

# March 2020



## Tuesdays

## Wednesdays

## Thursdays

### Galter 21st Floor = G21

675 N. St. Clair  
21st Floor  
Conference Room

**3**  
Yoga 9:30-10:30am G21  
Art and Crafts 10:30am-12pm G21  
Caregiver Drop-In Group  
12:30-1:30pm P15

**4**  
T'ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Become a Member 12-1pm G21 by request

**5**  
Jewelry Making 9-11am P4WA  
Chair Yoga 10-11am P4CR  
Journaling 11-12pm P4CR  
Afternoon with Music 12-2pm G21

### Prentice 4th Floor = P4

Prentice Women's Hospital  
250 E. Superior  
Conference Room (CR) or  
Waiting Area (WA)

**10**  
Yoga 9:30-10:30am G21  
Art and Crafts 10:30am-12pm G21  
Music Tuesdays 1:30-2pm G21

**11**  
T'ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Caregiver Drop-In Group 12-1pm G21

**12**  
Jewelry Making 9-11am P4WA  
Chair Yoga 10-11am P4CR  
Journaling 11-12pm P4CR  
Sit in Sound 12:15-1:15pm P4CR

**Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community**

**JOIN, VOLUNTEER or DONATE at [www.GildasClubChicago.org](http://www.GildasClubChicago.org)**

**17**  
Yoga 9:30-10:30am G21  
Art and Crafts 10:30am-12pm G21  
Living Beyond Loss Drop-In Group  
12:30 - 1:30pm P3CS

**18**  
T'ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Become a Member 12-1pm G21 by request

**19**  
Jewelry Making 9-11am P4WA  
Chair Yoga 10-11am P4CR  
Journaling 11-12pm P4CR  
Afternoon with Music 12-2pm P4WA

**24**  
Yoga 9:30-10:30am G21  
Art and Crafts 10:30am-12pm G21  
Music Tuesdays 12-1pm G21

**25**  
T'ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Become a Member 12-1pm G21 by request

**26**  
Jewelry Making 9-11am P4WA  
Chair Yoga 10-11am P4CR  
Journaling 11-12pm P4CR  
Brain Fitness 12:15-1:15pm P4CR

**31**  
Yoga 9:30-10:30am G21  
Art and Crafts 10:30am-12pm G21  
Music Tuesdays 12-1pm G21

All programs are free and open to anyone living with cancer, their family, and friends. For more information about Gilda's Club Chicago at Lurie Cancer Center at Northwestern University, contact Shannon Zaleski, LCSW, OSW-C, Hospital Program Manager at 312-464-9900, ext. 122 or [shannonzaleski@gildasclubchicago.org](mailto:shannonzaleski@gildasclubchicago.org)

# March 2020 Calendar



## Galter Pavilion: 675 N. St. Clair

**YOGA:** This class is designed for beginners and those with physical challenges, or for those who just want a gentle stretching class. This activity may be done seated in a chair or standing.

**Facilitator:** *Dianna Calvente, RYT, RCYT*

**ARTS & CRAFTS:** Relax by engaging in a crafty holiday-themed project. Supplies provided. All skill levels are welcome.

**Facilitator:** *Lauren Flaen, BA*

**T'AI CHI CHIH® :** T'ai Chi Chih is a mix of meditation and movement that has been shown to reduce stress. It can be done while sitting or standing and is fun to learn! For all ages and physical conditions. No special clothing required.

**Facilitator:** *Deb Sitron, Licensed LMT & Board Certified NCBTMB*

**JEWELRY MAKING:** Create original accessories like earrings, necklaces, bracelets and more! Classes offer an atmosphere of learning and support for those seeking to be creative. No previous experience required. **Facilitator:** *Audra Eisin-Banazek, LCPC, ATR*

**CAREGIVER DROP-IN GROUP:** This group offers an opportunity to meet with other family members or caregivers to share experiences and learn from others. **Facilitator:** *Shannon Zaleski, LCSW, OSW-C*  
**SECOND WEDNESDAY OF THE MONTH, 12-1pm**

**AFTERNOON WITH MUSIC:** Free music concert offered by Caring Arts.  
First Thursday of the month @ 12-2pm, Galter 21  
Third Thursday of the month @ 12-2pm, Prentice 4

**MUSIC TUESDAYS:** Relax and heal by listening to calming live music offered by Northwestern University volunteer musicians.  
Second Tuesday of each month @ 1:30-2pm by Music Matters, G21  
Fourth Tuesday of each month @ 12-1pm by Music Matters, G21

## Programs by Request:

**BECOME A MEMBER:** Our free membership is available to any adult or child whose life has been touched by cancer. Contact Shannon Zaleski, LCSW, OSW-C at 312-464-9900, ext. 122 to schedule a Membership Appointment or for more information.

## Additional Programs: We bring the activities to you!

**ART AS RELAXATION:** Relax by working with an art therapist to promote self-expression through a variety of mediums. Program facilitators are available during your treatment to work with you, your family and friends at chairside. Beginners and experts welcome!

**Facilitators:** *Audra Eisin-Banazek, LCPC, ATR and Sophie Canade, LCPC, ATR*

Infusion at Galter, 21st Floor: **WEDNESDAYS: 9:00-10:30am**  
**THURSDAYS: 12:30-3:30pm**

Infusion at Prentice, 4th Floor: **WEDNESDAYS: 12:30-3:30pm**  
Infusion at Arkes, 21st Floor : **TUESDAYS: 10:30am -12:00pm**

**ARTIST-IN-RESIDENCE:** Relax by working with an art therapist to promote self-expression through painting, drawing, origami and other mediums. Beginners and experts welcome!

**Facilitator:** *Sophie Canade, LCPC, ATR*

Prentice Inpatient (14th-16th Floors): **TUESDAYS: 2pm-7pm**  
**THURSDAYS: 9am-5pm**

**10 MINUTES TO RELAXATION:** Work one-on-one with a yoga instructor to incorporate stretching, breathing exercises and meditation to bring your body and mind into balance during your hospital stay.

**Facilitated by Era Pawlowski, MS, MA, Certified Yoga Instructor**  
Prentice Inpatient (14th-16th Floors): **SATURDAY AND/OR SUNDAY: hours vary**

## Prentice Women's Hospital: 250 E. Superior

**CAREGIVER DROP-IN GROUP:** This group offers an opportunity to meet with other family members or caregivers to share experiences and learn from others.

**Facilitated by Shannon Zaleski, LCSW, OSW-C**

**1st Tuesday of the month, 12:30-1:30pm, P15 Family Room**

**JEWELRY MAKING:** Create original accessories like earrings, necklaces, bracelets and more! Classes offer an atmosphere of learning and support for those seeking to be creative. No previous experience required.

**Facilitator:** *Audra Eisin-Banazek, LCPC, ATR*

**CHAIR YOGA:** Give yourself the benefit of deep breathing and a comfortable stretch. This gentle yoga can be done while seated. It's your chance to try yoga for the first time or to keep up your practice.

**Facilitator:** *Era Pawlowski, MS, MA, Certified Yoga Instructor*

**JOURNAL WRITING:** Journaling can be a form of meditation and stress relief, while also allowing individuals to express themselves. This class incorporates drawing and creative writing techniques to give participants the tools and inspiration to explore their creative side.

**Facilitator:** *Audra Eisin-Banazek, LCPC, ATR*

**SIT IN SOUND:** Re-harmonize your body and release stress with the help of crystal singing bowls. Participants simply sit near the instruments and allow the produced vibrations to bring their body back into a state of harmony. No previous experience necessary.

**Facilitator:** *Jay Taylor*

**2nd Thursday of the month, 12:15-1:15pm | P4 Conference Room**

**LIVING BEYOND LOSS DROP-IN GROUP:** This caring, supportive group is open to anyone experiencing grief due to a cancer-related loss. Family and friends are welcome to attend.

**Facilitated by Shannon Zaleski, LCSW, OSW-C**

**3rd Tuesday of the month, 12:30-1:30pm | Prentice 3, Classroom S**

**BRAIN FITNESS:** This class uses rhythm and coordination exercises to bilaterally activate and stimulate the brain's natural ability to form new connections, which promote neuroplasticity, creativity, focus and resilience.

**Facilitated by Mila Apostolovic**

**4th Thursday of the month, 12:15-1:15pm | P4 Conference Room**

## Lurie Cancer Support and Networking Groups

Groups are opportunities to share information and support, and are open to patients, survivors, caregivers, family, and friends, unless otherwise noted.

**Northwestern Brain Tumor Support Group:** Location varies.

Call 312-926-5351. **Facilitators:** Chris Balmaceda, LCSW;

Mary Ellen Maher, APN; and Meg Schwartz, APN

**Third Monday of the month: 5:00 - 6:30pm**

**Living Well with Metastatic Breast Cancer:** Open support group for women with metastatic breast cancer. Galter Pavilion, 675 N. St. Clair, 21st floor @ Conference Room. **Facilitators:** Patty Moreno, PhD; Kelly Kindy, NP; Tara Henrikson, NP; and Marian Tentler, NP.

Email [patricia.moreno@nm.org](mailto:patricia.moreno@nm.org) or call 312-503-3817.

**Third Tuesday of the month: 4:00 - 5:30pm**

**Monthly Group for Young Adults with Cancer:** Join the group dedicated to young adults 18-39 years old. For more information, please email Jennifer Carrera at [jennifer.carrera@nm.org](mailto:jennifer.carrera@nm.org).  
**First Wednesday of the month: 6:00 - 7:30pm, G21 (For young adults living with cancer only)**  
**Third Tuesday of the month: 6:00 - 7:30pm, G21 (For young adults living with cancer and caregivers)**