

August Virtual Calendar



Phone: 312-464-9900 Website: GildasClubChicago.org

Due to the unprecedented need caused by Covid-19 Gilda's Club Chicago has created a robust virtual program. We now have more than 150 online programs scheduled including support groups, wellness workshops, yoga and art therapy. Please go to GildasClubChicago.org to RSVP. We will then send you further instructions on how to join zoom.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
3 10:00am T'ai Chi Chih with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 2:00pm Hatha Yoga with Mary 3:00pm Zoom Improv—Take 2!	4 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 5:30pm Zumba	5 9:30am T'ai Chi Chih with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art with Sophie	6 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 4:00pm Understanding Lymphatic Therapy 5:30pm Boot Camp 6:30pm Yoga with Steve	7 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	8 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
10 10:00am T'ai Chi Chih with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 2:00pm Hatha Yoga with Mary 3:00pm Zoom Improv—Take 2!	11 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:00am T'ai Chi Chih with Deb 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 5:30pm Zumba	12 9:30am T'ai Chi Chih with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art with Sophie	13 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:30pm Yoga with Steve	14 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	15 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
17 10:00am T'ai Chi Chih with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 2:00pm Hatha Yoga with Mary 3:00pm Zoom Improv—Take 2!	18 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:30am Mount Sinai Check-In 2:00pm Quilting with Mary 5:30pm Zumba	19 9:30am T'ai Chi Chih with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art with Sophie	20 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 2:00pm Boot Support 5:30pm Boot Camp 6:30pm Yoga with Steve	21 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	22 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
24 10:00am T'ai Chi Chih with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 2:00pm Hatha Yoga with Mary	25 10:00am Coffee with Gilda 10:00am Gentle Yoga with Joan 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 5:30pm Zumba	26 9:30am T'ai Chi Chih with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art with Sophie	27 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:00 pm Skin Care Considerations for the Cancer Survivor 6:30pm Yoga with Steve	28 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	29 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
31 10:00am T'ai Chi Chih with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 2:00pm Hatha Yoga with Mary					

August Virtual Programs

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PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

Noche de Película: que se anunciará

Los miercoles

agosto: 5, 12, 19, 26

11:30am

Artes y Manualidades

Viernes

agosto: 7, 14, 21, 28

2:00pm

Almuerzo con Gilda

sábados

agosto: 1, 8, 15, 22, 29

12:30pm

Grupo de Apoyo Latino/ Latino Networking Group

Jueves 13 de agosto

10:00 - 11:30am

Bilingual Networking Group

Jueves 27 de agosto

11:30am - 1:00pm

NOOGIELAND KIDS/TEEN PROGRAMS

Kids Kicking Cancer

Wednesday, August 5

1:00pm

Saturday, August 8

1:00pm

Wednesday, August 19

1:00pm

Saturday, August 22

1:00pm

Red Door Squad

Tuesdays

August 4, 11, 18, 25

4:00pm



Virtual Cancer Networking Groups

These educational and supportive networking groups are open to those who have cancer themselves and those supporting a loved one with cancer. Groups with (ACMC) after the name normally occur at our satellite at Advocate Christ Medical Center. Groups with (NM) after the name normally occur at our satellite at Northwestern Memorial Hospital. All other groups normally occur at the downtown Clubhouse. You are welcome to attend all groups.

Diagnosis Specific Groups

Bladder Cancer

Wednesday 8/26
6:00 - 7:30 p.m.

Breast Cancer (ACMC)

Wednesday 8/19
6:00 - 7:30 p.m.

Gastrointestinal Cancer (ACMC)

Thursday 8/13
5:30 - 7:00 p.m.

Gynecological Cancer (ACMC)

Tuesday 8/4
5:30 - 7:00 p.m.

Lung Cancer (ACMC)

Wednesday 8/12
6:00 - 7:30 p.m.

Metastatic Breast Cancer

Tuesday 8/4
6:00 - 7:30 p.m.

Prostate Cancer

Thursday 8/20
6:00 - 7:30 p.m.

Young Women with Breast Cancer

Tuesdays: 8/11 & 8/25
6:00 - 7:30 p.m.

Other Groups

Caregiver

Tuesday 8/4
12:30 - 1:30 p.m.

LGBTQIA+ (Howard Brown Health)

Monday, 8/10
5:30 - 7:00 p.m.

Living Beyond Loss

Tuesday 8/18
6:00 - 7:30 p.m.

Living Beyond Loss (ACMC)

Saturday 8/8
10:00 - 11:30 a.m.

Men's

Tuesdays: 8/4, 8/18
5:00 - 6:00 p.m.

Post-Treatment

Wednesday 8/12
6:00 - 7:30 p.m.

Women of Color

Thursday 8/6
10:00 - 11:30 a.m.

Young Adult

Tuesday 8/11
6:00 - 7:30 p.m.