



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

Register



# JOIN US ON OUR VIRTUAL CLUBHOUSE VIA ZOOM

## MONDAYS

Hatha Yoga	Weekly	9:00 - 10:00 AM
T'ai Chi	Weekly	10:00 - 11:00 AM
Mind.Body.Soul	3rd Monday	11:00 - 12:30 PM
Line Dancing	1st & 3rd Mondays	12:00 - 1:00 PM
Gentle Vinyasa Flow	2nd & 4th Mondays	12:00 - 1:00 PM
Community Art	Weekly	1:00 - 3:00 PM
Advanced Improv Club	2nd Monday	5:00 - 6:30 PM

## WEDNESDAYS

Meditation	Weekly	12:00 - 1:00 PM
Chair Yoga	Weekly	2:30 - 3:30 PM
Yoga	Weekly	6:30 - 7:30 PM

## THURSDAYS

Journaling	Weekly	11:00 - 12:00 PM
Balance & Body Spatial Awareness	Weekly	5:30 - 6:30 PM

## TUESDAYS

Brain Fitness	1st & 3rd Tuesdays	10:00 - 11:00 AM
T'ai Chi Chih	2nd Tuesday	10:00 - 11:00 AM
Dungeons & Dragons: Healing Quests	Every other week <i>check calendar for dates</i>	1:30 - 3:00 PM
Stitchcraft	Weekly	2:00 - 3:00 PM
Zumba	2nd & 4th Tuesdays	5:00 - 6:00 PM
Surviving & Thriving Lecture Series	4th Tuesday	6:00 - 7:30 PM

## FRIDAYS

Unleash Your Creativity	Weekly	10:30 - 12:00 PM
GCC Book Support	3rd Friday	2:00 - 3:30 PM
Yoga Nidra	3rd Friday	3:00 - 4:00 PM

## SATURDAYS

T'ai Chi	Weekly	10:30 - 12:00 PM
Artes y Manualidades	Weekly	1:30 - 3:00 PM



### Virtual Saturday LIVE! Offerings!

Can't make it to the Downtown Clubhouse? You can still join us every other month for **FREE** movement and meditation activities via Zoom.

**2026 Dates: February 14, April 11, June 13, August 8, October 10, December 12**

Sound Healing with Biofield Tuning	10:30 - 11:30 AM
Embodied Yoga	12:00 - 1:00 PM