

February Virtual Calendar



**GILDA'S
CLUB
CHICAGO**

An Affiliate of the
CANCER SUPPORT COMMUNITY

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 180 online programs scheduled, including support groups, wellness workshops, yoga and art therapy. We are now adding a limited number of in-person and hybrid activities. Please go to GildasClubChicago.org and check our online calendar for more information and to RSVP.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>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</p>	<p>2</p> <p>8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:30pm Yoga with Steve</p>	<p>3</p> <p>9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:00am BeMoved</p>	<p>4</p> <p>9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon</p>
<p>6</p> <p>9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Diane 4:00pm Zoom Improv</p>	<p>7</p> <p>11:00am Brain Fitness 11:00am Gentle Yoga with Joan 12:30pm Sit in Sound Meditation 2:00pm Sewing with Sophie 5:00pm Zumba 6:00pm Beyond the Red Door: Orientation</p>	<p>8</p> <p>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</p>	<p>9</p> <p>8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 11:00am Thankful Thursday - Hybrid @ Blue Door, Morgan Park 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:30pm Yoga with Steve</p>	<p>10</p> <p>9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:00am BeMoved</p>	<p>11</p> <p>9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon</p>
<p>13</p> <p>9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Diane 4:00pm Zoom Improv <i>*NEW* 6:00pm Yoga for Queer Bodies</i></p>	<p>14</p> <p>10:00am T'ai Chi Chih with Deb 11:00am Gentle Yoga with Joan 12:30pm Sit in Sound Meditation 1:00pm Beyond the Red Door: Orientation 2:00pm Sewing with Sophie 5:00pm Zumba</p>	<p>15</p> <p>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 <i>5:30pm The Kitchen Table</i></p>	<p>16</p> <p>8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp 6:30pm Yoga with Steve</p>	<p>17</p> <p>9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:00am BeMoved <i>2:00pm Book Support</i></p>	<p>18</p> <p>9:30am Zumba 10:30am Beyond the Red Door: Orientation 11:00am Chair Yoga with Susan 12:00pm T'ai Chi with Leon</p>
<p>20</p> <p>CLOSED IN HONOR OF PRESIDENTS DAY</p>	<p>21</p> <p>11:00am Brain Fitness 11:00am Gentle Yoga with Joan 11:00am T'ai Chi @ Blue Door, Morgan Park 12:30pm Sit in Sound Meditation 2:00pm Sewing with Sophie 5:00pm Zumba <i>6:00pm FSAC: Gynecologic Cancers</i></p>	<p>22</p> <p>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</p>	<p>23</p> <p>8:30am All in One Yoga Practice 10:30am Celtic Mindfulness 11:00am Journaling with Audra 12:00pm Thankful Thursday 1:00pm Chair Yoga with Susan 5:30pm Boot Camp <i>6:00pm Surviving & Thriving: Benefits of Play & Improvisation</i> 6:30pm Yoga with Steve</p>	<p>24</p> <p>9:30am Yoga with Mary 10:30am Unleash Your Creativity 11:00am BeMoved</p>	<p>25</p> <p>9:30am Zumba 11:00am Chair Yoga with Susan 12:00pm Soulful Social @ ACOMC 12:00pm T'ai Chi with Leon</p>
<p>27</p> <p>9:00am Hatha Yoga with Mary 10:00am T'ai Chi with Leon 11:00am Chair Yoga with Diane <i>4:00pm Art Therapy in COMMUNITY</i> 4:00pm Zoom Improv</p>	<p>28</p> <p>10:00am T'ai Chi Chih with Deb 11:00am Gentle Yoga with Joan 1:00pm Beyond the Red Door: Orientation 2:00pm Sewing with Sophie 5:00pm Zumba</p>		<p>Bolded Programs = In-Person/Hybrid Programs</p>	<p><i>Italicized Programs = Special Events</i></p>	

February Virtual Programs

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PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

Viviendo después del duelo y la pérdida

jueves, 2 de febrero | 6:00 p.m.

Artes y Manualidades

sabado | 4, 11, 18 y 25 de febrero | 1:00 p.m.

Yoga en Español

lunes, 13 de febrero | 6:30 p.m.

Grupo de Apoyo Mensual

martes, 21 de febrero | 10:00 a.m.

Meditación en Español

lunes, 27 de febrero | 6:30 p.m.

NOOGIELAND KIDS/TEEN PROGRAMS

Red Door Squad

Tuesdays, February 7, 14, 21 & 28 @ 5:00 p.m.

Kid Support

Peer support groups for children ages 5-12 who are living with cancer or have a family member or friend living with cancer. Parents need to have attended Orientation and completed a Membership Plan.

Kid's Bereavement

Peer support groups for children ages 4-12 who have experienced the cancer-related death of a family member or friend. Parents need to have attended Orientation and completed a Membership Plan.

GCC @ School

A school-based cancer education and support program for children and adolescents with cancer or cancer in their families.

**Programming available as requested. Please contact
Paige Jeffrey at paigejeffrey@gildasclubchicago.org**