### June Virtual Calendar

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</table>
| 10:00am T'ai Chi Chih with Deb  
11:00am Chair Yoga with Lyndsae  
12:30pm Meditation with Lyndsae  
3:00pm Zoom Improv!  
6:30pm Team Gilda Run Club in Partnership with the Cause Crew | 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 | 9:30am T'ai Chi Chih with Deb  
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  
5:00pm Common Oral Medications Used in Chemotherapy Treatment Plans | 10:00am Coffee with Gilda  
10:00am Coffee with Gilda  
10:00am Coffee with Gilda  
10:00am Coffee with Gilda  
10:00am Coffee with Gilda | 9:30am Yoga with Mary  
10:30am Unleash Your Creativity  
11:30am BeMoved | 9:30am Zumba  
11:00am Chair Yoga with Susan  
12:00pm T'ai Chi with Leon |
| 8      | 9       | 10        | 11       | 12     | 13       |
| 10:00am T'ai Chi Chih with Deb  
11:00am Chair Yoga with Lyndsae  
12:30pm Meditation with Lyndsae  
3:00pm Zoom Improv!  
5:30pm LGBTQIA+ Networking Group  
6:30pm Team Gilda Run Club in Partnership with the Cause Crew | 10:00am Coffee with Gilda  
10:00am Gentle Yoga with Joan  
11:00am Palliative Care Lecture  
11:30am Mount Sinai Check-In  
2:00pm Sewing with Sophie  
2:00pm Writing to Heal Workshop  
5:30pm Zumba | 9:30am T'ai Chi Chih with Deb  
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 | 10:00am Coffee with Gilda  
11:00am Journaling with Audra  
12:00pm Thankful Thursday  
1:00pm Chair Yoga with Susan  
6:00pm COVID-19 Presentation with Dr. Kevin Most | 9:30am Yoga with Mary  
10:30am Unleash Your Creativity  
11:30am BeMoved | 9:30am Zumba  
11:00am Chair Yoga with Susan  
12:00pm T'ai Chi with Leon |
| 15     | 16      | 17        | 18        | 19     | 20       |
| 10:00am T'ai Chi Chih with Deb  
11:00am Chair Yoga with Lyndsae  
12:30pm Meditation with Lyndsae  
3:00pm Zoom Improv!  
6:30pm Team Gilda Run Club in Partnership with the Cause Crew | 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  
2:00pm Writing to Heal Workshop  
5:30pm Zumba | 9:30am T'ai Chi Chih with Deb  
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 | 10:00am Coffee with Gilda  
11:00am Journaling with Audra  
12:00pm Thankful Thursday  
1:00pm Chair Yoga with Susan  
1:30pm Working Parents Check-In  
6:00pm Nature’s Grace and Wellness Cannabis Workshop | 9:30am Yoga with Mary  
10:30am Unleash Your Creativity  
11:30am BeMoved | 9:30am Zumba  
11:00am Chair Yoga with Susan  
12:00pm T'ai Chi with Leon |
| 22     | 23      | 24        | 25        | 26     | 27       |
| 10:00am T'ai Chi Chih with Deb  
11:00am Chair Yoga with Lyndsae  
12:30pm Meditation with Lyndsae  
3:00pm Zoom Improv!  
6:30pm Team Gilda Run Club in Partnership with the Cause Crew | 10:00am Coffee with Gilda  
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11:00am T'ai Chi Chih with Deb  
11:30am Mount Sinai Check-In  
2:00pm Sewing with Sophie  
2:00pm Writing to Heal Workshop  
5:30pm Zumba | 9:30am T'ai Chi Chih with Deb  
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 | 10:00am Coffee with Gilda  
11:00am Journaling with Audra  
12:00pm Thankful Thursday  
1:00pm Chair Yoga with Susan  
1:30pm Working Parents Check-In  
6:00pm Transforming the End of Life: Voice Your Choices | 9:30am Yoga with Mary  
10:30am Unleash Your Creativity  
11:30am BeMoved | 9:30am Zumba  
11:00am Chair Yoga with Susan  
12:00pm T'ai Chi with Leon |
| 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 | 29     | 30       |

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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.
June Virtual Programs

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.

PROGRAMA LATINO DE GILDA’S CLUB CHICAGO

Noche de Película: que se anunciará
Wednesdays
June: 3, 10, 17, 24
11:30am

Artes y Manualidades
Fridays
June: 5, 12, 19, 26
2:00pm

Almuerzo con Gilda
Saturdays
June: 6, 13, 20, 27
12:30pm

Grupo de Apoyo Latino/ Latino Networking Group
Thursday, June 11
10:00 - 11:30am

Bilingual Networking Group
Thursday, June 25
11:30am - 1:00pm

NOOGIELAND KIDS/TEEN PROGRAMS

Kids Kicking Cancer
Wednesday, June 3
1:00pm
Saturday, June 13
1:00pm
Wednesday, June 17
1:00pm
Saturday, June 27
1:00pm

Red Door Squad
Tuesdays
June 2, 9, 16, 23, 30
4:00pm

Storytime Live
Saturdays on Facebook and Instagram Live
@gildasclubchi
11:00am
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 6/24
  - 6:00 - 7:30 p.m.

- **Breast Cancer (ACMC)**
  - Wednesday 6/17
  - 6:00 - 7:30 p.m.

- **Metastatic Breast Cancer**
  - Tuesday 6/2
  - 6:00 - 7:30 p.m.

- **Young Women with Breast Cancer**
  - Tuesdays: 6/9 & 6/23
  - 6:00 - 7:30 p.m.

- **Lung Cancer (ACMC)**
  - Wednesday 6/10
  - 6:00 - 7:30 p.m.

- **Gastrointestinal Cancer (ACMC)**
  - Thursday 6/11
  - 5:30 - 7:00 p.m.

- **Gynecological Cancer (ACMC)**
  - Tuesday 6/9
  - 5:30 - 7:00 p.m.

- **Prostate Cancer**
  - Thursday 6/18
  - 6:00 - 7:30 p.m.

**Other Groups**

- **Caregiver**
  - Tuesdays: 6/9 & 6/23
  - 12:00 - 1:30 p.m.

- **Caregiver (NM)**
  - Tuesday 6/2
  - 12:30 - 1:30 p.m.

- **LGBTQIA+ (Howard Brown Health)**
  - Monday, 6/8
  - 5:30 - 7:00 p.m.

- **Living Beyond Loss**
  - Tuesday 6/16
  - 6:00 - 7:30 p.m.

- **Living Beyond Loss (ACMC)**
  - Saturday 6/13
  - 10:00 - 11:30 a.m.

- **Men’s**
  - Tuesdays: 6/2, 6/16 & 6/30
  - 5:00 - 6:00 p.m.

- **Post-Treatment**
  - Wednesday 6/10
  - 6:00 - 7:30 p.m.

- **Women of Color**
  - Thursday 6/4
  - 10:00 - 11:30 a.m.

- **Young Adult**
  - Tuesday 6/9
  - 6:00 - 7:30 p.m.