

# September 2019



**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
<b>3</b> 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	<b>4</b> 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11:30am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts	<b>5</b> 10-11am TIC-TAC-TOE/Soothing Music 10-11:30am Women of Color Drop-In Group 10:30am-1pm Art as Relaxation 11am-2pm Guided Relaxation & Chair Yoga
<b>10</b> 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	<b>11</b> 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts	<b>12</b> 10-11am TIC-TAC-TOE/Soothing Music 10:30am-1pm Art as Relaxation 11am-2pm Guided Relaxation & Chair Yoga
<b>17</b> 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	<b>18</b> 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts	<b>19</b> 10-11am TIC-TAC-TOE/Soothing Music 10:30am-1pm Art as Relaxation 11am-2pm Guided Relaxation & Chair Yoga
<b>24</b> 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	<b>25</b> 10-11am TIC-TAC-TOE/Soothing Music 10am-12pm Jewelry Making 11am-1pm Art as Relaxation / Connect 4 1-2pm Walking for Fun/Crafts	<b>26</b> 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 1-2pm Albums of Hope/Álbum de la Esperanza

**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)**

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 Cassandra Billups, Program Coordinator, African American and Faith Initiatives, at 312-464-9900 or email [kassandrabilups@gildasclubchicago.org](mailto:kassandrabilups@gildasclubchicago.org)

Gilda's Club Chicago at Mount Sinai Hospital  
September 2019 Calendar



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**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: Cassandra 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: Cassandra 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.

*Facilitator: Cassandra Billups, MA* **Thursday, September 5 | 10:00 - 11:30 am**

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

**ALBUMS OF HOPE:** Customize your Album of Hope with beautiful photos and uplifting quotes provided, or bring your own photos/materials to add to the album. An Album of Hope brings a lift of spirit whenever you need it!

**Fourth Thursday of the month (September 26) | 1:00 – 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* **Fourth Thursday of the month (September 26) | 1:00 – 2:00 pm**

### Programa Latino de Gilda's Club Chicago

**ÁLBUM DE LA ESPERANZA:** Personalice su álbum de la esperanza con las fotos hermosas y las citas que levanten su ánimo, o trae sus propias fotos / materiales para agregar al álbum. ¡Un álbum de la esperanza te levantará el espíritu cuando usted más lo necesite!

**jueves, 26 de septiembre | 1:00 -2:00 pm**

**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 septiembre | 11:30 am - 1:00 pm**

**Open to Options™ (Abierto a Opciones)** le apoya a medida que usted identifique preguntas importantes sobre sus opciones y preocupaciones de tratamiento de cáncer basadas en sus necesidades personales. Disponible sin costo, este servicio le ayudará a generar una lista de preguntas para su médico, organizar sus preguntas para llevarlas a su cita y a comunicarse claramente con su equipo médico. Jeanette Santana González estará disponible para reunirse con usted los jueves entre las horas de 10am-2pm.

**Para más información, llame al 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](http://www.gildasclubchicago.org)