

# DECEMBER 2023

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**GILDA'S CLUB CHICAGO**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY



Advocate Christ Medical Center

HIGHLIGHTED WEEKLY ACTIVITIES	TUESDAYS	WEDNESDAYS	THURSDAYS
	1:00 PM Chair Yoga with Susan 3:00 PM Stitch Craft 5:00 PM Zumba	10:00 AM to 2:00 PM Reiki <i>30 minute sessions</i> <i>Appointment required</i>  2:00 PM Yoga: Stretch and Rest	11:00 AM Strength, Fitness, and Fun!

INFUSION PROGRAMMING	
TUESDAYS	
9:00 AM - 11:00 AM	Art with Sophie
10:00 AM - 12:00 PM	Stretch & Breathe with Susan

In-person activities take place in the Gilda's Club Clubhouse located in the Outpatient Pavilion Ground Floor unless stated otherwise.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
					2
4	6:00 PM Beyond the Red Door Orientation <b>Virtual</b>	5 3:00 PM Line Dancing <b>ACMC</b>	6 1:00 PM Gift of Gratitude: Letter Writing Workshop <b>Virtual</b>	7	9 <b>SATURDAY LIVE! @ 537 N. Wells</b> 11:00 AM Holiday Family Fun 11:30 AM Moving Mindfully 1:00 PM A Sleigh Full of Songs Holiday Concert
	6:00 PM Grief and the Holidays <b>Virtual</b>				
11	6:00 PM Yoga for Queer Bodies <b>Virtual</b>	12 1:00 PM Beyond the Red Door Orientation <b>Virtual</b>	13	14	16
18		19	20 <i>All Day</i> Pet Therapy with Sherman <b>ACMC</b>	21 5:30 PM The Healthy Dish <b>Virtual</b>	23

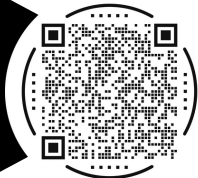
**Closed between Saturday, December 23 and Monday, January 1. See you in 2024!**

Questions? We are here to help you at 708-684-9505.

Looking for a support group? See reverse.

# SUPPORT GROUPS

Learn more!



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Gilda's Club Chicago is a place where anyone whose life has been impacted by any type of cancer, as well as their families and friends, can feel they are part of a welcoming community of support. Join us and help us prove that **Community is Stronger Than Cancer**. We are proud to partner with Advocate Christ Medical Center to provide free membership to those living with cancer, supporting someone who is, or have lost a loved one to cancer.

**Not a member of Gilda's Club Chicago?** Join us today at [gildasclubchicago.org/membership](http://gildasclubchicago.org/membership).

MONTHLY SUPPORT GROUP	MEETING DATE(S)	MEETING TIME	FACILITATOR
<b>BREAST CANCER</b>	3rd Wednesday of the Month <i>*Group will not meet in December*</i>	6:00 PM - 7:30 PM	Lindsay Tynes LCSW OSW-C Mary Niemic RN BSN OCN
<b>GASTROINTESTINAL CANCER</b>	2nd Thursday of the Month <i>December 14th</i>	5:30 PM - 7:00 PM	Mary Ann Andrade Bekker LCPC Psy.D Nicole Houlihan RN BSN OCN
<b>GYNECOLOGICAL CANCER</b>	1st Tuesday of the Month <i>December 5th</i>	5:30 PM - 7:00 PM	Carolyn Stypka, LCSW
<b>LGBTQIA+</b>	4th Monday of the Month <i>*Group will not meet in December*</i>	6:00PM - 7:30 PM	Paige Jeffrey LSW
<b>LUNG CANCER</b>	2nd Wednesday of the Month <i>December 13th</i>	6:00 PM- 7:30 PM	Lindsay Tynes LCSW OSW-C Diane Murphy RN BSN OCN
<b>YOUNG ADULT</b>	2nd Monday of the Month <i>December 11th</i>	6:00 PM - 7:30 PM	Paige Jeffrey LSW
<b>HEALTHCARE PROVIDERS LIVING WITH CANCER</b>	4th Wednesday of the Month <i>*December Meeting TBD*</i>	6:30 PM - 8:00 PM	Kathryn West LCSW

## Support Group Orientation

All members wishing to join a weekly or monthly support group must attend a **Beyond the Red Door Orientation** prior to registration.

## WEEKLY SUPPORT GROUPS

Living with Cancer  
Bereavement  
Caregiver