Did You Know?

Cancer impacts all family members, including teens. “RD Squad” is a great way for them to meet others who might be going through a similar experience. Through a variety of activities and special events, teens raise awareness and interest in Gilda’s Club Chicago while having a great time! This program provides students with fun activities as well as support, leadership and community service opportunities.

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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!

CLOSURES AND PROGRAMMING ADJUSTMENTS
Regular programming will be cancelled on Saturday, October 19 due to our annual Halloween party, Noogifest. Please join us for family fun from 12:00 - 2:00 p.m.

The Clubhouse will be closed on Saturday, November 2 due to hosting the First Descents Retreat.

The Clubhouse will be closed on Saturday, December 7. Please join us on Friday, December 6 from 5:30 - 8:00 p.m. for our annual Holiday Party!

CLUBHOUSE HOLIDAY CLOSURES
The Clubhouse will close at 3:00 p.m. on Wednesday, November 27 and remain closed through Sunday, December 1 for Thanksgiving.

The Clubhouse will close at 5:00 p.m. on Monday, December 23 and remain closed through Wednesday, December 25 for Christmas. The Clubhouse will close at 5:00 p.m. on Thursday, December 26 and be open regular hours on Friday, December 27 and Saturday, December 28.

The Clubhouse will close at 5:00 p.m. on Monday, December 30 and remain closed through Wednesday, January 1 for New Year’s Day.

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.

Make your voice heard: Become an Advocate!
Help ensure that people impacted by cancer have access to quality, comprehensive cancer care that includes social and emotional support. Join our grassroots advocacy network to be among the first to hear about important policy issues and also have the opportunity to advocate for quality cancer care. Making your voice heard will impact the decisions made in Washington, D.C. and across the country.

To join, please visit: www.CSCadvocate.org

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

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

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

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

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

To schedule a session with an Open to Options™ Specialist, call Rachel Kennedy, LCPC at 312-464-9900. Appointments are available by phone or we can meet with you at any of our Gilda’s Club Chicago locations.

312-464-9900 • GildasClubChicago.org
NOOGIELAND

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

KID SUPPORT

Kid Support and Kids Bereavement are held on ten (10) consecutive Saturdays. A one-time Parent/Guardian Orientation is required for parents prior to the start of the series. Each group is led by a licensed facilitator experienced in working with children, parents and families affected by cancer. Groups are for children 4-12 years old and are divided by age. Advanced registration and attendance at each session is required. Enrollment is open now for fall groups. Call 312-464-9900 to sign up.

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.

SUPERVISED PLAY

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

For group registration or Supervised Play, please contact Noogieland Program Coordinator, Ashley Carrasco, LSW at 312-464-9900 x116 or ashleycarrasco@gildasclubchicago.org.

SPECIAL EVENTS

Dog Treat Baking & Pet Therapy
Saturday, October 5 | 12:30 - 2:30 p.m.
Families are invited to broaden their baking skills. Join us in learning how to make homemade delicious treats for your furry friends! Our resident pet therapist, Sherman the Shorkie, will also be joining us. He is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. Pet therapy is scientifically proven to have social and emotional benefits.

Noogiefest
Saturday, October 19 | 12:00 - 2:00 p.m.
Something is brewing over at Gilda’s Club Chicago. There will be tasty Halloween treats, games and crafts for the whole family, provided by the Junior League. Dress up in your favorite costume or come as you are. You don’t want to be tardy for our Halloween party!

Dia de los Muertos Celebration
Saturday, October 26 | 12:00 - 2:00 p.m.
Children and teens are invited to our first-ever Dia de los Muertos Celebration! This is a popular holiday in Mexico and Latin America to honor loved ones who have passed. We will be screening Disney’s Coco (2017), offering face painting and decorating calavera sugar cookies. Noogies can also bring photos and decorations for the remembrance altar.

Day of Remembrance
Saturday, November 9 | 12:00 - 2:00 p.m.
Join us for our annual ceremony remembering those friends and loved ones whose lives were shortened by cancer. Children and teens will create tribute memory books, memorial crafts and create memorial stones for placement in the Club’s Remembrance Fountain. We encourage bringing photos and other mementos.

Family Day: Holiday Photos with Santa
Saturday, November 16 | 12:00 - 2:00 p.m.
Families are welcome to join us in taking holiday photos with Santa and enjoy a yummy hot chocolate bar and crafts! Photos will be processed and ready in early December.

Christmas Party for Kids!
December 8 | 2:30 - 4:30 p.m.
Kids enjoy holiday games, Santa photos, crafts, family play area and refreshments.

Santa Letter Writing Workshop and Story Time
Saturday, December 21 | 12:00 - 2:00 p.m.
Come write your best letter to Santa! We will have fun stationery and things to decorate your letter to make it stand out. An elf might even join in on the fun! We will also have gingerbread cookies and eggnog.

DROP-IN GROUPS

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

Red Door Squad
First and Third Tuesday each month | 5:30 – 7:00 p.m.
October 1 & 15; November 5 & 19; December 3 & 17
Through a variety of activities and special events, teens serve as members of our “RD Squad.” This program provides students with fun activities as well as support, leadership and community service opportunities.

HEALTHY LIFESTYLE

Namaste, Noogies: Yoga
Saturday, October 12 | 12:00 – 1:00 p.m.
Yoga encourages kids to feel calm, compassionate and connected. In this playful yoga class kiddos can:
• Learn ways to manage stress/anxieties.
• Be introduced to meditation and become more mindful.
• Develop strength and body confidence.
• Have fun in a class created just for them!

GCC@School: Cancer Support for the Classroom
Offer support for students and educators touched by cancer.
For those diagnosed, this program provides guidance for a smooth transition from treatment back to the classroom and can serve as an outlet for expressing feelings through conversation and art. For those educators looking to enhance their health and wellness curriculum overall, we can also deliver a general presentation geared toward all audiences.
For more information, please contact 312-464-9900 or email lindsaytynes@gildasclubchicago.org.
WEEKLY SUPPORT GROUPS

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

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

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

WELLNESS GROUPS:
- Monday 5:30 p.m.
- Tuesday 12:30 p.m.
- Thursday 12:00 p.m.
- Saturday 10:30 a.m.

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

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

FAMILY/FRIENDS GROUPS:
- Monday 5:30 p.m.
- Monday 6:00 p.m.

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

BEREAVEMENT GROUPS:
- Wednesday 6:00 p.m.
- Saturday 10:30 a.m.

MONTHLY NETWORKING GROUPS

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

*Please note date changes due to holidays.

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

CAREGIVER *New Day & Time*
Second Tuesday each month | 12:00 – 1:30 p.m.

YOUNG WOMEN WITH BREAST CANCER
Second and Fourth Tuesdays each month
6:00 – 7:30 p.m.
This group is held in partnership with the Young Survival Coalition.

*Group will be canceled on Tuesday, December 24.

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

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

LUNG CANCER
*Select Wednesdays: October 23; November 6; December 4
6:00 – 7:30 p.m.
The meeting on November 6 will be part of our Shine a Light on Lung Cancer special event.

BLADDER CANCER
*Select Wednesdays: October 23; December 11
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.

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.

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

Amita Health Saints Mary and Elizabeth
2233 W. Division Street

Chicago Family Health Center
9119 S. Exchange

Christ Universal Temple
11901 S. Ashland Ave.
2nd Saturdays of the month
11:00 a.m. - 2:00 p.m.

Howard Brown Health Center
4025 N. Sheridan Rd.

Mission of Faith Baptist Church
11321 S. Prairie Ave.
4th Saturdays of the month
12:00 - 3:00 p.m.

Salem House of Hope
10909 S. Cottage Grove

Seventh Day Adventist
7000 S. Michigan Ave.

Trinity United Church of Christ
400 W. 95th Street
3rd Saturdays of the month
11:00 a.m. - 2:00 p.m.
**LECTURES**

Programs listed in RED require an RSVP

**LECTURES**

**Fatigue and Exercise**  
**Thursday, October 3 | 6:00 – 7:30 p.m.**  
Are you a cancer survivor battling fatigue? Did you know it is different than normal fatigue? Did you know that exercise can be your best tool for fighting it? Find out more about cancer-related fatigue and how to use exercise safely and effectively to combat it at all stages of cancer treatment and recovery.  
**Presented by:** Lindsay Hanna, MS, PT, DPT, CET  
Sovereign Rehabilitation

**Benefits of Aromatherapy**  
**Friday, October 18 | 12:30 – 1:30 p.m.**  
Essential oils, used in aromatherapy, can help relieve stress, relax the body and promote better sleep... but this is just the beginning. Join us as we discuss the many wonderful benefits of essential oils and learn how we can weave these gifts of nature into our daily lives.  
**Presented by:** Joan Zigulich, Certified Yoga Instructor | Member of the National Association of Holistic Aromatherapists

**Grief and the Holidays**  
**Tuesday, November 12 | 6:00 – 7:00 p.m**  
Grieving the loss of a loved one? Not sure how to make it through the holidays? You’re not alone. The holidays present an especially difficult time for those who are grieving and it can be overwhelming to figure out how to navigate them. Join us as we come together and talk about what grief is like in the holiday season and learn strategies to cope.  
**Presented by:** Ashley Wilkins, LCSW | Center for Grief Recovery & Therapeutic Services

**Nature’s Grace and Wellness Cannabis Workshop**  
**Wednesday, December 4 | 6:00 – 7:00 p.m.**  
This discussion will highlight how this family farm operates and came to fruition. It will also feature a general overview of cannabis benefits, products and more on Cannabis Matters advocacy work. This will include how to get a Medical Cannabis Card, information on Illinois’ Opioid Alternative Pilot Program (OAPP) and information on cannabis legalization.  
**Presented by:** Patrick O’Herrn, Cynthia Guzman and Samara Makhlouf

**SPECIAL EVENTS**

**19th Annual GCC®School Professional Development Seminar: Talking to Kids About Death & Dying**  
**Thursday, October 24 | 5:30 - 7:30 p.m.**  
This free seminar provides school and healthcare professionals with the necessary information to support children, families and friends who have been impacted by cancer or experienced the loss of a loved one. Dinner is included. This will take place at Gilda’s Club Chicago, 537 North Wells Street, Chicago.  
2 CEUs will be provided free of charge for counselors and social workers.  
**Presented by:** Shannon Zaleski, LCSW, OSW-C and Katie Kass, CCLS  
JourneyCare  
**Register online at:** http://bit.ly/2NkpgRN

**First Descents Chicago Program**  
**Saturday, November 2 & Sunday, November 3**  
Come learn how to get Out Living It in your own backyard with your local First Descents community! This program will walk you through how to set goals, practice yoga and mindfulness, plan an adventure and nutrition guidance to fuel your busy life. Everyone will be ‘urban camping’ in the yoga studio for an overnight adventure at Gilda’s Club Chicago! This program is open to the FDtributaries Chicago community - any local young adult (ages 18-45) impacted by cancer. Unfortunately, no +1s at this time.  
**Register online at:** https://www.tfaforms.com/4742154

**Shine a Light on Lung Cancer**  
**Wednesday, November 6 | 6:00 – 7:30 p.m.**  
Join us as we host our first Shine a Light on Lung Cancer event. We will join over 200 other locations around the country in celebrating and remembering survivors, caregivers and all individuals who have been impacted by lung cancer. The night will include a presentation about lung cancer and personal stories from individuals impacted by lung cancer.

**Wig Fashions: Look Great, Feel Great, Solutions and Maintenance Care Workshop**  
**Tuesday, October 15 | 6:00 – 7:00 p.m.**  
Join certified non-surgical hair replacement education specialists and trainers as they provide insight into wig construction, what to look for when choosing a wig and recommend important care and maintenance of your wig. Samples of wigs will be shown throughout this demonstration.  
**Presented by:** Linda and Tony Randle | Salons Ink

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

The Art of Mindfulness & Compassionate Care - A Path to Peace
Select Tuesdays:
October 1, 8, 15, 22, 29 | 6:00 – 7:15 p.m. (First Series)
November 5, 12, 19 | 6:00 – 7:15 p.m. (Second Series)
December 3, 10, 17 | 6:00 – 7:15 p.m. (Third Series)
Learn the foundations of the heart-opening practices of mindfulness and insight meditation. Join this workshop series to learn and practice the cultivation of love, kindness, compassion, joy, equanimity and peace. As part of this journey of personal exploration and discovery, you will practice the integration of mindfulness and meditation to enrich your daily life and relationships with more balance and a deeper peace, love and heart connection. These will be a series of 75-minute classes, which connect us more deeply to our true nature and what matters most in our lives. Each class will include teachings on the cultivation of care (including mindfulness of breath, body, thoughts and emotions), insight meditation practice, inquiry and discussion.
Attendance at each session is encouraged.
Presented by: Sharon Fierro, Mindfulness Meditation and Qigong Teacher

Graphic Medicine: Writing and Art Workshop Series
Select Wednesdays: October 22, 16, 30 | 6:00 – 7:30 p.m.
Share your story in a new way, using the ever-expanding genre of graphic medicine to combine words and images into a narrative that feels true to you. No drawing or writing experience needed to join this creative space and leave with three projects that share your story.
Facilitated by: Kathryn West, AM, LSW and Brian Callender, MD

Wisdom Circle
Select Fridays: October 4; November 1; December 20
12:30 – 2:30 p.m.
This experiential discussion group will focus on different themes each month. In October, we will discuss how change impacts our lives. In November, we will connect over the topic of gratitude. In December, the topic will center around holidays and traditions.
Presented by: Beth Conaghan, Certified Sage-ing Leader

The Moon is My Calendar
Thursday, October 10 | 5:00 – 6:30 p.m.
Learn to chart and track your personal cycles in relation to the lunar calendar by using the “New Moon Calendar Journal” by April McMurtry. We will go through the process of health and wellness tracking. Build self-awareness by tracking things like your sleep cycle, medications, wellness practices and moods. Calendar journals will be provided.
Facilitated by: Lyndseae Rinio, Certified Yoga Instructor; E-RYT200

Understanding Motivation through Memoir: An Intimate Look at Fulfillment (6-Week Series)
Thursdays: October 17 – November 21 | 6:00 – 8:00 p.m.
Using techniques of memoir writing, this program offers the opportunity for creative involvement that can increase self-understanding and personal awareness of intrinsic motivation (the pleasure in the act itself). Through the act of sharing their writing, group members will be able to discuss and receive peer feedback on their stories. With only six sessions, attendance is important for building trust and continual learning. Sharing personal stories means confidentiality must be respected. A reasonable amount of writing will occur both in the program sessions and between them.
A limited number of spaces are available - first come, first served basis.
Facilitated by: Dr. Raymond Wlodkowski

NUTRITION
Member Spot: Seasonal Cooking with Julie
Third Wednesdays: October 16; November 20; December 18
6:00 – 7:30 p.m.
Join us for this monthly cooking series focused on local, organic and seasonal produce! October will feature Chicken Cacciatore and Ratatouille. November will feature “Better Side Dishes for the Feast.” December will feature Chicken Barley Soup and “Easy Homemade Meat Sauce and Pasta.”
Presented by: Julie Malec

COMEDY
Improv (6-Week Series)
Thursdays: September 26 – October 31 | 6:00 – 8:00 p.m.
All are welcome to this supportive and fun chance to play pretend and learn a little more about improvisation while having fun and reducing the stresses of cancer. This course is for beginners and alumni. Participants of the class will have the opportunity to attend an improv show together. Attendance each week is highly encouraged.
Facilitated by: Kat Bovbjerg

Brave Enough to Laugh: Humorous Blog Writing Workshop
Wednesday, November 13 | 6:00 – 8:00 p.m.
Nonprofit organization, Humor Beats Cancer, teams up with Gilda’s Club Chicago to host a writing workshop where we will discuss how to find humor in your cancer journey and include that humor in your writing. Longtime writer and former journalist Olivia Clarke, founder of Humor Beats Cancer, will lead the workshop on November 13. The next week those interested will get to read their humorous blog posts aloud for an audience—to create that sense of community and to share joy with others on their cancer journeys. The reading will be held at Comedy Sportz.

Gilda’s Improv Team
Select Thursdays: November 14 and December 5
6:00 – 8:00 p.m.
Gilda’s Improv Team is a monthly improv rehearsal for anyone who has taken Gilda’s Club Beginner Improv Class. The team will focus on reconnecting with friends, playing long form improv scenes, deepening improvisation skills and performing at Gilda’s and in the greater Chicago community.
Facilitated by: Kat Bovbjerg

Finding Strength from Laughter
Wednesday, November 20 | 6:00 – 8:00 p.m.
Join us for an evening of laughter as participants from our Brave Enough to Laugh: Humorous Blog Writing Workshop and Improv Series showcase their talents. Comedy Sportz is generously donating their stage for our bloggers and improvisors to perform. Participation in the workshops are not required to join in on the fun! Mingle with others and enjoy a fun night of comedy.
Comedy Sportz is located at 929 W. Belmont Ave, Chicago.

Dramatic Improv
Thursday, December 12 | 6:00 – 8:00 p.m.
This workshop welcomes first-time improvisers or those with a performance history. We will cover tools to turn dramatic moments into opportunities for stronger relationships and stronger choices on stage — including bigger laughs! We will also discuss how these same tools can transfer to other areas such as public speaking, leadership and interpersonal communication.
Facilitated by: Jessica Landis

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SOCIAL EVENTS
Programs listed in RED require an RSVP

Dog Treat Baking & Pet Therapy
Saturday, October 5 | 12:30 – 2:30 p.m.
Join us in learning how to make homemade delicious treats for your furry friends! Our resident pet therapist, Sherman the Shorkie, will also be joining us. He is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. Pet therapy is scientifically proven to have social and emotional benefits.

Newcomers Breakfasts
Select Saturdays: October 12; November 9; December 14
9:30 – 10:30 a.m.
All participants who have recently joined any GCC location are cordially invited to get familiar with the Wells Street Clubhouse, meet other new members and enjoy chatting over breakfast provided by GCC volunteers.

Día de los Muertos Celebration
Saturday, October 26 | 12:00 – 2:00 p.m.
Día de Los Muertos is a popular celebration in Mexico and other parts of Latin America, where loved ones who have passed are remembered. It is a day to welcome back the memory and souls of people who are still an important part of our families and lives. Join us in decorating our altar with photos of loved ones. We will also have a screening of Disney’s Coco (2017), face painting, decorating calavera cookies and other Noogie activities.

Day of Remembrance
Saturday, November 9 | 12:00 – 2:00 p.m.
Gilda’s Club Chicago welcomes you to participate in our annual ceremony remembering those friends and loved ones whose lives were shortened by cancer. The event will feature inspirational words, members sharing stories and memories of their loved ones (optional), an interactive portion including grief yoga, and creating memorial stones for placement in the Club’s Remembrance Fountain. Children and teens are welcome to join in our Noogieland Day of Remembrance activities.

Orizomegami
Friday, November 15 | 12:30 – 2:30 p.m.
Join Artist Pam Martinez for Japanese paper folding and dyeing class known as Orizomegami. Absorbent paper is folded and then dyed to produce interesting geometrical patterns when the paper is unfolded as practiced in Japan and around the world for centuries. This exciting two-hour class will introduce four basic paper folds. All material included.

A limited number of spaces are available - first come, first served basis.
Presented by: Pam Martinez

Holiday Cookie Exchange
Tuesday, December 3 | 4:00 – 5:30 p.m.
Baby, it’s cold outside! Come warm up with us in the kitchen as we bake and share holiday recipes together! A “hot chocolate bar” will also be part of the jolly festivities!

GCC Holiday Party
Friday, December 6 | 5:30 – 8:00 p.m.
Join Gilda’s Club Chicago at our annual holiday party! Help us celebrate with our members, volunteers and other partners. Enjoy hors d’oeuvres and drinks while listening and dancing to music from our own Bradford Newquist, a professional musician and member of our staff. There will also be fun holiday-themed games and crafts for children in Noogieland. Bring the whole family for a fantastic time.

ALAS Wings - Mobile Salon
Wednesday, December 11 | 10:00 a.m. – 2:00 p.m.
ALAS-WINGS is dedicated to empowering Hispanic women about breast cancer awareness through education and support for all women faced with a breast cancer diagnosis. The mobile salon is a special program designed for women with cancer to improve their self-esteem and physical appearance. The salon includes a donation of bras, prosthesis and wigs. Open to any woman living with cancer.

Posada Navideña
Friday, December 13 | 12:00 – 2:00 p.m.
Celebrate Christmas in the Mexican tradition of “Las Posadas” with songs, music, food and traditional Christmas punch. Posadas are an important part of Mexican Christmas traditions. These community celebrations take place on each of the nine nights leading up to Christmas.

Young Adult Social at GCC: Winter Solstice Candlelight Yoga
Tuesday, December 17 | 5:00 – 7:00 p.m.
Join us for a Winter Solstice Candlelight Yoga class at our Wells St. Clubhouse. After class, we will enjoy wintry treats and socializing.
Facilitated by: Lyndsaee Rino, Certified Yoga Instructor; E-RYT200

Sephora Brave Beauty
Select Sundays: October 6 | 9:00 – 10:30 a.m.
Additional dates may be found on our website.
Sephora presents a free, 90-minute program, Brave Beauty in the Face of Cancer at Sephora, 108 N. State St., Suite 134, for people living with cancer and their loved ones. Learn soothing skincare routines and quick-fix makeup tricks to help restore glow and the appearance of brows and lashes that may be affected by cancer treatments.
Sephora is located at 108 N. State St., Suite 134. A limited number of spaces are available - first come, first served basis. For more information and to reserve your space, please contact program staff at 312-464-9900.

Holiday Glam
Thursday, November 7 | 10:00 – 11:30 a.m
Celebrate the start of the holiday season with the Walgreens Beauty Consultants. Participants will learn how to complete a glam look for all upcoming holiday season parties and events during 1:1 sessions with a trained Beauty Consultant. During the event a Walgreens Pharmacist will be available to review concerns due to side effects of treatment.
Facilitated by: Walgreens Beauty Team

Cheer on our Team Gilda Runners
Bucktown 5K
Cheer Station
Saturday, October 6, 2019
Our “Beginner to Team Gilda 5K program” finishes with the Bucktown 5K. Come cheer on all those who participated in the program.

Chicago Marathon
Marathon Cheer Station
Sunday, October 13, 2019
Come out and cheer on Team Gilda as they race through the city at the Bank of America Chicago Marathon. Team Gilda runners have dedicated all summer to training, fundraising and creating awareness of Gilda’s Club Chicago’s mission. Our Clubhouse is located mid-way on the course.
For more information, please contact Debbie Slowinski, Volunteer and Outreach Coordinator, debbieslowinski@gildasclubchicago.org

312-464-9900 • GildasClubChicago.org 7
Weekly support groups (not listed on the calendar) are available to patients and loved ones of all cancer diagnoses and prognoses. See “Support Groups” on pg. 4 or call 312-464-9900

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<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>10:00 a.m. Gentle Yoga</td>
<td>10:00 a.m. T'ai Chi Chih®</td>
<td>10:00 a.m. Clase de Joyería</td>
<td>10:00 a.m. Groupo de Apoyo Latino/ Latino Networking Group</td>
<td>9:30 a.m. Yoga</td>
<td>9:15 a.m. Yoga</td>
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<td>5:30 p.m. Red Door Squad</td>
<td>11:15 a.m. Chair Yoga</td>
<td>10:00 a.m. Yoga &amp; Meditation</td>
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<td>10:00 a.m. Caring Arts - Mixed Media Expression</td>
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<td>6:00 p.m. Metastatic Breast Cancer NG</td>
<td>12:30 p.m. Meditation</td>
<td>11:15 a.m. Meditation</td>
<td>11:00 a.m. Brain Fitness</td>
<td>11:15 a.m. BeMoved®</td>
<td>11:15 a.m. Restorative Yoga</td>
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<td>6:00 p.m. Sit in Sound</td>
<td>6:00 p.m. Living Beyond Loss NG</td>
<td>6:00 p.m. Yoga</td>
<td>11:00 a.m. Brain Fitness</td>
<td>12:30 p.m. Fall Prevention Workshop</td>
<td>12:30 p.m. Restorative Yoga</td>
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<td>7:00 p.m. Yoga</td>
<td>6:00 p.m. Wig Fashions</td>
<td>6:00 p.m. Prostate Cancer NG</td>
<td>5:00 p.m. The Moon is my Calendar</td>
<td>6:00 p.m. Improv*</td>
<td>12:00 p.m. Campamento de los Muertos/Day of the Dead</td>
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<tr>
<td>6:00 p.m. Mindfulness &amp; Compassionate Care*</td>
<td>6:00 p.m. Member Spot: Seasonal Cooking with Julie</td>
<td>6:00 p.m. Understanding Motivation through Memoir*</td>
<td>6:00 p.m. Improv*</td>
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<td>12:00 p.m. Dia de los Muertos/Day of the Dead</td>
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Please note that if less than 5 people are registered 24 hours in advance, the program may be cancelled. *Encourages attendance at all sessions.

OCTOBER 2019

- RSVP REQUIRED
- NO RSVP
- CMP REQUIRED

9:00 a.m. Sephora Brave Beauty
108 N. State St., Suite 134
Bucktown 5K Cheer Station

Chicago Marathon Cheer Station

- RSVP REQUIRED
- NO RSVP
- CMP REQUIRED

9:00 a.m. ArtReach Clay Project
9:15 a.m. Yoga
9:30 a.m. Newcomers Breakfast
11:00 a.m. Kids Connecting NG
11:15 a.m. Restorative Yoga
12:00 p.m. Namaste, Noogies
12:00 p.m. Círculo de Tejer
12:30 p.m. Lo Que Usted Debe Saber Sobre los Estudios Clínicos
1:00 p.m. Full Body Workout
12:00 p.m. Noogiefest
Regular Clubhouse programming cancelled

Please call 312-464-9900 or visit www.GildasClubChicago.org for more information.

For all scheduling and booking needs, please call 312-464-9900.

Gildas Club Chicago
1111 W. Erie Street
Chicago, IL 60610

312-464-9900 • GildasClubChicago.org
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.

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

*Encourages attendance at all

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<th>SUNDAY</th>
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<td>First Descents Retreat</td>
<td>10:00 a.m. T'ai Chi Chih®</td>
<td>11:15 a.m. Chair Yoga</td>
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**DECEMBER 2019**

- **Clubhouse closes at 5:00 p.m.**

* = RSVP REQUIRED  **= NO RSVP  ***= CMP REQUIRED

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

*Encourages attendance at all
HEALTHY LIFESTYLE PROGRAMS

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

MIND/BODY/SPRIT CLASSES

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.

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

Restorative Yoga
Saturdays | 11:15 a.m. – 12:15 p.m.
This relaxing class uses props and chairs, as needed for support, in comfortable lying and standing positions. It is ideal for beginners and people with limited mobility to refresh the mind and body.

Gentle Yoga
Tuesdays | 10:00 – 11:00 a.m. • Wednesdays | 10:30 – 11:30 a.m.
This class features gentle stretches and poses using resistance to help develop strength.

Laughter Yoga*
First Wednesdays: October 2, November 6, December 4
6:00 – 7:00 p.m.
Please join us to learn a little more about laughter wellness (also known as laughter yoga). Tap into your inner child and get laughing again! No experience needed and open to all levels.

*RSVP Required.

Yoga & Meditation
First and Third Thursdays: October 3 & 17; November 7 & 21; December 5 & 19 | 11:45 – 10:45 a.m.
Explore yoga asana to become aware of the body, then gently shift to guided meditation. Move through yoga poses at your own pace. All levels welcome.

Grief Yoga *New Time*
Thursdays | 6:30 – 7:30 p.m.
Class focuses on giving those grieving loss a safe, supportive space to practice yoga techniques to help recapture a sense of well-being. Appropriate for all levels.

*Programming will be cancelled on the following dates: 10/24, 11/28, 12/26.

T’ai Chi Chih ®
Select Mondays: October 7, 14, 28; November 4, 11, 18, 25; December 2
10:00 – 11:00 a.m.

Select Tuesdays: October 8 & 29; November 5 & 19; December 3
11:15 a.m. – 12:15 p.m.
Based on Ancient Chinese wisdom, T’ai Chi Chih is simple, slow, gentle movements that circulate and balance energy. It is a “moving meditation” that brings serenity and a greater sense of well being. Movements can be done standing, seated or through visualization.

T’ai Chi
Select Saturdays: October 5; November 16; December 21
12:30 – 1:30 p.m.
An ancient Chinese exercise combining physical movement and meditation.

Meditation
Mondays | 12:30 – 1:30 p.m. • Wednesdays | 11:45 a.m. – 12:45 p.m.
This class will teach you basic relaxation, breath meditation and visualization.

*Programming will be cancelled on the following dates: 12/25, 1/1.

Sit in Sound *New Day and Time*
First Mondays: October 7, November 4, December 2
6:00 – 6:50 p.m.
Re-harmonize your body and release stress with the help of crystal singing bowls. Participants simply sit near the instruments and allow the produced vibrations to bring their body back into a state of harmony. No previous experience necessary.

Brain Fitness
Select Thursdays: October 10 & 17; November 7 & 21; December 5 & 19 | 11:00 a.m. – 12:00 p.m.
This class uses rhythm and coordination exercises to bilaterally activate and stimulate the brain’s natural ability to form new connections, which promote neuroplasticity, creativity, focus and resilience.

*Programming will be cancelled on the following dates: 11/29.

Full Body Workout
Second Saturdays: October 12; November 9; December 14
1:00 – 2:00 p.m.
This will be a full body workout that includes strength training exercises combined with cardio, flexibility and balance. Classes will be tailored to accommodate different activity levels and those undergoing treatment.

EXPRESSIVE ARTS ACTIVITIES

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

Jewelry
Select Fridays: October 4 & 25; November 8 | 11:00 a.m. – 1:00 p.m.
Learn how to create your own accessories such as earrings, necklaces and bracelets in a supportive environment with others who are looking to be creative.

Caring Arts – Mixed Media Expression
Select Saturdays: October 5 & 26; November 16 & 23; December 21 & 28 | 10:00 a.m. – 12:00 p.m.
An exciting program facilitated by the Caring Arts Foundation, each session guides you on a journey to explore and develop your own creative center for the purpose of healing.

ArtReach Clay Project
Second Saturdays: October 12; November 9; December 14 | 9:00 a.m. – 12:00 p.m.
ArtReach seeks to transform individuals and their communities through high-quality and innovative art instruction using clay as a means of expression.

312-464-9900 • GildasClubChicago.org
ACTIVIDADES DE ARTE Y DE BIENESTAR

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

**Grupo de Apoyo Latino**
segundo jueves del mes: 10 de octubre, 7 de noviembre y 12 de diciembre | 10:00 – 11:30 a.m.
Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional.

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

**Clase de Joyería**
segundo martes del mes: 8 de octubre, 12 de noviembre y 10 de diciembre | 10:00 – 11:30 a.m.
Aprenda como crear tus propios collares, aretes y esclavas.

**Clase de Nutrición**
viernes: 25 de octubre, 22 de noviembre y 27 de diciembre | 10:00 – 11:30 a.m.
Esta clase de nutrición es diseñada para ayudar a familias aprender cómo hacer decisiones de nutrición que mejore la dieta y salud de la familia.

**Meditación, Relajación, y el Control del Estrés**
segundo martes del mes: 8 de octubre, 12 de noviembre y 10 de diciembre | 11:30 a.m. – 12:30 p.m.
En este taller usted experimentará los beneficios de estas prácticas, como un descanso profundo o más energía, y exploraremos como utilizarlas en su vida diaria.

**Yoga en Español**
segundo viernes del mes: 11 de octubre, 8 de noviembre y 20 de diciembre | 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.

**Desayuno para Nuevos Participantes (Newcomers Breakfast)**
sábados: 12 de octubre, 9 de noviembre y 14 de diciembre | 9:30 – 10:30 a.m.
Acompañe a otros miembros del club en un desayuno en donde se le dará la bienvenida a nuestro club.

**T’ai Chi Chih**
lunes: 7, 14 y 28 de octubre; 4, 11, 18 y 25 de noviembre; 2 de diciembre | 10:00 – 11:00 a.m.
martes: 8 y 29 de octubre; 5 y 19 de noviembre, 3 de diciembre | 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.

**Internet Básico**
viernes | 11:15 a.m. – 12:15 p.m.
En esta cita individual podemos cubrir los puntos básicos sobre el internet, como el uso de las máquinas de búsqueda, cómo descargar y subir archivos, el uso del correo electrónico u manejar redes sociales. Para hacer una cita individual, llame a Jasmine Carrazco al 312-464-9900.
Este programa es diseñado especialmente para niños y jóvenes con un diagnóstico de cáncer, que tengan a un ser querido viviendo con cáncer, o que han perdido a un ser querido debido al cáncer.

EVENTOS ESPECIALES
Todos estos programas requieren reservación

La Que Usted Debe Saber Sobre los Estudios Clínicos
sábado, 12 de octubre | 12:30 – 2:00 p.m.
La meta de este taller es crear conciencia sobre los ensayos clínicos. Acompañamos para aprender cómo se estructuran estos ensayos y cómo fomentar un diálogo abierto con su equipo de atención médica sobre la elegibilidad y la viabilidad de los ensayos clínicos como opción de tratamiento. Además, aprenderán sobre la importancia de tomar decisiones en conjunto y se les presentarán recursos para ayudar a facilitar estas conversaciones. Almuerzo Incluido, Facilitado por: Jeanette Santana González

Celebración de Día de Los Muertos
sábado, 26 de octubre | 12:00 – 2:00 p.m.
Día de los Muertos es una celebración en América Latina cuando recordamos los seres queridos que ya partieron. Es un día en que damos la bienvenida a la memoria y las almas de alguna manera siguen como parte de nuestra familia. Acompañándonos a decorar nuestro altar con fotos de seres queridos. Además, tendremos la película Coco (2017), pintura para la cara, decorar galletas de calavera y otras actividades para Noogies.

Día de Conmemoración
sábado, 9 de noviembre | 12:00 – 2:00 p.m.
Los invitamos que participen en nuestra ceremonia anual para honrar la memoria de aquellos que ya no están con nosotros. Celebremos sus vidas y contemos sus historias.

ALAS – El Salón Móvil™
miercoles, 11 de diciembre | 10:00 a.m. – 2:00 p.m.
Un programa diseñado especialmente para mujeres con cáncer para mejorar su autoestima y apariencia. Se donan sostenes, prótesis y pelucas.

Fiesta Navideña para Adultos
viernes, 6 de diciembre | 5:30 – 8:00 p.m.
Acompañemos a celebrar las navidades con sus amigos de Gilda’s Club Chicago. Celebre la Nochebuena con una cena con amigos. La fiesta tendrá bocecadillos y entretenimiento. Habrá actividades para niños.

Posada Navideña
viernes, 13 de diciembre | 12:00 - 2:00 p.m.
Celebre la navidad con nosotros al estilo mexicano con cantículos, música, comida y ponche. Traiga un bocecadillo para compartir.

ACTIVIDADES DE NOOGIELAND
Todos estos programas requieren reservación

Namaste, Noogies: Yoga
sábado, 12 de octubre | 12:00 – 100 p.m.
Yoga para niños donde pueden aprender cómo manejar el estrés y divertirse.

Noogiefest (Fiesta de Halloween)
sábado, 19 de octubre | 12:00 – 2:00 p.m.
No se pierda nuestra fiesta anual de Halloween. Se recomienda, pero no es obligatorio que traigan disfraces para esta fiesta.

Día de Familia: Fotos con Santa
viernes, 6 de diciembre | 5:30 – 8:00 p.m.
Acompañemos a celebrar las navidades con sus amigos de Gilda’s Club Chicago. La fiesta tendrá bocecadillos y entretenimiento. Además, traiga fotografías de la familia.

Día de Navidad
viernes, 16 de noviembre | 12:00 – 2:00 p.m.
Traiga a su familia a tomarse una foto de navidad con Santa. También tendremos chocolate caliente para todos.

Fiesta de Navidad
viernes, 6 de diciembre | 5:30 – 8:00 p.m.
Acompañemos a celebrar las navidades con sus amigos de Gilda’s Club Chicago. La fiesta tendrá bocecadillos y entretenimiento. Además, traiga juegos y artes manuales Navideños para los niños en Noogieland. Traiga a toda la familia.

GRUPOS DE APOYO PARA NIÑOS
Para más información, llame a Jasmine Carrazco al 312-464-9900 o envíe un correo electrónico a jasminecarrazco@gildasclubchicago.org

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

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

Conectando Niños (en inglés)
segundo sábado del mes | 11:00 a.m. - 12:00 p.m.
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 les ofrece a los niños la oportunidad de hacer amistades y compartir sentimientos con otros niños en situaciones similares.

DÍAS FESTIVOS/CLUB CERRADO:
El club estará cerrado el sábado de noviembre para un evento especial. El club estará cerrado a partir de las 3pm el miércoles, 27 de noviembre hasta el 1ro de diciembre por motivo del día de Acción de Gracias. El club estará cerrado el sábado 7 de diciembre después de la Fiesta Navideña. El club estará cerrado a partir de las 5pm el 23 de diciembre hasta el 25 de diciembre por motivo de los Días Festivos. Además, cerramos a la 5pm el 26 de diciembre. El club estará cerrado a partir de las 5pm el 30 de diciembre hasta el 1ro de enero por motivo del Año Nuevo.

ESTACIONAMIENTO GRATUITO
Disponible para los miembros que vienen para una actividad en el club de la Avenida Wells Street:
Mart Parc Interpark en el 401N. Wells Street.
Muestre su tarjeta de membresía roja en la recepción para recibir un cupón de estacionamiento. Si aún no es miembro de Gilda’s Club Chicago, haga una cita gratuita para conocer todo sobre nuestro programa llamando al (312) 464-9900.

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

VOLUNTEER SPOTLIGHT

CHRISTY CHIAPPETTA

Please meet Christy, one of our awesome and dedicated volunteers! Christy first learned about Gilda’s Club Chicago shortly after she was diagnosed with thyroid cancer in 2014. During her personal journey, Christy got very involved with various activities at GCC which were geared specifically for young adults living with cancer.

Christy explained that she wanted to give back to a place that helped her during her journey and Gilda’s Club Chicago was that community of cancer support for her. Christy began volunteering with GCC in the spring of 2017. She now walks through the Red Door as a volunteer at the front desk on a regular basis, as well as different fundraising events. She recently joined GCC’s Associate Board and is looking forward to getting more involved with the organization.

In addition to volunteering at GCC, Christy also enjoys playing on a summer beach volleyball league, loves being near the water and is passionate about the Chicago White Sox!

GCC is very grateful for Christy, and the many other volunteers who give so generously of their time!

MAKE AN IMPACT

Gilda’s Club Chicago is 100% privately funded and relies on the generosity of the community to support our programming. Every donation, large and small, demonstrates our shared commitment to ensure that no one faces cancer alone. Please consider making a gift today.

We invite you to consider including Gilda’s Club Chicago in your estate planning, making a gift in memory of a loved one, and becoming a member of our Red Door Society. We also partner with many corporations that will match your donation. 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 Haeflinger, Development Manager, at nadiahaeflinger@gildasclubchicago.org or 312-464-9900.

Workplace Giving

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

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

Giving Tuesday

Tuesday, December 3 is #GivingTuesday, a global day dedicated to giving back. Charities, families, businesses, community centers and students around the world come together for one common purpose, to celebrate generosity and to give online. For more information, please call 312-464-9900 or check our website.

Team Gilda

Join Team Gilda for the 2020 Bank of America Chicago Marathon. As a member of Team Gilda, you receive a guaranteed entry, training from Chicago Endurance Sports and much more! To learn more and to guarantee your spot, please contact Nadia Haeflinger at 312-464-9900 or nadiahaeflinger@gildasclubchicago.org.
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| **Advocate Christ Medical Center**  
Outpatient Pavilion, Ground Floor  
4440 W. 95th Street  
Oak Lawn, IL  
Clubhouse Closed | Book Club  
Boot Camp  
Gentle Yoga  
Lectures  
Music/Meditation (3 South)  
Networking Groups  
Restorative Yoga  
Wellness Group  
Zumba | Art  
Art (3 South & Infusion)  
Baking Class (monthly)  
Games  
Lectures  
Meditation (3 South)  
Networking Groups  
Zumba  
Basic Fitness & Toning | Boot Camp  
Chair Yoga  
Lectures  
Meditation (3 South)  
Music & Meditation  
Networking Groups  
Surviving & Thriving  
Wellness Group  
Yoga | Clubhouse Closed | Open Saturdays  
9:00 a.m. - 1:00 p.m.  
Drum Circle  
Family Art  
Chair Yoga  
Networking Groups  
Tai Chi  
Zumba Fitness  
Special Events & Workshops |
| **Mount Sinai Hospital**  
Oling-Sang Building, 6th floor  
Oncology Department  
1501 S. California | Art as Relaxation  
Chair Yoga  
Games  
Guided Relaxation  
Jewelry Making  
Puzzles  
Walking for Fun | Art as Relaxation  
Crafts  
Games  
Jewelry Making  
Puzzles  
Walking for Fun | Art as Relaxation  
Albums of Hope  
Bilingual Group (Spanish-English)  
Chair Yoga  
Guided Relaxation  
Women of Color Group | | |
| **Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
Galter Pavilion, 21st floor  
Conference Room  
675 N. St. Clair | Crafts  
Postcard Art  
Yoga  
Music Tuesdays (twice a month)  
Jewelry Making | Art as Relaxation  
Become a member  
Caregiver Drop-In Group  
Jewelry Making  
Tai Chi Chih® | Afternoon with Music (once a month) | | |
| **Galter 21, Infusion Suite** | Art as Relaxation | Art as Relaxation | | | |
| **Prentice Women’s Hospital**  
Maggie Daley Center  
4th Floor  
250 E. Superior | Prentice 4, Infusion Suite | Prentice, Inpatient 14, 15, 16 | | | |
| **Prentice 4, Infusion Suite** | Art as Relaxation | Artist in Residence  
Caregiver Drop-In Group | Artist in Residence | Mindful Meditation | |
| **Prentice, Inpatient 14, 15, 16** | | | | | |
| **Arkes Pavilion**  
21st Floor, Infusion Suite  
676 N. St. Clair | Lectures  
Support Groups  
Yoga  
Tai Chi | Lectures  
Support Groups  
Yoga  
Tai Chi | Lectures  
Support Groups  
Yoga  
Tai Chi | | |
| **Amita Health Saints Mary and Elizabeth Medical Center**  
Cancer Center, Conference Room  
2216 West Thomas Street | Art as Relaxation | | | | |
| **Jesse Brown VA Medical Center**  
Hematology/Oncology Clinic  
820 S Damen Avenue, Damen 6 | | | | | |

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

**HOSPITAL PROGRAM MANAGERS & COORDINATORS FOR EACH SITE:**

- **Advocate Christ Medical Center – Oak Lawn**  
  Ross Alexander, LCSW  
  (708) 684-9505  
  rossalexander@gildasclubchicago.org

- **Ann & Robert H. Lurie Children’s Hospital of Chicago**  
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  (312) 464-9900, ext. 120  
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- **Mount Sinai Hospital**  
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- **Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
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- **Amita Health Saints Mary and Elizabeth Medical Center**  
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- **Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
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Free cancer support for the whole family, the whole time

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

We’re easy to find!

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