## August 2023 Calendar

### The Gilda’s Club Chicago Mission:
Gilda’s Club Chicago uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care. To participate in one of our over 200 free monthly activities, please visit [GildasClubChicago.org](http://GildasClubChicago.org) and register on our Member Portal. Also explore our online calendar for more information on programs that might be of support.

<table>
<thead>
<tr>
<th><strong>Monday</strong></th>
<th><strong>Tuesday</strong></th>
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<th><strong>Saturday</strong></th>
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| **1** | 11:00am Brain Fitness  
11:00am Gentle Yoga with Joan  
12:30pm Sound Meditation | 2  
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 | 3  
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  
6:30pm Yoga with Steve | 4  
9:30am Yoga with Mary  
10:30am Unleash Your Creativity  
11:00am BeMoved | 5  
9:30am Zumba  
10:00am Caring Arts  
10:30am Yoga & Breathwork  
11:00am Chair Yoga with Susan  
12:00pm T’ai Chi with Leon |
| **2** | **3** | **4** | **5** | **6** |
| **7** | 9:00am Hatha Yoga with Mary  
10:00am T’ai Chi with Leon  
11:00am Chair Yoga with Diane  
1:00pm Community Art  
4:00pm Zoom Improv  
6:00pm Beyond the Red Door: Orientation | 9:00am Hatha Yoga with Mary  
10:00am T’ai Chi with Leon  
11:00am Chair Yoga with Joan  
12:30pm Sound Meditation  
1:00pm Beyond the Red Door: Orientation | 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  
6:30pm Yoga with Steve | 9:00am Yoga with Mary  
10:30am Unleash Your Creativity  
11:00am BeMoved | 9:30am Zumba  
12:00pm T’ai Chi with Leon |
| **8** | **9** | **10** | **11** | **12** |
| **14** | **15** | **16** | **17** | **18** |
| **19** | **20** | **21** | **22** | **23** |
| **24** | **25** | **26** | **27** | **28** |
| **29** | **30** | **31** | **Bolded Programs = In-Person/Hybrid Programs** | **Italicized Programs = Special Events** |

### Phone:
Monday 312-537 N. Wells Street, Chicago, IL 60654 - 464-9900

### Website:
GildasClubChicago.org
August 2023 Programs

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.

PROGRAMA LATINO DE GILDA’S CLUB CHICAGO

Viviendo después del duelo y la pérdida
jueves, 3 de agosto | 6:00 p.m.

Artes y Manualidades
sábado | 5, 12, 19 y 26 de agosto | 1:30 p.m.

Grupo de Apoyo Mensual
martes, 15 de agosto | 10:00 a.m.

Meditación en Español
lunes, 28 de agosto | 6:30 p.m.

NOOGIELAND
KIDS/TEEN PROGRAMS

Kids Bereavement
Tuesdays, August 1 & 8 | 5:00 - 6:30 p.m.
Peer support groups for children ages 5-12 who have experienced the cancer-related death of a family member or friend.
Parents need to have attended Beyond the Red Door: Orientation.

Back to School Bash
Saturday, August 5 | 10:00 a.m.
In-Person only at 537 N. Wells Street Chicago, IL 60654

Red Door Squad
Monday, August 14 on Zoom | 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 Beyond the Red Door: Orientation.

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

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

An Affiliate of the CANCER SUPPORT COMMUNITY
# August 2023 Calendar

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- **Blue Door Morgan Park**: 11840 S. Marshfield Ave.
- **Mount Sinai Hospital/Community**, 675 North St. Clair Street, 21st floor, Chicago IL 60611
- **Northwestern Memorial Hospital**, 1501 South California

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<td><strong>Blue Programs</strong> = Mount Sinai Hospital/Community</td>
<td><strong>Purple Programs</strong> = Northwestern Memorial Hospital</td>
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| 2:00pm Stitch Craft @ ACMC | 10:00am Reiki @ ACMC | 10:00am Chair Yoga with Kali @ NMH:P4 | 10:00am Chair Yoga with Kali @ NMH:P4 | 4440 West 95th Street  
Oak Lawn, IL 60453 |
| 5:00pm Zumba @ ACMC | 2:00pm Yoga: Stretch and Rest @ ACMC | 11:00am Minutes to Relaxation @ NMH:P5 | 11:00am Minutes to Relaxation @ NMH:P5 | |
| **Blue Programs** = Mount Sinai Hospital/Community | **Purple Programs** = Northwestern Memorial Hospital | **Red Programs** = Advocate Christ Medical Center | **Blue Programs** = Mount Sinai Hospital/Community | **Red Programs** = Advocate Christ Medical Center |
| 7 | 8 | 9 | 10 | Blue Door Morgan Park |
| 10:00am Music with Caring Arts @ ACMC: 8th Floor (Infusion Waiting Room) | 10:00am Reiki @ ACMC | 10:00am Chair Yoga with Kali @ NMH:P4 | 10:00am Chair Yoga with Kali @ NMH:P4 | 11840 S. Marshfield Ave. |
| 11:00am T’ai Chi @ Blue Door, Morgan Park | 10:00am Survive Strong @ NMH:G17 | 11:00am Jewelry Making @ NMH:P4 Waiting Room | 11:00am Jewelry Making @ NMH:P4: Waiting Room | Blue Door Morgan Park |
| 1:00pm Chair Yoga @ ACMC | 2:00pm Yoga: Stretch and Rest @ ACMC | 11:00am Minutes to Relaxation @ NMH:P5 | 11:00am Minutes to Relaxation @ NMH:P5 |  |
| 2:00pm Stitch Craft @ ACMC | 11:00am Strength, Fitness & Fun! @ ACMC | 11:00am Strength, Fitness & Fun! @ ACMC | 11:00am Strength, Fitness & Fun! @ ACMC |  |
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| 10:00am Reiki @ ACMC | 10:00am Chair Yoga with Kali @ NMH:P4 | 10:00am Chair Yoga with Kali @ NMH:P4 | 1501 South California  
21st floor  
Chicago IL 60611 |
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| **Purple Programs** = Northwestern Memorial Hospital | **Red Programs** = Advocate Christ Medical Center | **Blue Programs** = Mount Sinai Hospital/Community | **Red Programs** = Advocate Christ Medical Center | **Blue Programs** = Mount Sinai Hospital/Community |
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| 10:30am Music with Caring Arts @ Mount Sinai: 6th Floor Lobby (Oncology Infusion) | 10:30am Music with Caring Arts @ Mount Sinai: 6th Floor Lobby (Oncology Infusion) | 11:00am Minutes to Relaxation @ NMH:P5 | 11:00am Minutes to Relaxation @ NMH:P5 |
| 12:30pm Music with Caring Arts @ NMH:G21 | 12:30pm Music with Caring Arts @ NMH:G21 | 11:00am Strength, Fitness & Fun! @ ACMC | 11:00am Strength, Fitness & Fun! @ ACMC |
| 2:00pm Yoga: Stretch and Rest @ ACMC | 2:00pm Yoga: Stretch and Rest @ ACMC | **Red Programs** = Advocate Christ Medical Center | **Blue Programs** = Mount Sinai Hospital/Community |
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