

# December 2023

Scan for more activities!



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

**M Northwestern Medicine**

**ROBERT H. LURIE  
COMPREHENSIVE CANCER CENTER**  
OF NORTHWESTERN UNIVERSITY

HIGHLIGHTED WEEKLY ACTIVITIES	TUESDAYS			WEDNESDAYS			THURSDAYS		
	11:00 AM	Strength, Fitness, & Fun	<b>Wells</b>	10:00 AM	Inpatient Art Therapy	<b>P16</b>	10:00 AM	Inpatient Art Therapy	<b>P16/0</b>
11:00 AM	Brain Fitness	<b>Virtual</b>	9:30 AM	Tai Chi	<b>Virtual</b>	10:00 AM	Chair Yoga	<b>P4</b>	
12:30 PM	Sound Meditation	<b>Wells</b>	10:30 AM	Gentle Yoga with Mary	<b>Wells</b>	11:00 AM	Jewelry Making & Art	<b>P4</b>	
			11:30 AM	Northwestern Check-In	<b>Virtual</b>	11:00 AM	Minutes To Relaxation	<b>P5*</b>	
						2:00 PM	Caregiver Support Group	<b>P16-Room 2304</b>	

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

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

**WELLS STREET CLUBHOUSE**  
537 N. Wells Street

**NORTHWESTERN MEDICINE  
Galter (G) Pavilion**  
675 N. St. Clair Street

**NORTHWESTERN MEDICINE  
Olson (O) Pavilion**  
710 N. Fairbanks Court

**NORTHWESTERN MEDICINE  
Prentice (P) Women's Hospital**  
250 E. Superior Street  
*\*PS: Offered exclusively to patients receiving infusion*

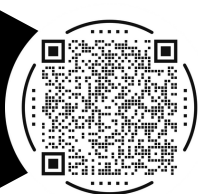
**VIRTUAL ACTIVITIES**  
Link will be provided via email

Questions? We are here to help you at 312-464-9900.

Looking for a support group? See reverse.

# SUPPORT GROUPS

Learn more!



**GILDA'S CLUB CHICAGO**  
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**CANCER SUPPORT COMMUNITY**



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 Northwestern Medicine and the Lurie Comprehensive Cancer 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	LOCATION
<b>BREAST CANCER</b> in partnership with Advocate Christ Medical Center	3rd Wednesday of the Month <i>No meeting in December</i>	6:00 PM - 7:30 PM	Virtual
<b>GASTROINTESTINAL CANCER</b> in partnership with Advocate Christ Medical Center	2nd Thursday of the Month <i>December 14</i>	5:30 PM - 7:00 PM	Virtual
<b>GYNECOLOGICAL CANCER</b> in partnership with Advocate Christ Medical Center	1st Tuesday of the Month <i>December 5</i>	5:30 PM - 7:00 PM	Virtual
<b>LGBTQIA+</b> in partnership with Howard Brown Health Center	4th Monday of the Month <i>No meeting in December</i>	6:00PM - 7:30 PM	Virtual
<b>LUNG CANCER</b> in partnership with Advocate Christ Medical Center	2nd Wednesday of the Month <i>December 13</i>	6:00 PM - 7:30 PM	Virtual
<b>METASTATIC BREAST CANCER</b> in partnership with Northwestern	1st & 3rd Tuesday of the Month <i>December 5 &amp; 19</i>	4:30PM - 6:00 PM	Virtual
<b>PROSTATE CANCER</b> in partnership with Zero Prostate Cancer	3rd Thursday of the Month <i>December 21 (Holiday Party)</i>	6:30 PM - 8:00 PM	Hybrid (Downtown Clubhouse)

## 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