

October 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
<p>Advocate Christ Medical Center Inspiring medicine. Changing lives.</p>	<p>SINAI Sinai Health System</p>	<p>Northwestern Medicine</p> <p>ROBERT H. LURIE COMPREHENSIVE CANCER CENTER OF NORTHWESTERN UNIVERSITY</p>	<p>1 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 6:00pm The Benefits of Brain Fitness 6:30pm Yoga with Steve</p>	<p>2 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved</p>	<p>3 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon 1:00pm An Introduction to Mindfulness Series</p>
<p>5 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 5:30pm Team Gilda Run Club in Partnership with the Cause Crew 6:30pm Cancer Genetics: A Family Affair</p>	<p>6 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</p>	<p>7 9:30am T'ai Chi 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 6:00pm Clase de Baile: Salsa 101 Dance Class</p>	<p>8 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</p>	<p>9 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved</p>	<p>10 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon</p>
<p>12 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p>	<p>13 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 12:30pm The Benefits of Brain Fitness 2:00pm Sewing with Sophie 5:30pm Zumba</p>	<p>14 9:30am T'ai Chi 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</p>	<p>15 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 2:00pm Book Support 5:30pm Boot Camp 6:00pm The Actual Dance 6:30pm Yoga with Steve</p>	<p>16 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved</p>	<p>17 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon</p>
<p>19 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p>	<p>20 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</p>	<p>21 9:30am T'ai Chi 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 6:00pm Paint the Town Pink</p>	<p>22 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 6:00pm Surviving & Thriving: Stress & Overwhelm Relief 6:30pm Yoga with Steve</p>	<p>23 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved 11:00am World of Caring</p>	<p>24 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon</p>
<p>26 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 5:30pm Team Gilda Run Club in Partnership with the Cause Crew</p>	<p>27 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</p>	<p>28 9:30am T'ai Chi 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</p>	<p>29 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</p>	<p>30 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved</p>	<p>31 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon</p>

October Virtual Programs

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PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

Taller de biblioterapia/Bibliotherapy Workshop

Martes
octubre: 6, 13, 20, 27
9:00-10:00am

Noche de Película: que se anunciará

miércoles
octubre: 7, 14, 21, 28
11:30am

Artes y Manualidades

Viernes
octubre: 2, 9, 16, 23, 30
2:00pm

Grupo de Apoyo Latino/ Latino Networking Group

jueves 8 de octubre
10:00 - 11:30am

Bilingual Networking Group

Jueves 22 de octubre
11:30am - 1:00pm

NOOGIELAND KIDS/TEEN PROGRAMS

Kids Kicking Cancer

Wednesdays
October: 7, 14, 21, 28
4:30pm

Red Door Squad

Tuesdays
October 6, 13, 20, 27
4:00 p.m.

Noogiefest: Abracadabra! Making Halloween Magical!

Saturday, October 24
10:00am - 12:00pm



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 10/28
6:00 - 7:30 p.m.

Metastatic Breast Cancer

Tuesday 10/6
6:00 - 7:30 p.m.

Young Women with Breast Cancer

Tuesdays: 10/13 & 10/27
6:00 - 7:30 p.m.

Lung Cancer (ACMC)

Wednesday 10/14
6:00 - 7:30 p.m.

Gastrointestinal Cancer (ACMC)

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

Gynecological Cancer (ACMC)

Tuesday 10/6
5:30 - 7:00 p.m.

Prostate Cancer

Thursday 10/15
6:00 - 7:30 p.m.

Other Groups

Cancer Survivors (Formerly Post-Treatment)

Wednesday 10/14
6:00 - 7:30 p.m.

Caregiver (NM)

Tuesday 10/6
12:30 - 1:30 p.m.

LGBTQIA+ (Howard Brown Health)

Monday, 10/12
5:30 - 7:00 p.m.

Living Beyond Loss

Tuesday 10/20
6:00 - 7:30 p.m.

Living Beyond Loss (ACMC)

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

Men's

Tuesdays: 10/13 & 10/27
5:00 - 6:00 p.m.

Women of Color

Thursday 10/1
10:00 - 11:30 a.m.

Young Adult

Tuesday 10/20
6:00 - 7:30 p.m.