, MD

Light refreshments provided

SAVE THE DATES:

Noogiefest

Saturday, October 20 | 11:30 a.m. – 1:00 p.m.

Day of Remembrance and Noogie Day of Remembrance

Saturday, November 3 | 9:30 – 11:30 a.m.

Holiday Photos with Santa

Saturday, November 10 | 11:00 a.m. – 1:00 p.m.

Thanksgiving Lunch

Friday, November 16 | 12:00 – 2:00 p.m.

A Very Noogie Holiday Party

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

Adult Holiday Party

Friday, December 7 | 5:30 – 8:30 p.m.

Posada Navideña

Friday, December 14 | 12:00 – 2:00 p.m.

LECTURE SERIES

Programs listed in RED require an RSVP

Pharmacy Lecture Series

Select Thursdays | 6:30 – 7:30 p.m.

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

July 19 – Anti-Nausea Medications

August 16 – Smoking Cessation Medications and their Effectiveness

September 20 – Prescription Savings Program

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

Light refreshments provided

Surviving and Thriving Series:

Cancer, Sexuality, and Identity: Let's Have That Conversation

Monday, July 23 | 5:30 – 7:00pm.

Dating, intimacy, and self-view are rarely discussed as factors to consider when thinking about how to proceed after receiving a cancer diagnosis. This presentation will focus on the shared experiences of many people, shared experiences that can feel alienating. We will discuss what some common experiences are, support and coping mechanisms that can help throughout the journey, how to speak with your medical team about your concerns, and ways to negotiate current/future relationships that could be impacted. The presentation will allow room for questions and discussion, in a safe, affirming space.

Presented by: Rebecca Ballen, LCSW and Catherine Cassingham, MS, LSW Supportive Oncology Northwestern Medical Group, Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Light refreshments provided

Working and the “C Word”

Monday, August 27 | 5:30 – 7:00pm.

Whether you are employed, looking for work, recently lost your job, or considering going back to work, there are considerations you may have after a diagnosis that you didn't have before. This presentation will shed light on some of the common questions that arise about job protection, leaves of absence, who to tell, what to tell, and what your rights are in the workplace. We will review some of the information discussed at a recent conference hosted by Cancer and Careers, we will also take time for discussion and specific questions you may have.

Presented by: Rebecca Ballen, LCSW and Katie Janak, LCSW Supportive Oncology Northwestern Medical Group, Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Light refreshments provided



Finding Your Way Back, Creating Your New Normal

Monday, September 24 | 5:30 – 7:00pm.

Deb is an eight-year breast cancer survivor. She has been a Gilda's Club Chicago member since 2011 and credits GCC with helping bring her back to life. Frustrated with not finding the right "how-to guide" to get back into life after cancer, Deb created her own guide called, "Finding Your Way to Your New Normal." Join us to learn more about possible considerations to help you find the courage to live your best life.

Presented by: Deb Benning, CEO & Founder of The Pink Bridge

Light refreshments provided



Navigating Your Life with Cancer Series:

If you or a loved one has recently been diagnosed, join us as we provide an overview of what to expect while navigating cancer. These lectures are designed to help you prepare for appointments, manage the effects of treatment, build a strong support team and understand how a diagnosis may impact your life. Attendance at every session is encouraged.

Creating a Strong Team and the Benefits of Psychosocial Support

Wednesday, August 29 | 6:00 – 7:30 p.m.

Medical professionals and social supports will be vital during this time. Join us to learn more about the information and tools needed to ensure your treatment team is solid. We will also discuss how a cancer diagnosis can increase feelings of stress and provide coping strategies on how to decrease these feelings.

Light refreshments provided

The Cost of Care

Wednesday, September 5 | 6:00 – 7:30 p.m.

Insurance and treatment costs can become overwhelming. Find out how to navigate complicated systems and advocate for yourself.

Light refreshments provided

Treatments and Side Effects

Wednesday, July 11 | 6:00 – 7:30 p.m. (carryover from previous quarter)

Wednesday, September 12 | 6:00 – 7:30 p.m.

Information on the various types of treatments available and how to manage side effects.

Light refreshments provided

Nutrition and Exercise

Wednesday, July 18 | 6:00 – 7:30 p.m. (carryover from previous quarter)

Wednesday, September 19 | 6:00 – 7:30 p.m.

Learn how to eat healthy and stay active during treatment.

Light refreshments provided

SOCIAL EVENTS

Programs listed in RED require an RSVP

Baking Club

Mondays | 2:00 – 3:00 p.m.

***Please Note: This program is canceled for July 30 and September 3.**

Learn healthy recipes for both sweet and savory treats, and put them to the test in the GCC kitchen.

Newcomers Breakfasts

Saturdays: July 14, August 11, September 8 | 9:30 – 10:30 a.m.

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

Family Picnic Day

Thursday, July 12 | 12:00 – 2:00 p.m.

Maximum Capacity: 30 participants

Join us for tasty food and summer fun, with activities for the whole family. Mane In Heaven miniature therapy ponies will also provide social emotional support during this event.

Canning Workshop

Thursday, July 12 | 6:30 – 7:30 p.m.

Looking for a new hobby? Join us in this workshop to learn more about what canning is, what supplies are necessary and enjoy an interactive canning demo of classic dill pickles and strawberry jam. Samples will also be provided. **Presented by:** Camilla Merriweather, MS, LCPC, CRC

The “Lyric Opera Stage Artists” Presents: An Afternoon at the Opera

Saturday, July 14 | 12:30 – 1:30 p.m.

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

French Cooking Made Easy and Healthy

Monday, July 16 | 6:00 – 7:30 p.m.

Maximum capacity: 20 participants

Join us for a special demonstration featuring a quiche, salad and fruit-based dessert.

Presented by: Maud Cavaye

Faces of Survivorship Composite Photoshoot

Saturday, July 21 | 12:30 – 3:00 p.m.

Maximum capacity: 5 participants and their families

Join us for your own 30-minute complimentary collaborative photo shoot with photographer Sam Lee, which will empower cancer survivors and their families to share their stories and enhance their self-image through the power of composite photography. Any costumes and props that enhance the shoot and your ideas are welcome. Sam Lee has been doing professional portraiture for over 10 years in the Chicagoland area, specializing in a modern twist to the classic portrait. Read more about composite photography on his blog at www.samleephotos.com

Sketch to Improv Workshop

Wednesday, August 1 | 6:00 – 8:00 p.m.

Interested in improv and sketch comedy? Then this is the workshop for you! The aim of this class will be to get comfortable making things up on the spot, generate ideas through improv and explore and expand these ideas into scriptable material. Techniques will be shared through studies from Second City, UCB Theater, Reckless Theater Laugh Masters Academy and more.

Presented by: Melissa McGlensey

GCC Night at the Chicago Sky Game

Tuesday, August 7 | 7:30 p.m.

Maximum Capacity: 100 participants

Join us for a fun night out at the Wintrust Arena as the Chicago Sky women's basketball team takes on the Minnesota Lynx. An RSVP is required to reserve a ticket. Tickets are first come, first served.



Saturday Night Live: Best of Gilda Radner

Tuesday, August 14 | 6:00 – 7:30 p.m.

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

Improv (6-Week Series)

Thursdays: August 30 – October 4 | 6:00 – 8:00 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.

Fall Festival

Saturday, September 15 | 12:30 – 2:30 p.m.

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15. Join GCC in celebrating Hispanic culture. Entertainment will be provided. Please bring a dish to share with the community. We will also have activities for kids in Noogieland. Don't miss out!

Member Spot: Cooking Demo with Nataliha

Tuesday, September 18 | 6:30 – 7:30 p.m.

Join GCC member Nataliha to learn helpful kitchen hacks and quick recipes you can make at home. A small tasting of the recipes will follow the demo.

Board Game Night

Tuesday, September 25 | 6:00 – 7:30 p.m.

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.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Clubhouse Closes 3:00 PM	CLUBHOUSE CLOSED FOR INDEPENDENCE DAY		Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:15 AM T'ai Chi 12:30 PM	
8	Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Women of Color NG 4:00 PM Yoga 7:00 PM	Gentle Yoga 10:00 AM Young Women with Breast Cancer NG 6:00 PM	Traiga un Amigo al Club 10:00 AM RSVP Gentle Yoga 10:30 AM Meditation 11:45 AM Lung Cancer NG 6:00 PM Post-Treatment NG 6:00 PM Navigating Life with Cancer Series 12:30 PM RSVP	Grupo de Apoyo Latino 10:00 AM Family Picnic Day 12:00 PM RSVP Canning Workshop 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes 3:00 PM	ArtReach 9:00 AM Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSVP Restorative Yoga 11:15 AM Círculo de Tejer 12:00 PM An Afternoon at the Opera 12:30 PM RSVP Cooking for Teens 12:30 PM RSVP	
15	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM French Cooking Made Easy and Healthy 6:00 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM Clase de Joyeria 10:00 AM RSVP T'ai Chi Chih 11:15 AM Meditación 11:30 AM Living Beyond Loss NG 6:00 PM	Family Day/Día de Familia: Chicago Sky 9:30 AM RSVP Gentle Yoga 10:30 AM Meditation 11:45 AM Navigating Life with Cancer Series 12:30 PM RSVP	Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP	Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM Clubhouse Closes 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:15 AM Faces of Survivorship Composite Photoshoot 12:30 PM RSVP	
22	T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Surviving and Thriving Lecture 5:30 PM RSVP Yoga 7:00 PM	Gentle Yoga 10:00 AM	Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM	Teen Camp Reunion 9:30 AM RSVP Acupuncture and Oncology Lecture 6:30 PM RSVP	Clase de Nutrición 10:00 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:15 AM Círculo de Tejer 12:00 PM	
29	Kids Camp 9:00 AM RSVP T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Meditation 12:30 PM Yoga 7:00 PM	Kids Camp 9:00 AM RSVP Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Lymphedema and Exercise Series 6:30 PM RSVP	 An Affiliate of the CANCER SUPPORT COMMUNITY	<h1>JULY 2018</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. * Requires attendance at all sessions</p>			

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>AUGUST 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>			Kids Camp 9:00 AM RSVP Gentle Yoga 10:30 AM Meditation 11:45 AM Sketch to Improv Workshop 6:00 PM RSVP	Kids Camp 9:00 AM RSVP Cancer, Sleep and Your Body's Clock Lecture 6:00 PM RSVP	Kids Camp 9:00 AM RSVP Yoga 9:30 AM BeMoved 11:15 AM Clubhouse Closes 3:00 PM	Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:15 AM T'ai Chi 12:30 PM
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	 <p>GILDA'S CLUB CHICAGO An Affiliate of the CANCER SUPPORT COMMUNITY</p>

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>SEPTEMBER 2018</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. * Requires attendance at all sessions</p>				 <p>GILDA'S CLUB CHICAGO An Affiliate of the CANCER SUPPORT COMMUNITY</p>		<p>CLUBHOUSE CLOSED FOR LABOR DAY</p> <p>1</p>
2	<p>CLUBHOUSE CLOSED FOR LABOR DAY</p> <p>3</p>	<p>Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM</p> <p>4</p>	<p>Gentle Yoga 10:30 AM Meditation 11:45 AM Navigating Life with Cancer Series 6:00 PM RSVP</p> <p>5</p>	<p>Improv 6:00 PM RSVP</p> <p>6</p>	<p>Yoga 9:30 AM BeMoved 11:15 AM</p> <p>7</p>	<p>Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSVP Caring Arts 10:00 AM Restorative Yoga 11:15 AM Círculo de Tejer 12:00 PM T'ai Chi 12:30 PM Cooking for Teens 12:30 PM RSVP Family Arts and Crafts 12:30 PM RSVP</p> <p>8</p>
9	<p>Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Women of Color NG 4:00 PM Yoga 7:00 PM</p> <p>10</p>	<p>Gentle Yoga 10:00 AM Young Women with Breast Cancer NG 6:00 PM Frankly Speaking About Lung Cancer 6:00 PM RSVP</p> <p>11</p>	<p>Gentle Yoga 10:30 AM Meditation 11:45 AM Lung Cancer NG 6:00 PM Navigating Life with Cancer Series 6:00 PM RSVP Post-Treatment NG 6:00 PM</p> <p>12</p>	<p>Grupo de Apoyo Latino 10:00 AM Improv 6:00 PM RSVP</p> <p>13</p>	<p>Yoga 9:30 AM BeMoved 11:15 AM Charla: De Cuidador a Cuidador 11:30 AM RSVP</p> <p>14</p>	<p>ArtReach 9:00 AM Yoga 9:15 AM Restorative Yoga 11:15 AM Fall Festival/ Festival de Otoño 12:30 PM RSVP</p> <p>15</p>
16	<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 Yoga 7:00 PM</p> <p>17</p>	<p>Clase de Joyería 10:00 AM RSVP Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM Meditación 11:30 AM Living Beyond Loss NG 6:00 PM Member Spot: Cooking Demo with Nataliha 6:30 PM RSVP</p> <p>18</p>	<p>Gentle Yoga 10:30 AM Meditation 11:45 AM Navigating Life with Cancer Series 6:00 PM RSVP</p> <p>19</p>	<p>Pharmacy Lecture Series 6:30 PM RSVP Prostate Cancer NG 6:00 PM Improv 6:00 PM RSVP</p> <p>20</p>	<p>Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM</p> <p>21</p>	<p>Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:15 AM Círculo de Tejer 12:00 PM Family Arts and Crafts 12:30 PM RSVP</p> <p>22</p>
23	<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 Surviving and Thriving 5:30 PM RSVP Yoga 7:00 PM</p> <p>30</p>	<p>Gentle Yoga 10:00 AM Board Game Night 6:00 PM RSVP</p> <p>25</p>	<p>Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM</p> <p>26</p>	<p>GCC@School Professional Development Seminar 6:00 PM RSVP Improv 6:00 PM RSVP</p> <p>27</p>	<p>Yoga 9:30 AM Clase de Nutrición 10:00 AM RSVP BeMoved 11:15 AM</p> <p>28</p>	<p>Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:15 AM</p> <p>29</p>

HEALTHY LIFESTYLE PROGRAMS

Programs listed in RED require an RSVP

MIND/BODY/SPIRIT CLASSES

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

Yoga

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

*Please Note: This class is canceled on September 3.

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. *Please Note: This program is canceled on September 3.

Gentle Yoga

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

*Please Note: This class is canceled on August 21 and 22.

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

Restorative Yoga

Saturdays | 11:00 a.m. – 12:00 p.m.

*Please Note: This class is canceled on September 1.

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

BeMoved®

Fridays | 11:15 a.m. – 12:15 p.m.

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

Meditation

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

*Please Note: This class is canceled on July 4, August 22 and September 3.

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

T'ai Chi Chih®

Select Mondays: July 2, 16, 23, 30; August 6, 20, 27; September 17, 24 | 10:00 – 11:00 a.m.

Select Tuesdays: July 3, 17, 31; August 7, 28; September 4, 18 | 11:15 a.m. – 12:15 p.m.

Based on ancient Chinese wisdom, Tai Chi Chih is 19 simple slow gentle movements that circulate and balance energy. It is a moving meditation that brings serenity and a greater sense of wellbeing. Movements can be done

standing, seated or through visualization.

T'ai Chi

Select Saturdays, July 7, August 4, September 8 | 12:30 – 1:30 p.m.

An ancient Chinese exercise combining physical movement and meditation.

EXPRESSIVE ARTS ACTIVITIES



Caring Arts (Painting)

Select Saturdays, July 7, 21, 28; August 4, 18, 25; September 8, 22, 29 | 10:00 a.m. – 2:00 p.m.

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

ArtReach Clay Project with LillStreet

Select Saturdays: July 14, August 11, September 15 | 9:00 a.m. – 12:00 p.m.

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

Jewelry

Mondays | 12:00 – 2:00 p.m.

*Please Note: This class is canceled on July 30 and September 3.

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.

Lymphedema and Exercise Series

Tuesdays, July 31, August 7 and 14 | 6:30 – 7:30 p.m.

Attendance at all three weeks is highly encouraged

Lymphedema is a commonly misunderstood and confusing diagnosis that many people encounter as a result of breast cancer treatment. This program will be led by occupational and physical therapists from the Shirley Ryan Ability Lab who specialize in lymphedema and cancer rehabilitation. Participants will learn the benefits and importance of a regular exercise program with a diagnosis or risk of lymphedema. Participants will be provided with the knowledge and means to implement a sustainable exercise program after the completion of the 3 sessions. This program will also educate patients on lymphedema risk reduction practices.

*Please note: Comfortable clothing is encouraged for the last two sessions.

Presented by: Mary Zalinger, PT, DPT, CLT Physical Therapist & Alexi Florian, OTR/L, CLT, Occupational Therapist, Shirley Ryan Ability Lab

Light refreshments provided





PROGRAMA LATINO DE GILDA'S CLUB CHICAGO (JULIO - SEPTIEMBRE 2018)

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: 7, 21 y 28 de julio; 4, 18 y 25 de agosto; 8, 22 y 29 de septiembre | 10:00 a.m. – 2:00 p.m.

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

No se requiere experiencia previa.

Clase de Joyería

tercer martes del mes: 17 de julio, 28 de agosto y 18 de septiembre | 10:00 – 11:30 a.m.

Se requiere reservación

Aprenda como crear tus propios collares, aretes y esclavas.

Clase de Nutrición

viernes, 27 de julio, 24 de agosto y 28 de septiembre | 10:00 a.m. – 12:00 p.m.

Se requiere reservación

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

Clase de Barro (ArtReach)

segundo sábado del mes: 14 de julio, 11 de agosto y 15 de septiembre | 9:00 a.m. – 12:00 p.m.

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

Desayuno para Nuevos Participantes (Newcomers Breakfast)

segundo sábado del mes: 14 de julio, 11 de agosto y 8 de septiembre | 9:30 – 10:30 a.m.

Se requiere reservación

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

Meditación

tercer martes del mes: 17 de julio, 28 de agosto y 18 de septiembre | 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: 20 de julio, 17 de agosto y 21 de septiembre | 12:30 – 1:30 p.m.

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

BeMoved®

viernes | 11:15 – 12:15 p.m.

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

Yoga

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

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

Yoga Restaurativa

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

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

T'ai Chi

primer sábado del mes: 7 de julio, 4 de agosto, 8 de septiembre | 12:30 – 1:30 p.m.

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

T'ai Chi Chih

lunes: 2, 16, 23 y 30 de julio, 6, 20 y 27 de agosto; 17 y 24 de septiembre | 10:00 – 11:00 a.m.

martes: 3 y 17 de julio; 7 y 28 de agosto; 4 y 18 de septiembre | 11:15 a.m. – 12:15 p.m.

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

**¿Se aproxima su cita con el doctor?
¿Abrumado por tanta información?
¿No sabes qué preguntar?
NOSOTROS PODEMOS AYUDAR**

Open to Options™ (Abierto a Opciones) le ayuda a manera que usted identifique preguntas importantes sobre sus opciones y de tratamiento de cáncer basadas en sus necesidades personales.

Disponible sin costo alguno, este servicio le ayudará a:

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



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

Podemos hacer una cita por teléfono o en persona.

GRUPO DE APOYO

Grupo de Apoyo Latino

Segundo jueves del mes: 12 de julio, 9 de agosto y 13 de septiembre | 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

Todos estos programas requieren reservación

Día de Familia: Chicago Sky

miércoles, 18 de julio | 9:30 a.m. - 2:00 p.m.

Acompáñenos en familia a un paseo al Wintrust Arena para ver un partido de baloncesto del equipo Chicago Sky. La transportación está incluida.



Traiga a Un Amigo al Club

miércoles, 11 de julio | 10:00 - 11:00 a.m.

Invita a un amigo o amiga a que conozcan más sobre Gilda's Club. Nosotros proveeremos desayuno.

Festival de Otoño

sábado, 15 de septiembre | 12:30 - 2:30 p.m.

Cada año, los estadounidenses observan el Mes Nacional de la Herencia Hispana del 15 de septiembre al 15 de octubre por la celebración de las historias, culturas y contribuciones de los ciudadanos estadounidenses cuyos antepasados vinieron de España, México, el Caribe, Centro y Sur América. Participa en la celebración de la cultura hispana en Gilda's Club Chicago. Se proporcionará entretenimiento. Favor de traer un plato de comida para compartir con los demás miembros del club. Habrá actividades para los niños.



Charla: De Cuidador a Cuidador

viernes, 14 de septiembre | 11:30 a.m. - 12:30 p.m.

Se compartirá información muy importante para aquellas personas que cuidan de mujeres con cáncer de seno.

DÍAS FESTIVOS:

El club estará cerrado el miércoles, 4 de julio por motivo del Día de la Independencia.

El club cerrará a las 3:00 p.m. el viernes, 31 de agosto y seguirá cerrado hasta el lunes, 3 de septiembre por motivo del Día Laboral.

Horario de Verano

A partir del viernes, 26 de mayo, el club cerrará a las 3:00 p.m. cada viernes hasta el 3 de septiembre.

NOOGIELAND: PROGRAMA PARA NIÑOS Y JÓVENES

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

GRUPOS DE APOYO PARA NIÑOS

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

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

Se requiere reservación

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

Grupo de Duelo (en inglés)

Se requiere reservación

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

MARQUE SU CALENDARIO

Noogiefest (Fiesta de Halloween)

sábado, 20 de octubre | 11:00 a.m. - 1:00 p.m.

Fotos Navideñas con Santa

sábado, 10 de noviembre | 11:00 a.m. - 1:00 p.m.

Fiesta de Navidad para Niños

sábado, 1ro de diciembre | 11:00 a.m. - 1:00 p.m.

Fiesta de Navidad para Adultos

viernes, 7 de diciembre | 5:30 - 8:30 p.m.

Posada Navideña

viernes, 14 de diciembre | 12:00 - 2:00 p.m.



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

30 de julio - 3 de agosto | 9:00 a.m. - 3:00 p.m.

Se requiere registración previa

ACTIVIDADES DE NOOGIELAND

Todos estos programas requieren reservación

Artes Manuales para la Familia

sábado, 25 de agosto, 8 y 22 de septiembre | 12:30 - 2:00 p.m.

Programa que ofrece artes manuales y una merienda.

Cocina para Jóvenes (Cooking for Teens)

sábado, 14 de julio, 11 de agosto y 8 de septiembre |

12:30 - 2:00 p.m.

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

Picnic Familiar

jueves, 12 de julio | 12:00 - 2:00 p.m.

Acompáñenos para disfrutar de sabrosas comidas y actividades de verano para toda la familia.

Terapia de Mascota

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

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.

Reunión de Campamento Juvenil

jueves, 26 de julio | 9:30 a.m. - 4:30 p.m.

Las reuniones de campamento son un momento muy especial para reunirse con nuestros amigos del campamento. Este año, la reunión será en Wrigley Field durante un juego de los Chicago Cubs.

Juego Supervisado Esto se proporciona para los niños mayores de 1 año de edad, cuyos familiares deseen asistir a un programa. Los bebés menores de 1 año son bienvenidos, pero deben permanecer con sus padres. Por favor llame por lo menos 3 días de 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 MAUD CAVAYE



Maud learned about Gilda's Club Chicago a few years ago at a volunteer fair while she was attending the Chicago School of Professional Psychology. She met a person representing the organization, expressed her interest in cooking and got connected to GCC shortly thereafter. Maud has family members who have been impacted by cancer, including a younger cousin who had leukemia. It was her family's connection with cancer that motivated her to want to become a psychologist. She is in her third year of a clinical psychology doctorate program. Maud, originally from Paris, France, facilitates French pastry classes and prepares delicious food for the Newcomers Breakfasts at the Wells Street Clubhouse. Maud stated, "I love the way I was welcomed by the team," and said she was happy to give a little bit of her time to Gilda's Club Chicago.

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.

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 x134.

SAVE THE DATE: Night of a Thousand Noogies

Saturday, October 13 | 7:00 p.m.

Park West; 322 W. Armitage Ave.

\$75 General Admission, \$125 VIP Tickets

Join the Associate Board of Gilda's Club Chicago for an evening of unique comedy at their annual "Night of A Thousand Noogies," where Second City actors improvise skits and songs based on interviews with Chicago celebrities. Guests will enjoy a one-of-a-kind improv comedy show, raffle, silent auction, tasty bites and drinks. Proceeds from the event benefit Gilda's Club Chicago. For more information, contact Nadia Garcia, Gilda's Club Chicago Development Manager, at 312-464-9900 or nadiagarcia@gildasclubchicago.org. Tickets available at www.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. Participate in the following races, or an event of your choice.

- Chicago Half Marathon - September 23, 2018

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



Free cancer support for the whole family, the whole time

Cheerleaders Needed Sunday, October 7

Come out to cheer on Team Gilda runners as they race through the city at the Bank of America Chicago Marathon. Team Gilda has dedicated all summer to training, fundraising and creating awareness of Gilda's Club Chicago's mission. The Wells St. Clubhouse is located near mile marker 11. For more information, please contact Debbie Slowinski, Volunteer and Outreach Coordinator at debbieslowinski@gildasclubchicago.org.

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 Gentle Yoga Lectures Music (3 South) Networking Groups Tai Chi Zumba	Art Art (3 South & Infusion Clinic) Drum Circle Games Lectures Smoking Cessation Networking Groups Zumba	Baking Club Boot Camp Gentle Yoga Lectures Music & Meditation Networking Groups Surviving & Thriving Wellness Group Yoga	Clubhouse closed most Fridays Check the calendar for special events	Open Saturdays 9:00 a.m. - 1:00 p.m. Family Art Gentle Yoga Networking Groups 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 BINGO Crafts Jewelry Making Puzzles	BINGO Chair Yoga Guided Relaxation Journaling Bilingual Group (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	Jewelry Making Journaling Yoga Afternoon with Music		
Galter 21, Infusion Suite Conference Room		Artist in Residence		Artist in Residence		
Prentice Women's Hospital 4th floor, Infusion Suite 250 E. Superior		Artist in Residence				
Prentice, Inpatient 14, 15, 16		Artist in Residence			Artist in Residence	10 Minutes to Relaxation
Arkes Pavilion 21st Floor Infusion Suite 676 N. St. Clair		Artist in Residence				

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

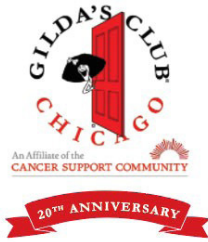
Ann & Robert H. Lurie Children's Hospital of Chicago
 Kathleen Boss, ext. 118
kathleenboss@gildasclubchicago.org

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

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

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





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

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Chicago, Illinois 60654

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

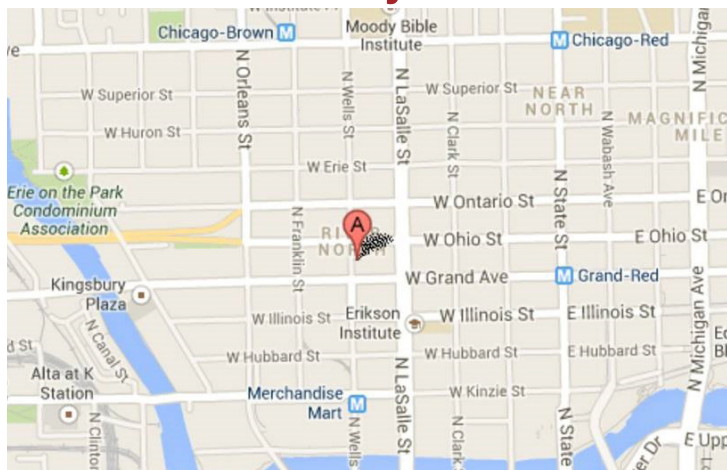
Special thanks to Schafer Condon Carter for creating our 20th Anniversary logo.



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!



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