



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

2018 CALENDAR
OCT | NOV | DEC

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 20th Anniversary Awards Dinner was a record-breaking success! We were thrilled to welcome our celebrity emcee, Bonnie Hunt, and honor one of our founders, Ann Lurie. In addition, we raised more than \$1 million to continue our mission and ensure that no one faces cancer alone.

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ANNOUNCEMENTS

Becoming a Member is Free!

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



Help us understand the full impact of cancer.

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

Share your experience at
www.cancereperienceregistry.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

The Clubhouse will close at 3:00 p.m. on Wednesday, November 21 and will remain closed through Sunday, November 25 for Thanksgiving.

The Clubhouse will be closed Saturday, December 22 through Tuesday, December 25 for Christmas.

The Clubhouse will be closed Saturday, December 29 through Tuesday, January 1 for New Year's.



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, contact us 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.

MyLifeLine.org



"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/>

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.

The program covers 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.

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 (312) 464-9900.



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.

For more information please contact (312) 464-9900.

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.

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 or contact Lindsay Tynes at (312) 464-9900.

Family Arts & Crafts

Saturdays, October 13, 27; November 10; December 15
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.

Pet Therapy for Noogies

Saturday, December 1 | 12:30 – 1:30 p.m.

Maximum Capacity: 5 participants

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

SPECIAL EVENTS

Noogiefest

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

Join us for fun Halloween treats and crafts for the whole family with the Junior League. Wear a costume or come as you are. Either way, you'll have a spooktacular good time.

Family Day: Holiday Photos with Santa

Saturday, November 17 | 12:30 – 2:30 p.m.

Join us as we take Holiday photos with Santa and enjoy a yummy hot chocolate bar and crafts with the Junior League. Photos will be ready in early December.

GCC Holiday Party

Friday, December 7 | 5:30 - 8:00 p.m.

Join Gilda's Club Chicago members, volunteers and partners at our annual holiday party! Enjoy delicious hors d'oeuvres and hear sweet melodies 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 with the Junior League. Bring the whole family for a fantastic time!

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 us at (312) 464-9900.

KIDS CAMP 2018



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.

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.

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.

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 not meet in November and will meet on December 5 offsite. Please call the Clubhouse at (312) 464-9900 for more information.**

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.

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

Howard Brown Health Center
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

Light refreshments provided at all lectures unless otherwise noted

Frankly Speaking About Cancer: Clinical Trials

Wednesday, October 3 | 1:30 – 3:00 p.m.

Clinical trials have led to major advances in oncology by validating new and improved cancer treatments. This lecture will help those interested in clinical trials gain understanding of the importance of research, how clinical trials work and how to consider a trial as a treatment option.

Presented by: Colleen Valenti RN, OCN, Clinical Research Nurse (Oncology)  Advocate Christ Medical Center
Advocate Research Institute

This lecture is at our Advocate Christ Clubhouse and will be broadcast live at the Wells Street Clubhouse, or you can participate online via Facebook Live. Find more information on our website, www.gildasclubchicago.org.

Frankly Speaking About Cancer: Clinical Trials is made possible through unrestricted educational grants from Pfizer, Astellas, Celgene, Novartis, Takeda and Genentech.



Reproductive Health After Cancer

Tuesday, October 9 | 6:30 – 7:30 p.m.

This talk will help you understand how hormones, after cancer, may affect family building and general health.

Presented by: Kristin Smith, Patient Navigator for Fertility Preservation, Northwestern Medical Group



Breast Cancer Reconstruction Awareness

Wednesday, October 17 | 6:30 – 7:30 p.m.

Join us on Breast Reconstruction Awareness Day to learn who is a candidate for reconstruction, what to expect for the procedure and recovery, and what financial resources are available.

Presented by: Marco Ellis, MD, FACS, Assistant Professor, Division of Plastic Surgery, Northwestern Medicine, Feinberg School of Medicine



HPV and Anal Dysplasia

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

Attend this lecture to learn how persistent human papillomavirus (HPV) can lead to anal dysplasia and precancerous lesions and how high resolution anoscopy (HRA) may prevent anal cancer.

Presented by: Gary Bucher, MD, Medical Director, Anal Dysplasia Clinic MidWest

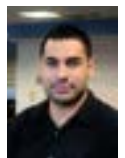


Does Fitness Matter? Exercise After Cancer Treatment

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

This workshop will cover the importance of exercise after the completion of cancer treatments. Participants will gain an understanding of exercise using the American College of Sports Medicine (ACSM) guidelines for exercise in cancer survivors.

Presented by: Georgios Grigoriadis, MS, Kinesiology PhD Candidate, ACSM-ACS Certified Cancer Exercise Trainer, Teaching/Research Assistant, Integrative Physiology Laboratory (IPL), University of Illinois at Chicago



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

Frankly Speaking About Cancer: Neuroendocrine & Carcinoid Tumors (NETs)

Saturday, November 10 | Lunch 12:30 - 1:00 p.m. | Workshop 1:00 - 2:00 p.m.

Participants of this workshop will learn about diagnoses, treatment options and managing side effects of NETs, as well as how to cope with the psychosocial impact and foster constructive dialogue with their health care team.

Presented by: Xavier Keutgen, MD, Rush University Medical Center

This lecture will take place at the Wells Street Clubhouse. You can participate online via Facebook Live. Find more information on our website www.gildasclubchicago.org.

Frankly Speaking About Cancer: Neuroendocrine & Carcinoid Tumors (NETs) is made possible through an unrestricted educational grant from Lexicon Pharmaceuticals.



Medical Cannabis: Is It For You?

Tuesday, November 13 | 6:00 – 7:30 p.m.

Join us and learn more about medical cannabis and how it is used to alleviate symptoms and side effects of cancer and cancer treatment. A panel of experts from Medical Cannabis Health Online will lead an informal discussion and interactive cooking demo* to answer your questions on choosing and using different cannabis products.

Presented by: Ben Larsen, MD, Physician, Medical Cannabis Health Online
Luba Andrus, Pharmacist, RPh, MJ, Medical Cannabis Health Online
Rocio Vargas, Herbal Infusion Chef, Medical Cannabis Health Online

*Real cannabis will not be used in the cooking demo



The Benefits of Pelvic Rehabilitation After Prostate Cancer Treatment

Thursday, November 15 | 6:30 – 7:30 p.m.

Prostate cancer treatment may affect bowel, bladder and sexual function. Join us to learn ways that pelvic rehabilitation can improve function by addressing sexual satisfaction, pain, scars, incontinence, constipation or difficulty voiding.

Presented by: Lauren Mansell, PT, DPT, PRPC, CLT, CYT, University of Chicago Medicine



Body Awakening Workshop

Tuesday, November 20 | 6:30 – 7:30 p.m.

The Body Awakening Workshop is a unique program designed to help participants improve mind-body connection, attention, focus and stress management through coordination exercises, bilateral training of the brain and various stretching and posture exercises.

Presented by: Mila Apostolovic, Fitness and Wellbeing Coach, Milates Center for Well-Being



LECTURES

Programs listed in RED require an RSVP

Light refreshments provided at all lectures unless otherwise noted

Therapeutic Yoga to Optimize Treatment and Recovery

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

This workshop is designed to help you understand and experience how therapeutic yoga can be tailored to your disease stage, state of mind, emotions and physical abilities. After this workshop you'll have an understanding of the benefits of practicing this integrative therapy.

Presented by: Raquel Jex Forsgren, Yoga Therapist, C-IAYT, Proprietor of Living Yoga Therapy



NUTRITION WORKSHOP

Optimum Health Series

Wednesdays, October 24, 31; November 7 | 5:30 – 7:30 p.m.

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

Presented by: Dennis Gates, MD and Maria Rotella, Nutritionist
RSVP Required, attendance expected at each session.

LECTURES SERIES

Surviving and Thriving Series:

The 28 Day Health and Habit Forming Challenge

Monday, October 22 | 6:00 – 7:00 p.m.

Join us for an inspiring evening as we walk through the 28 Day Health and Habit Forming Challenge. Our health is shaped by our habits, whether good or bad. Huge makeover diets and workout programs often fail because they don't address the underlying health habits that shape who we are. By taking three small, manageable steps every day, you can achieve your goals, change your habits and change your life in 28 days.

Presented by: Balanced Approach Chiropractic Care and Your Daily Move



Cancer Rehabilitation: How to Regain Your Health During and After Cancer Treatment

Monday, November 26 | 6:00 – 7:00 p.m.

Learn about energy conservation techniques, exercise and daily activities that can help you regain strength, reduce pain and anxiety, improve energy and expedite recovery during and after cancer treatment.

Presented by: Tara Alaichamy, PT, DPT, CLT Lead Inpatient Rehabilitation Therapist, Cancer Treatment Centers of America



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

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.

October 18 – Hormone Therapies for Breast Cancer

November 15 – Supplements and Cancer

December 20 – Chemotherapy and Weather Precautions

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



BE-Lung Education & Exercise Series

Select Tuesdays | 5:30 – 7:00 p.m.

Select Thursdays | 5:45 – 7:00 p.m.

Maximum Capacity: 10 participants

Please join us for a five-week, nine session series for people living with lung cancer, as a patient or survivor. The multi-disciplinary series will explore barriers and enablers to living well during and after treatment. Each week will include an educational session (Tuesdays) and an exercise session (Thursdays) intended to improve your ability to exercise, fitness knowledge and commitment to a healthy lifestyle. Attendance at all sessions is highly encouraged to reap maximum benefit from the program. Dinner will be provided for educational sessions and snacks will be provided for exercise sessions. Prizes will be given for participation.

- October 4 Orientation
- October 9 Breathing strategies
- October 11 Exercise session
- October 16 Benefits of Exercise
- October 18 Exercise session
- October 23 Nutrition
- October 25 Exercise session
- October 30 Mindfulness Strategies and Wellness
- November 1 Celebration!

An orientation and screening session will take place on Thursday, October 4 and bi-weekly programming will begin Tuesday, October 9. Participants must obtain written consent from their physician to participate. Space limited to 10 participants with lung cancer; participants may also bring a workout partner. For questions please contact Jeanette González at (312) 464-9900 or JeanetteSantana@gildasclubchicago.org.

This research study is brought to you via a partnership between AbilityLab, Gilda's Club Chicago and the Robert H. Lurie Comprehensive Cancer Center of Northwestern University and is funded in part by Astellas USA Foundation.



SOCIAL EVENTS

Programs listed in RED require an RSVP

Baking Club

Mondays | 2:00 – 3:00 p.m.

Select Thursdays: October 11, 25; November 8 | 12:00 – 2:00 p.m.

***Please Note: This program is canceled December 24 and December 31**

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

Newcomers Breakfasts

Select Saturdays: October 6; November 10; December 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.

Young Adult Social at GCC

Thursday, October 25 | 6:00 – 8:00 p.m.

Join us at our Wells Street Clubhouse for appetizers, non-alcoholic drinks and games. Enjoy favorites such as ping-pong, Spikeball, Jenga and bean bags! This event is made possible through a partnership with the Leukemia & Lymphoma Society.



Day of Remembrance

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

Gilda's Club Chicago invites you to participate in our annual ceremony remembering our 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), guided meditation and creating memorial stones for placement in the Club's Remembrance Fountain.

Supervised play will be available for children by request.

Board Game Night

Wednesday, November 28 | 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.

GCC Holiday Party

Friday, December 7 | 5:30 – 8:00 p.m.

Join Gilda's Club Chicago members, volunteers and partners at our annual holiday party! Enjoy delicious hors d'oeuvres and hear sweet melodies 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 with the Junior League. Bring the whole family for a fantastic time!

ALAS-Wings - Mobile Salon

Monday, December 10 | 9:30 – 11:30 a.m.

ALAS-Wings is dedicated to empowering Hispanic women about breast cancer awareness through education and support for all women faced with 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 14 | 12:00 – 2:00 p.m.

Celebrate Christmas with us in the Mexican tradition of "Las Posadas" with songs, music, food and traditional Christmas punch. Posadas are an important part of Mexican Christmas traditions; the word posada means "inn" or "shelter" in Spanish, and in this tradition, Mary and Joseph's journey to Bethlehem and their search for a place to stay is re-enacted.



Weekly support groups (not listed on the calendar) are available to members 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 |
|--------|---|---|--|---|--|---|
| | 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 Jewelry 11:00 AM | Gentle Yoga 10:30 AM Meditation 11:45 AM Frankly Speaking About Cancer: Clinical Trials Lecture 1:30 PM RSVP | BE-Lung Education & Exercise Series 5:45 PM RSVP | Yoga 9:30 AM BeMoved 11:15 AM | Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSVP Caring Arts 10:00 AM Restorative Yoga 11:15 AM T'ai Chi 12:30 PM |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Women of Color NG 4:00 PM Yoga 7:00 PM | Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM BE-Lung Education & Exercise Series 5:30 PM RSVP Young Women with Breast Cancer NG 6:00 PM Reproductive Health After Cancer Lecture 6:30 PM RSVP | Gentle Yoga 10:30 AM Meditation 11:45 AM Lung Cancer NG 6:00 PM Post-Treatment NG 6:00 PM | Grupo de Apoyo Latino 10:00 AM Baking Club 12:00 PM BE-Lung Education & Exercise Series 5:45 PM RSVP | Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM | ArtReach 9:00 AM 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 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM | Gentle Yoga 10:00 AM Clase de Joyería 10:00 AM RSVP Jewelry 11:00 AM Meditación 11:30 AM BE-Lung Education & Exercise Series 5:30 PM RSVP Living Beyond Loss NG 6:00 PM | Gentle Yoga 10:30 AM Meditation 11:45 AM Breast Cancer Reconstruction Awareness Lecture 6:30 PM RSVP | Writing Your Story 10:30 AM RSVP BE-Lung Education & Exercise Series 5:45 PM RSVP Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP | Yoga 9:30 AM Clase de Nutrición 10:00 AM RSVP BeMoved 11:15 AM | Noogiefest 11:00 AM RSVP (regular programming canceled) |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 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 6:00 PM RSVP Yoga 7:00 PM | Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM BE-Lung Education & Exercise Series 5:30 PM RSVP | Gentle Yoga 10:30 AM Meditation 11:45 AM Optimum Health 5:30 PM RSVP Bladder Cancer NG 6:00 PM | Writing Your Story 10:30 AM RSVP Baking Club 12:00 PM BE-Lung Education & Exercise Series 5:45 PM RSVP Young Adult Social 6:00 PM RSVP | Yoga 9:30 AM BeMoved 11:15 AM | 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 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | <h1>OCTOBER 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 members 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>NOVEMBER 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>Writing Your Story 10:30 AM RSVP BE-Lung Education & Exercise Series 5:45 PM RSVP</p> | <p>Yoga 9:30 AM BeMoved 11:15 AM</p> | <p>Yoga 9:15 AM Day of Remembrance 9:30 AM RSVP Restorative Yoga 11:15 AM Caring Arts 12:00 PM T'ai Chi 12:30 PM</p> |
| | | | | 1 | 2 | 3 |
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| | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | <p>T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM</p> | <p>Clase de Joyería 10:00 AM RSVP Gentle Yoga 10:00 AM Jewelry 11:00 AM Meditación 11:30 AM Living Beyond Loss NG 6:00 PM Body Awakening Workshop 6:30 PM RSVP</p> | <p>Gentle Yoga 10:30 AM Meditation 11:45 AM Clubhouse closes at 3 PM</p> | <p>CLUBHOUSE CLOSED FOR THANKSGIVING</p> | <p>CLUBHOUSE CLOSED FOR THANKSGIVING</p> | <p>CLUBHOUSE CLOSED FOR THANKSGIVING</p> |
| | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | <p>T'ai Chi Chih 10:00 AM Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Surviving and Thriving Lecture 6:00 PM RSVP Yoga 7:00 PM</p> | <p>Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM</p> | <p>Gentle Yoga 10:30 AM Meditation 11:45 AM Board Game Night 6:00 PM RSVP</p> | <p>Writing Your Story 10:30 AM RSVP</p> | <p>Yoga 9:30 AM BeMoved 11:15 AM</p> | |
| | 26 | 27 | 28 | 29 | 30 | |

Weekly support groups (not listed on the calendar) are available to members 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>DECEMBER 2018</h1> <p>■ = RSVP REQUIRED ■ = NORSPV ■ = 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> | | | |  | | Yoga 9:15 AM Caring Arts 10:00 AM Restorative Yoga 11:15 AM Pet Therapy 12:30 PM RSVP T'ai Chi 12:30 PM | | | | | |
| 2 | 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 | 3 | Gentle Yoga 10:00 AM T'ai Chi Chih 11:15 AM | 4 | Gentle Yoga 10:30 AM Meditation 11:45 AM Bladder Cancer NG 6:00 PM Therapeutic Yoga Workshop 6:30 PM RSVP | 5 | Yoga 9:30 AM BeMoved 11:15 AM Yoga en Español 12:30 PM GCC Holiday Party 5:30 PM RSVP | 6 | ArtReach 9:00 AM Yoga 9:15 AM Newcomers Breakfast 9:30 AM RSVP Caring Arts 10:00 AM Restorative Yoga 11:15 AM Circulo de Tejer 12:00 PM | 7 | 8 |
| 9 | ALAS-Wings Mobile Salon 9:30 AM RSVP Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Women of Color NG 4:00 PM Yoga 7:00 PM | 10 | Gentle Yoga 10:00 AM Young Women with Breast Cancer NG 6:00 PM | 11 | Gentle Yoga 10:30 AM Meditation 11:45 AM Lung Cancer NG 6:00 PM Post-Treatment NG 6:00 PM | 12 | Grupo de Apoyo Latino 10:00 AM | 13 | Yoga 9:30 AM BeMoved 11:15 AM Posada Navideña 12:00 PM RSVP | 14 | 15 |
| 16 | Chair Yoga 11:15 AM Jewelry 12:00 PM Meditation 12:30 PM Baking Club 2:00 PM Yoga 7:00 PM | 17 | Clase de Joyería 10:00 AM RSVP Gentle Yoga 10:00 AM Meditación 11:30 AM Living Beyond Loss NG 6:00 PM | 18 | Gentle Yoga 10:30 AM Meditation 11:45 AM | 19 | Prostate Cancer NG 6:00 PM Pharmacy Lecture Series 6:30 PM RSVP | 20 | Yoga 9:30 AM BeMoved 11:15 AM | 21 | 22 |
| 23 | CLUBHOUSE CLOSED FOR CHRISTMAS | 24 | CLUBHOUSE CLOSED FOR CHRISTMAS | 25 | Gentle Yoga 10:30 AM Meditation 11:45 AM | 26 | | Yoga 9:30 AM BeMoved 11:15 AM | 27 | 28 | 29 |
| 30 | CLUBHOUSE CLOSED FOR NEW YEAR'S HOLIDAY | 31 | | CLUBHOUSE CLOSED FOR NEW YEAR'S HOLIDAY | | | | | | | |

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, www.gildasclubchicago.org.

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 October 20; November 23, 24; December 22, 24, 29, 31.**

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.

***Please note: This class is canceled on December 24, 31.**

Yoga practiced sitting in a chair or using a chair for support. Many of the poses are adapted from mat yoga. A great fit for beginners and those who are unable to take our mat classes.

Gentle Yoga

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

***Please Note: This class is canceled on December 25.**

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

Restorative Yoga

Saturdays | 11:15 a.m. – 12:15 p.m.

***Please Note: This class is canceled on October 20; November 24; December 22, 29.**

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.

***Please note: This class is canceled on November 23.**

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 December 24, 31.**

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

T'ai Chi

Select Saturdays: October 6; November 3; December 1 | 12:30 – 1:30 p.m.

An ancient Chinese exercise combining physical movement and meditation.

T'ai Chi Chih®

Select Mondays: October 1, 8, 15, 22, 29; November 5, 12, 19, 26; December 3 | 10:00 – 11:00 a.m.

Select Tuesdays: October 9, 23; November 6, 13, 27; December 4 | 11:15 a.m. – 12:15 p.m.

Based on ancient Chinese wisdom, Ta'i Chi Chih is 19 simple slow gentle movements that circulate and balance energy. It is a moving meditation that brings serenity and a greater sense of wellbeing. Movements can be done standing, seated or through visualization.

EXPRESSIVE ARTS ACTIVITIES

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

Caring Arts (Painting)

Select Saturdays: October 6, 13, 27; November 3, 17; December 1, 8, 15 | 10:00 a.m. – 2:00 p.m.

***Please note: Class on November 3 will meet 12:00 – 2:30 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: October 13; November 10; December 8 | 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.

Select Tuesdays: October 2, 16, 30; November 6, 20 | 11:00 a.m. – 1:00 p.m.

***Please Note: This class is canceled on December 24, 31.**

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.

Writing Your Story: An Expressive Writing Workshop Series

Thursdays: October 18 – November 29 | 10:30 a.m. – 12:00 p.m.

***Please note: This workshop does not take place on November 22.**

Join us for this six-week writing workshop where we will explore our cancer experiences through creative writing prompts and put our personal stories into words. During group meetings, participants write and respond to each other's creative work. Experience in creative writing is not required.

Attendance each week is highly encouraged. Writing sessions are facilitated by Kerri Morris, writing professor at Governor's State University, blog writer/founder "Cancer Is Not a Gift" at ChicagoNow, and a cancer survivor.



PROGRAMA LATINO DE GILDA'S CLUB CHICAGO (OCTUBRE - DICIEMBRE 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: 6, 13 y 27 de octubre; 3 y 17 de noviembre; 1, 8 y 15 de diciembre | 10:00 a.m. – 2:00 p.m.

***Por favor note: la clase el 3 de noviembre se reunirá 12:00-2:30 p.m.**

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

No se requiere experiencia previa.

Clase de Joyería

tercer martes del mes: 16 de octubre; 20 de noviembre; 18 de diciembre | 10:00 – 11:30 a.m.

Se requiere reservación

Aprenda como crear tus propios collares, aretes y esclavas.

Clase de Nutrición

viernes: 19 de octubre; 16 de noviembre | 10:00 a.m. – 12:00 p.m.

Se requiere reservación

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

Clase de Barro (ArtReach)

segundo sábado del mes: 13 de octubre; 10 de noviembre; 8 de diciembre | 9:00 a.m. – 12:00 p.m.

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

Desayuno para Nuevos Participantes (Newcomers Breakfast)

segundo sábado del mes: 6 de octubre; 10 de noviembre; 8 de diciembre | 9:30 – 10:30 a.m.

Se requiere reservación

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

Meditación

tercer martes del mes: 16 de octubre; 20 de noviembre; 18 de diciembre | 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: 12 de octubre; 9 de noviembre; 7 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.

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 | 11:15 a.m. – 12:15 p.m.

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

T'ai Chi

primer sábado del mes: 6 de octubre, 3 de noviembre, 1 de diciembre | 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: 8, 15, 22 y 29 de octubre; 5, 12, 19 y 26 de noviembre; 3 de diciembre | 10:00 – 11:00 a.m.

martes: 9 y 23 de octubre; 6, 13 y 27 de noviembre; 4 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.

**¿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: 11 de octubre, 8 de noviembre, 13 de diciembre | 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 e Commemoración

sábado, 3 de noviembre | 9:30 – 11:030 a.m.

Los invitamos que participen en nuestra ceremonia anual para honrar la memoria de aquéllos que ya no están con nosotros. Celebremos sus vidas y contemos sus historias.

Traiga a Un Amigo al Club

miércoles, 14 de noviembre | 10:00 – 11:00 a.m.

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

Fiesta Navideña para Adultos

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

Acompáñenos a celebrar las navidades con sus amigos de Gilda's Club Chicago. Celebre la Navidad en esta fiesta Navideña solamente para adultos. La fiesta tendrá bocadillos y entretenimiento. Habrá cuidado de niños.

ALAS Sobre Ruedas - EL Salón Móvil™

lunes, 10 de diciembre | 9:30 – 11:30 a.m.

Un programa diseñado especialmente para mujeres con cáncer para mejorar su auto-estima y apariencia. Se donan sostenes, prótesis y pelucas. Solo para mujeres sin cobertura médica o con un deducible alto.

Posada Navideña

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

Celebre la navidad con nosotros al estilo mexicano con canticos, música, comida y ponche. Traiga un bocadillo para compartir.



**ENFRENTAMOS
AL CÁNCER JUNTOS**
UNETE. APORTA. ACTÚA.

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

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.

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 al (312) 464-9900 o envíe un correo electrónico a jeanettesantana@gildasclubchicago.org

DÍAS FESTIVOS:

El club estará cerrado a partir de las 3:00 p.m. el miércoles, 21 de noviembre hasta el domingo, 25 de noviembre por motivo del día de Acción de Gracias.

El club estará cerrado el sábado, 22 de diciembre hasta el martes, 25 de diciembre por motivo de los Días Festivos.

El club estará cerrado el sábado, 29 de diciembre hasta el martes, 1ro de enero por motivo del Año Nuevo.

¡Felices Fiestas!

ACTIVIDADES DE NOOGIELAND

Todos estos programas requieren reservación

Artes Manuales para la Familia

sábado: 13 y 27 de octubre; 10 de noviembre; 15 de diciembre
12:30 – 2:00 p.m.

Programa que ofrece artes manuales y una merienda.

Terapia de Mascota

sábado, 1 de diciembre | 12:30 – 1:30 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.

EVENTOS ESPECIALES DE NOOGIELAND

Todos estos programas requieren reservación

Noogiefest (Fiesta de Halloween)

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

sábado, 17 de noviembre | 12:30 – 2:30 p.m.

Traiga a su familia a tomarse una foto de navidad con Santa. También tendremos chocolate calentito para todos.

Fiesta de Navidad

viernes, 7 de diciembre | 5:30 – 8:00 p.m.

Acompáñenos a celebrar las navidades con sus amigos de Gilda's Club Chicago. La fiesta tendrá bocadillos y entretenimiento. Además, habrá juegos y artes manuales Navideños para los niños en Noogieland. Traiga a toda la familia.

MEMBERS GIVING BACK

VOLUNTEER SPOTLIGHT

DAVE DAVIS



If you have dropped by the Wells Street Clubhouse on a weekday morning, it is very likely that you were greeted by Dave Davis. Dave is one of our regular volunteers at Gilda's Club Chicago, serving our members and the community for about two years. After hearing about our volunteer opportunities at an expo at the Peggy Notebaert Museum, Dave recognized the connection he shared with our mission because he has family and friends impacted by cancer. In addition to welcoming members at our front desk, Dave serves GCC by promoting the array of offerings at the Clubhouse and helping at events, such as the Cinco de Miler. Since his retirement, the time Dave has spent at the Club helps to satisfy his desire to give back to the community. Gilda's Club Chicago is very grateful for Dave's commitment to our organization and to our mission.

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.

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 enter Gilda's Club Chicago EIN 36-4115144 as the recipient.

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 Gilda's Club Chicago Associate Board when famous Chicagoans and the cast of The Second City make audiences laugh at our annual "Night of A Thousand Noogies" signature comedy event to raise money in support of those living with cancer.

Guests will enjoy original, improvised scenes and songs that honor Chicago's finest celebrity characters, as well as a raffle, silent auction, appetizers and drinks.



Giving Tuesday

Tuesday, November 27 is #GivingTuesday, a global day dedicated to giving back. Charities, businesses, community centers and individuals around the world come together for one common purpose - to celebrate generosity and to give online. Gilda's Club Chicago is appreciative of each donation made throughout the year. Please consider making a donation on #GivingTuesday by visiting our website, www.gildasclubchicago.org. For more information, please call (312) 464-9900.

Team Gilda

Thanks to our 2018 Team Gilda participants. We look forward to seeing you at the 2019 Bank of America Chicago Marathon (October 13, TBC). As a member of Team Gilda, you will receive a guaranteed entry, training from Chicago Endurance Sports and much more! To learn more and to guarantee your spot please contact Nadia Haefflinger at (312) 464-9900 or nadiahaefflinger@gildasclubchicago.org.



HOSPITAL PROGRAMS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKENDS |
|---|-------------------------|---|--|--|--|--|
| Advocate Christ Medical Center Outpatient Pavilion, Ground Floor 4440 W. 95 th Street Oak Lawn, IL | Clubhouse Closed | Book Club Boot Camp Gentle Yoga Lectures Music (3 South) Networking Groups Zumba | Art Art (3 South & Infusion) 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 T'ai Chi Zumba Fitness Special Events |
| Mount Sinai Hospital 1501 S. California 6 th Floor, Oling-Sang Building Oncology Department | | Art as Relaxation Crafts Jewelry Making (6 th 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, 21 st 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 Maggie Daley Center 4 th Floor 250 E. Superior | | Programming moved to Galter Pavilion, 21 st Floor, during construction. | | | | |
| Prentice, 4 th Floor, Infusion Suite | | | | | | |
| Prentice, Inpatient Floors 14, 15, 16 | | Artist in Residence | | Artist in Residence | | 10 Minutes to Relaxation |
| Arkes Pavilion 21 st 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
 Lindsay Tynes
 (312) 464-9900, ext. 120
lindsaytynes@gildasclubchicago.org

Mount Sinai Hospital
 Kassandra Billups, MA
 (312) 464-9900, ext. 133
kassandrabilups@gildasclubchicago.org

Robert H. Lurie Comprehensive Cancer Center of Northwestern University
 Gosha Thornton, LSW
 (312) 464-9900, ext. 122
goshathornton@gildasclubchicago.org





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



Free cancer support for the whole family, the whole time

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

We're easy to find!



Join, volunteer or donate.
www.gildasclubchicago.org

@gildasclubchi #TakeOnCancerTogether