

# September 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
	<b>1</b> 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	<b>2</b> 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	<b>3</b> 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	<b>4</b> 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	<b>5</b> <b>CLOSED IN HONOR OF LABOR DAY</b>
<b>7</b> <b>CLOSED IN HONOR OF LABOR DAY</b>	<b>8</b> 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	<b>9</b> 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	<b>10</b> 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	<b>11</b> 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	<b>12</b> 9:30am Zumba <b>10:00am An Introduction to Mindfulness series</b> 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
<b>14</b> 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 2:00pm Hatha Yoga with Mary 5:30pm Team Gilda Run Club in Partnership with the Cause Crew	<b>15</b> 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 Quilting with Mary 5:30pm Zumba 6:00pm <b>Lecture: Eating Well During Treatment</b>	<b>16</b> 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	<b>17</b> 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan <b>2:00pm Book Support</b> 5:30pm Boot Camp 6:30pm Yoga with Steve	<b>18</b> 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	<b>19</b> 9:30am Zumba <b>10:00am An Introduction to Mindfulness series</b> 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
<b>21</b> 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 2:00pm Hatha Yoga with Mary 5:30pm Team Gilda Run Club in Partnership with the Cause Crew	<b>22</b> 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	<b>23</b> 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	<b>24</b> 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 <b>Lecture: A Journey into Tea</b> 6:30pm Yoga with Steve	<b>25</b> 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	<b>26</b> 9:30am Zumba <b>10:00am An Introduction to Mindfulness series</b> 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
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# September Virtual Programs

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## PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

### Noche de Película: que se anunciará

Wednesdays  
September: 2, 9, 16, 23, 30  
11:30am

### Artes y Manualidades

Fridays  
September: 4, 11, 18, 25  
2:00pm

### Grupo de Apoyo Latino/ Latino Networking Group

Thursday, September 10  
10:00 - 11:30am

### Bilingual Networking Group

Thursday, September 24  
11:30am - 1:00pm

### Cancer Support Community Arizona

Thursday, September 10 at 8pm- Yoga Nidra en español  
Monday, September 21 at 8pm - Cocinando Contra el Cancer  
Thursday, September 24 at 6pm - Taller de sanacion emocional  
Thursday, September 4 at 8pm - Yoga en español

## NOOGIELAND KIDS/TEEN PROGRAMS

### Kids Kicking Cancer

Wednesday, September 2 | 1:00 p.m.  
Wednesday, September 9 | 4:30 p.m.  
Wednesday, September 16 | 4:30 p.m.  
Wednesday, September 23 | 4:30 p.m.  
Wednesday, September 30 | 4:30 p.m.

### Red Door Squad

Tuesdays, September 1, 8, 15, 22, 29 | 4:00 p.m.

### Big Summer Blowout!

Story Time with Mesirov on Facebook Live Monday,  
August 31 - Friday, September 4 | 11:00 a.m. Noogie

### Talent Show

Tuesday, September 1 | 3:00 p.m.

### Noogie Game Day

Thursday, September 3 | 4:00 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.

## Diagnosis Specific Groups

### **Bladder Cancer**

Wednesday 9/23  
6:00 - 7:30 p.m.

### **Breast Cancer (ACMC)**

Wednesday 9/16  
6:00 - 7:30 p.m.

### **Metastatic Breast Cancer**

Tuesday 9/1  
6:00 - 7:30 p.m.

### **Young Women with Breast Cancer**

Tuesdays: 9/8 & 9/22  
6:00 - 7:30 p.m.

### **Lung Cancer (ACMC)**

Wednesday 9/9  
6:00 - 7:30 p.m.

### **Gastrointestinal Cancer (ACMC)**

Thursday 9/10  
5:30 - 7:00 p.m.

### **Gynecological Cancer (ACMC)**

Tuesday 9/1  
5:30 - 7:00 p.m.

### **Prostate Cancer**

Thursday 9/17  
6:00 - 7:30 p.m.

## Other Groups

### **Caregiver (NM)**

Tuesday 9/1  
12:30 - 1:30 p.m.

### **LGBTQIA+ (Howard Brown Health)**

Monday, 9/14  
5:30 - 7:00 p.m.

### **Living Beyond Loss**

Tuesday 9/15  
6:00 - 7:30 p.m.

### **Living Beyond Loss (ACMC)**

Saturday 9/12  
10:00 - 11:30 a.m.

### **Men's**

Tuesdays: 9/1, 9/15 & 9/29  
5:00 - 6:00 p.m.

### **Post-Treatment**

Wednesday 9/9  
6:00 - 7:30 p.m.

### **Women of Color**

Thursday 9/3  
10:00 - 11:30 a.m.

### **Young Adult**

Tuesday 9/8  
6:00 - 7:30 p.m.