



JOIN US AT THE

GCC CLUBHOUSE @ ACMC

OUTPATIENT PAVILION | 4440 W 95TH | OAK LAWN

TUESDAYS

Chair Chi Kung	12:00 PM - 1:00 PM	Weekly
Chair Yoga	1:00 PM - 2:00 PM	Weekly
Keep It Moving: Line Dancing	3:00 PM - 4:00 PM	1st Tuesday
Zumba	5:00 PM - 6:00 PM	1st & 3rd Tuesdays

WEDNESDAYS

Reiki (30 minute sessions)	9:30 AM - 12:30 PM	1st & 3rd Wednesdays
Lung Cancer Support Group (hybrid)	10:00 AM - 11:00 AM	2nd Wednesday

THURSDAYS

T'ai Chi	10:00 AM - 11:00 AM	Weekly
Strength, Fitness, & Fun	11:00 AM - 12:00 PM	Weekly
Core & Balance	12:00 PM - 1:00 PM	Weekly

SATURDAY LIVE! @ ACMC

Join us at the Clubhouse every other month for Saturday LIVE! at ACMC. Enjoy a light breakfast, healthy lifestyle activities, and social opportunities with others impacted by cancer.

2026 Dates: March 28, May TBA, July 25, September 26, November TBA

Reiki (30 minute sessions)	9:30 AM - 1:00 PM	4th Saturday of the month
Strength, Fitness, & Fun	9:30 AM - 10:30 AM	4th Saturday of the month
Caring Arts	10:00 AM - 12:00 PM	4th Saturday of the month
Gong Meditation	11:30 AM - 12:30 PM	4th Saturday of the month