

# November Virtual Calendar



Phone: 312-464-9900 Website: [GildasClubChicago.org](http://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](http://GildasClubChicago.org) to RSVP. We will then send you further instructions on how to join zoom.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|--|--|---|---|
| <p><b>2</b></p> <p>9:00am Hatha Yoga with Mary<br/>10:00am T'ai Chi with Leon<br/>11:00am Chair Yoga with Lyndsae<br/>12:30pm Meditation with Lyndsae<br/>5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p>  | <p><b>3</b></p> <p>10:00am Coffee with Gilda<br/>10:00am Gentle Yoga with Joan<br/>11:30am Mount Sinai Check-In<br/>2:00pm Sewing with Sophie<br/>5:30pm Zumba</p>   | <p><b>4</b></p> <p>9:30am T'ai Chi with Leon<br/>10:00am Coffee with Gilda<br/>10:30am Gentle Yoga with Mary<br/>11:30am Northwestern Check-In<br/>12:00pm Meditation with Barbara<br/>1:00pm Community Art<br/><b>5:30pm Frankly Speaking About Cancer: Making a Treatment Decision</b></p> | <p><b>5</b></p> <p>8:30am All in One Yoga Practice<br/>11:00am Journaling with Audra<br/>12:00pm Thankful Thursday<br/>1:00pm Chair Yoga with Susan<br/>5:30pm Boot Camp<br/>6:30pm Yoga with Steve</p>  | <p><b>6</b></p> <p>9:30am Yoga with Mary<br/>10:30am Unleash Your Creativity<br/>11:30am BeMoved</p>  | <p><b>7</b></p> <p>9:30am Zumba<br/>11:00am Chair Yoga with Susan<br/>12:00pm T'ai Chi with Leon</p>  |
| <p><b>9</b></p> <p>9:00am Hatha Yoga with Mary<br/>10:00am T'ai Chi with Leon<br/>11:00am Chair Yoga with Lyndsae<br/>12:30pm Meditation with Lyndsae<br/>5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p>  | <p><b>10</b></p> <p>10:00am Coffee with Gilda<br/>10:00am Gentle Yoga with Joan<br/>11:00am T'ai Chi Chih with Deb<br/>11:30am Mount Sinai Check-In<br/><b>12:30pm Brain Fitness</b><br/>2:00pm Sewing with Sophie<br/>5:30pm Zumba<br/><b>6:00pm Day of Remembrance</b></p> | <p><b>11</b></p> <p>9:30am T'ai Chi with Leon<br/>10:00am Coffee with Gilda<br/>10:30am Gentle Yoga with Mary<br/>11:30am Northwestern Check-In<br/>12:00pm Meditation with Barbara<br/>1:00pm Community Art<br/><b>6:00pm Shine a Light on Lung Cancer</b></p>                              | <p><b>12</b></p> <p>8:30am All in One Yoga Practice<br/>11:00am Journaling with Audra<br/>12:00pm Thankful Thursday<br/>1:00pm Chair Yoga with Susan<br/>5:30pm Boot Camp<br/><b>6:00pm Boost Your Emotional Intelligence</b><br/>6:30pm Yoga with Steve</p>                             | <p><b>13</b></p> <p>9:30am Yoga with Mary<br/>10:30am Unleash Your Creativity<br/>11:30am BeMoved</p> | <p><b>14</b></p> <p>9:30am Zumba<br/>11:00am Chair Yoga with Susan<br/>12:00pm T'ai Chi with Leon</p> |
| <p><b>16</b></p> <p>9:00am Hatha Yoga with Mary<br/>10:00am T'ai Chi with Leon<br/>11:00am Chair Yoga with Lyndsae<br/>12:30pm Meditation with Lyndsae<br/>5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p> | <p><b>17</b></p> <p>10:00am Coffee with Gilda<br/>10:00am Gentle Yoga with Joan<br/>11:30am Mount Sinai Check-In<br/>2:00pm Sewing with Sophie<br/>5:30pm Zumba</p>  | <p><b>18</b></p> <p>9:30am T'ai Chi with Leon<br/>10:00am Coffee with Gilda<br/>10:30am Gentle Yoga with Mary<br/>11:30am Northwestern Check-In<br/>12:00pm Meditation with Barbara<br/>1:00pm Community Art<br/>6:00pm House Jamz - Virtual Dance Party</p>                                 | <p><b>19</b></p> <p>8:30am All in One Yoga Practice<br/>11:00am Journaling with Audra<br/>12:00pm Thankful Thursday<br/>1:00pm Chair Yoga with Susan<br/><b>2:00pm Book Support</b><br/>5:30pm Boot Camp<br/><b>6:00pm S&amp;T: The Subconscious Mind</b><br/>6:30pm Yoga with Steve</p> | <p><b>20</b></p> <p>9:30am Yoga with Mary<br/>10:30am Unleash Your Creativity<br/>11:30am BeMoved</p> | <p><b>21</b></p> <p>9:30am Zumba<br/>11:00am Chair Yoga with Susan<br/>12:00pm T'ai Chi with Leon</p> |
| <p><b>23</b></p> <p>9:00am Hatha Yoga with Mary<br/>10:00am T'ai Chi with Leon<br/>11:00am Chair Yoga with Lyndsae<br/>12:30pm Meditation with Lyndsae<br/>5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p> | <p><b>24</b></p> <p>10:00am Coffee with Gilda<br/>10:00am Gentle Yoga with Joan<br/>11:00am T'ai Chi Chih with Deb<br/>11:30am Mount Sinai Check-In<br/>2:00pm Sewing with Sophie<br/>5:30pm Zumba</p>   | <p><b>25</b></p> <p>9:30am T'ai Chi with Leon<br/>10:00am Coffee with Gilda<br/>10:30am Gentle Yoga with Mary<br/>12:00pm Meditation with Barbara<br/>1:00pm Community Art<br/><br/><b>CLOSING @ 3:00PM</b></p>  | <p><b>26</b></p> <p style="text-align: center;"><b>CLOSED IN HONOR OF THANKSGIVING</b></p>   | <p><b>27</b></p> <p style="text-align: center;"><b>CLOSED IN HONOR OF THANKSGIVING</b></p>            | <p><b>28</b></p> <p style="text-align: center;"><b>CLOSED IN HONOR OF THANKSGIVING</b></p>            |
| <p><b>30</b></p> <p>9:00am Hatha Yoga with Mary<br/>10:00am T'ai Chi with Leon<br/>11:00am Chair Yoga with Lyndsae<br/>12:30pm Meditation with Lyndsae<br/>5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p> |  |  |  |   |   |

# November Virtual Programs

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## PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

### Noche de Película: que se anunciará

Wednesdays  
November: 4, 11, 18, 25  
11:30am

### Artes y Manualidades

Fridays  
November: 6, 13, 20  
2:00pm

### Grupo de Apoyo Latino/ Latino Networking Group

Tuesday, November 10  
10:00 - 11:30am

## NOOGIELAND KIDS/TEEN PROGRAMS

### Kids Kicking Cancer

Wednesdays  
November: 4, 11, 18  
4:30 p.m.  
Wednesday, November 25  
1:00 p.m.

### Red Door Squad

Tuesdays  
November 3, 10, 17  
5:00 p.m.

### Connecting Kids to the Arts

Saturday, November 7  
1:00 p.m.

### Kids in the Kitchen

Saturday, November 21  
1:00 p.m.



# 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. All Gilda's Club Chicago Networking Groups are intended for adults. By registering, I am affirming I am 18 years old or over. Please contact a program staff member by calling 312-464-9900 with any questions.

## Diagnosis Specific Groups

**Breast Cancer (ACMC)**  
Wednesday 11/18  
6:00 - 7:30 p.m.

**Metastatic Breast Cancer**  
Tuesday 11/3  
6:00 - 7:30 p.m.

**Young Women with Breast Cancer**  
Tuesdays: 11/10 & 11/24  
6:00 - 7:30 p.m.

**Lung Cancer (ACMC)**  
(Shine a Light on Lung Cancer)  
Wednesday 11/11  
6:00 - 7:30 p.m.

**Gastrointestinal Cancer (ACMC)**  
Thursday 11/12  
5:30 - 7:00 p.m.

**Gynecological Cancer (ACMC)**  
Tuesday 11/3  
5:30 - 7:00 p.m.

**Prostate Cancer**  
Thursday 11/19  
6:00 - 7:30 p.m.

## Other Groups

**Cancer Survivors  
(Formerly Post-Treatment)**  
Wednesday 11/11  
6:00 - 7:30 p.m.

**Caregiver (NM)**  
Tuesday 11/3  
12:30 - 1:30 p.m.

**LGBTQIA+ (Howard Brown Health)**  
Monday, 11/9  
5:30 - 7:00 p.m.

**Living Beyond Loss**  
Tuesday 11/17  
6:00 - 7:30 p.m.

**Living Beyond Loss (ACMC)**  
Saturday 11/14  
10:00 - 11:30 a.m.

**Men's**  
Tuesdays: 11/10 & 11/24  
5:00 - 6:00 p.m.

**Women of Color**  
Thursday 11/5  
10:00 - 11:30 a.m.

**Young Adult**  
Tuesday 11/17  
6:00 - 7:30 p.m.