

March 2020



**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.



Gilda's Club Chicago can be found at Mount Sinai Hospital: 1501 South California Avenue, on the 6th Floor of the Oling-Sang Building, in the Oncology Department, unless otherwise noted.

TUESDAYS	WEDNESDAYS	THURSDAYS
<p>3 10-11am Jewelry Making 11am-2pm Guided Relaxation & Chair Yoga 11:30am-1pm Art as Relaxation / Connect 4 12:30-2pm Walking for Fun/Crafts</p>	<p>4 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts</p>	<p>5 10-11am TIC-TAC-TOE/Soothing Music 10-11:30am Women of Color Drop-In Group *Location change: Group will take place at SCI Town Hall A at 2750 West 15th Street Chicago, IL 60608 10:30am-1pm Art as Relaxation 11am-2pm Guided Relaxation & Chair Yoga</p>
<p>10 10-11am Jewelry Making 11am-2pm Guided Relaxation & Chair Yoga 11:30am-1pm Art as Relaxation / Connect 4 12:30-2pm Walking for Fun/Crafts</p>	<p>11 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11am-12:30pm Cancer Survivors Drop-In Group 11am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts</p>	<p>12 10-11am TIC-TAC-TOE/Soothing Music 10:30am-1pm Art as Relaxation 11am-2pm Guided Relaxation & Chair Yoga</p>
<p>17 10-11am Jewelry Making 11am-2pm Guided Relaxation & Chair Yoga 11:30am-1pm Art as Relaxation / Connect 4 12:30-2pm Walking for Fun/Crafts</p>	<p>18 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts</p>	<p>19 10-11am TIC-TAC-TOE/Soothing Music 10:30am-1pm Art as Relaxation 11am-2pm Guided Relaxation & Chair Yoga</p>
<p>24 10-11am Jewelry Making 11am-2pm Guided Relaxation & Chair Yoga 11:30am-1pm Art as Relaxation / Connect 4 12:30-2pm Walking for Fun/Crafts</p>	<p>25 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts</p>	<p>26 10-11am TIC-TAC-TOE/Soothing Music 10:30am-1pm Art as Relaxation 11am-2pm Guided Relaxation & Chair Yoga 11:30am-1pm Bilingual Drop-In Group/ Grupo de Apoyo Bilingue</p>
<p>31 10-11am Jewelry Making 11am-2pm Guided Relaxation & Chair Yoga 11:30am-1pm Art as Relaxation / Connect 4 12:30-2pm Walking for Fun/Crafts</p>	<p>Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community</p> <p>JOIN, VOLUNTEER or DONATE at www.GildasClubChicago.org</p>	

All programs are free and open to anyone living with cancer, their family, and friends. For more information about Gilda's Club Chicago at Mount Sinai Hospital, or to register for a program, contact Kassandra Billups, Program Coordinator, African American and Faith Initiatives, at 312-464-9900 or email kassandrabilups@gildasclubchicago.org

March 2020 Calendar



JEWELRY MAKING: Join us to learn ways of creating original accessories, such as earrings, bracelets and more! The classes will offer an atmosphere of learning and support for those seeking to be creative.
Tuesdays: 10:00 – 11:00 am; Wednesdays: 10:00 am – 12:00 pm

ART AS RELAXATION/CONNECT 4: Learn how to channel your inner creativity to produce beautiful works of art in different mediums as a form of expression and source of relaxation. Prior artistic experience is not necessary. Learn art projects such as beading, tracing, and postcard art. Or, join us for a fun game of Connect 4!
Tuesdays & Wednesdays: 11:30 am – 1:00 pm; Thursdays: 10:30 am – 1:00 pm

CRAFTS: Relax by engaging in a crafty project, and enjoy your time creating an adult coloring piece to be displayed and shared. Supplies and instructions provided. No experience necessary.
Tuesdays: 12:30 – 2:00 pm; Wednesdays: 1:00 – 2:00 pm

WALKING FOR FUN: Walking is easy to do and can be a great way to put exercising into your daily routine.
Facilitator: *Kassandra Billups, MA* Tuesdays: 12:30 – 2:00 pm; Wednesdays: 1:00 – 2:00 pm

TIC-TAC-TOE/SOOTHING MUSIC: Relax while listening to soft, soothing music and connect with others while playing old-fashioned TIC-TAC-TOE.
Facilitator: *Kassandra Billups, MA* Wednesdays & Thursdays, 10:00 – 11:00 am

WOMEN OF COLOR DROP-IN GROUP: A monthly drop-in group for women of color to talk about issues facing us when living with cancer. *Location change: Group will take place at SCI Town Hall A at 2750 West 15th Street, Chicago, IL 60608
Facilitator: *Kassandra Billups, MA* Thursday, March 5 | 10:00 - 11:30 am

CANCER SURVIVORS DROP-IN GROUP: A monthly drop-in group for cancer survivors to gain support and connection.
Facilitator: *Kassandra Billups, MA* Wednesday, March 11 | 11:00 a.m. – 12:30 p.m.

GUIDED RELAXATION: Relax and be guided through a simple mindfulness technique to release your muscles and quiet your mind. Facilitator: *Lyndae Rinio* Tuesdays & Thursdays: 11:00 am – 2:00 pm

CHAIR YOGA: This gentle yoga is done while seated and is accessible to all levels and body types. No special clothing required.
Facilitator: *Lyndae Rinio, Certified Yoga Instructor* Tuesdays & Thursdays: 11:00 am – 2:00 pm

BILINGUAL DROP-IN GROUP: A monthly drop-in style group for people living with cancer and their families in which they can obtain information, share resources and receive emotional support.
Facilitator: *Jasmine Carrasco* Thursday, March 26 | 1:00 – 2:00 pm

Did You Know?

Did you know that Gilda's Club Chicago provides more than just the activities you see on our calendar? *Kassandra Billups* is available to provide emotional support as well as information and referrals to local, regional and national resources. Resources can include treatment decision planning, specialized cancer information and financial resources. *Kassandra* can be reached Tuesday through Thursday during regularly scheduled programming or by calling 312-464-9900.

Programa Latino de Gilda's Club Chicago

GRUPO DE APOYO BILINGUE: Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional.
jueves, 26 de marzo | 11:30 am - 1:00 pm

Para más información sobre programas en Español, comuníquese con *Jasmine Carrasco* en 312-464-9900.

Gilda's Club Chicago is a free cancer support community. Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Our Downtown Clubhouse is located at 537 N. Wells Street. For more information about Gilda's Club Chicago programs in the Clubhouse or Hospitals, contact us at 312-464-9900, or visit our website at www.gildasclubchicago.org