

October Virtual Calendar



Phone: 312-464-9900 Website: GildasClubChicago.org

Due to the unprecedented need caused by Covid-19 Gilda's Club Chicago has created a robust virtual program. We now have more than 150 online programs scheduled including support groups, wellness workshops, yoga and art therapy. Please go to GildasClubChicago.org to RSVP. We will then send you further instructions on how to join zoom.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	2 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
4 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:00pm Chicago Cancer Symposium 12:30pm Meditation with Lyndsae 4:00pm Zoom Improv	5 11:00am Gentle Yoga with Joan 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 5:30pm Zumba 6:00pm Beyond the Red Door: Orientation	6 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 5:30pm Team Gilda Run Club	7 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:30pm Yoga with Steve	8 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	9 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
11 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 4:00pm Zoom Improv	12 11:00am Gentle Yoga with Joan 11:00am T'ai Chi Chih with Deb 11:30am Mount Sinai Check-In 12:00pm Beyond the Red Door: Orientation 12:30pm Brain Fitness 2:00pm Sewing with Sophie 5:30pm Zumba	13 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 5:30pm Team Gilda Run Club	14 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:00pm World of Caring - The Kitchen Table 6:30pm Yoga with Steve	15 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	16 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
18 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 4:00pm Zoom Improv	19 11:00am Gentle Yoga with Joan 11:30am Mount Sinai Check-In 2:00pm Sewing with Sophie 5:30pm Zumba 6:00pm Beyond the Red Door: Orientation	20 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 5:30pm Team Gilda Run Club 6:00pm Paint the Town Pink	21 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 2:00pm Book Support 5:30pm Boot Camp 6:30pm Yoga with Steve	22 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	23 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon
25 9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Lyndsae 12:30pm Meditation with Lyndsae 4:00pm Zoom Improv	26 11:00am Gentle Yoga with Joan 11:00am T'ai Chi Chih with Deb 11:30am Mount Sinai Check-In 1:00pm Beyond the Red Door: Orientation 2:00pm Sewing with Sophie 5:30pm Zumba	27 9:30am T'ai Chi with Leon 10:00am Coffee with Gilda 10:30am Gentle Yoga with Mary 11:30am Northwestern Check-In 12:00pm Meditation with Barbara 1:00pm Community Art 5:30pm Team Gilda Run Club	28 8:30am All in One Yoga Practice 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:00pm Surviving & Thriving: Horticulture Therapy 6:30pm Yoga with Steve	29 9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:30am BeMoved	30 9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon

October Virtual Programs

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PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

Artes y Manualidades

sabado | octubre 2, 9, 16, 23, 30 | 1:00 p.m.

Noche de Pelicula

miércoles | octubre 6, 13, 20, 27 | 11:30 a.m.

Yoga en Español

martes | octubre 12 & 26 | 10:00 a.m.

Grupo de Apoyo Mensual

martes, octubre 19 | 10:00 a.m.

NOOGIELAND KIDS/TEEN PROGRAMS

Red Door Squad

Tuesdays | October 5, 12, 19, 26 | 5:00 p.m.

Kids in the Kitchen

Saturday, October 9 | 5:00 p.m.

Noogiefest Party

Saturday, October 23 | 10:00 a.m.

RSVP by October 13 to receive craft project supplies





Virtual Cancer Support Groups

These educational and supportive groups are open to those who have cancer themselves and those supporting a loved one with cancer. Groups with (ACMC) after the name normally occur at our satellite at Advocate Christ Medical Center. Groups with (NM) after the name normally occur at our satellite at Northwestern Memorial Hospital. All other groups normally occur at the downtown Clubhouse. You are welcome to attend all groups. All Gilda's Club Chicago Support Groups are intended for adults. By registering, I am affirming I am 18 years old or over. Please contact a program staff member by calling 312-464-9900 with any questions.

Diagnosis Specific Groups

Breast Cancer (ACMC)
Paint the Town Pink
Wednesday 10/20
6:00 - 7:30 p.m.

Metastatic Breast Cancer
Tuesday 10/5
6:00 - 7:30 p.m.

Young Women with Breast Cancer
Tuesday, 10/26
6:00 - 7:30 p.m.

Lung Cancer (ACMC)
Wednesday 10/13
6:00 - 7:30 p.m.

Gastrointestinal Cancer (ACMC)
Wednesday 10/14
5:30 - 7:00 p.m.

Gynecological Cancer (ACMC)
Tuesday 10/5
5:30 - 7:00 p.m.

Prostate Cancer
Thursday 10/21
6:00 - 7:30 p.m.

Other Groups

Black Women of Ethnicities
Thursday 10/7
10:00 - 11:30 a.m.

**Cancer Survivors
(Formerly Post-Treatment)**
Wednesday 10/13
6:00 - 7:30 p.m.

Caregiver (NM)
Tuesday 10/5
12:30 - 1:30 p.m.

LGBTQIA+ (Howard Brown Health)
NEW DAY & TIME
Saturday, 10/9
9:00 - 10:30 a.m.

Living Beyond Loss (ACMC)
Saturday, 10/9
10:00 - 11:30 a.m.

Living Beyond Loss
Tuesday 10/19
6:00 - 7:30 p.m.

Men's
Tuesdays, 10/12 & 10/26
5:00 - 6:00 p.m.

Young Adult
Tuesday 10/19
6:00 - 7:30 p.m.