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<th>Monday</th>
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| 4            | 5             | **Bolded Programs =** In-Person/Hybrid Programs | **Italicized Programs = Special Events** | 1           | 2
| CLOSED IN HONOR OF LABOR DAY | 11:00am Gentle Yoga with Joan | 9:30am T'ai Chi with Leon | 8:30am All in One Yoga Practice | 9:30am Yoga with Mary | CLOSED IN HONOR OF LABOR DAY
|              | 12:30pm Sound Meditation | 10:30am Gentle Yoga with Mary | 11:00am Journaling with Audra | 10:30am Unleash Your Creativity | 10:00am Caring Arts: Dot Painting
|              | 2:00pm Stitch Craft with Sophie | 11:00am Northwestern Check-In | 12:00pm Thankful Thursday | 10:30am Unleash Your Creativity | 10:30am Yoga & Breathwork with Mary
|              | 6:30pm Tough Friends Art Club for Young Adults: Watercolor Painting | 12:00pm Meditation with Barbara | 1:00pm Chair Yoga with Susan | 11:00am BeMoved | 12:00pm T'ai Chi with Leon
| 11           | 12           | 9:00am Hatha Yoga with Mary | 10:00am Gentle Yoga with Joan | 9:30am Yoga with Mary | 9:30am Zumba
| 10:00am T'ai Chi with Leon | 11:00am Strength, Fitness & Fun | 10:30am Gentle Yoga with Mary | 11:00am Northwestern Check-In | 10:30am Yoga with Mary | 10:30am Beyond the Red Door: Orientation
| 11:00am Chair Yoga with Diane | 12:30pm Sound Meditation | 11:00am T'ai Chi with Leon | 12:00pm Meditation with Barbara | 11:00am Unleash Your Creativity | 12:00pm T'ai Chi with Leon
| 1:00pm Community Art | 1:00pm Beyond the Red Door: Orientation | 9:30am T'ai Chi with Leon | 6:30pm Yoga with Steve | 11:00am BeMoved | 12:00pm T'ai Chi with Leon
| 4:00pm Zoom Improv | 2:00pm Stitch Craft with Sophie | 10:30am Gentle Yoga with Mary | 6:30pm Yoga with Steve | 8:30am All in One Yoga Practice | 10:30pm Zumba
| 6:00pm Yoga for Queer Bodies | 6:30pm Yoga with Steve | 11:00am Northwestern Check-In | 1:00pm Chair Yoga with Susan | 11:00am Journaling with Audra | 10:00pm Young Adult Virtual Trivia Night
| 6:30pm Yoga with Steve | 6:30pm Yoga with Steve | 12:00pm Meditation with Barbara | 5:30pm Cancer Experience Registry Lecture | 11:00am BeMoved | 5:30pm The Kitchen Table
| 18           | 19           | 9:00am Hatha Yoga with Mary | 10:00am Gentle Yoga with Joan | 9:30am Yoga with Mary | 9:30am Zumba
| 10:00am T'ai Chi with Leon | 11:00am Strength, Fitness & Fun | 10:30am Gentle Yoga with Mary | 11:00am Northwestern Check-In | 10:30am Unleash Your Creativity | 10:30am Beyond the Red Door: Orientation
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| 1:00pm Community Art | 1:00pm Beyond the Red Door: Orientation | 9:30am T'ai Chi with Leon | 6:30pm Yoga with Steve | 11:00am BeMoved | 12:00pm T'ai Chi with Leon
| 4:00pm Zoom Improv | 2:00pm Stitch Craft with Sophie | 10:30am Gentle Yoga with Mary | 6:30pm Yoga with Steve | 8:30am All in One Yoga Practice | 10:00pm Young Adult Virtual Trivia Night
| 6:00pm Beyond the Red Door: Orientation | 6:00pm “What I Wish My School Knew”: A Professional Development Seminar | 11:00am Northwestern Check-In | 5:30pm Bollywood Dance Class | 11:00am BeMoved | 5:30pm The Kitchen Table
| 6:30pm Yoga with Steve | 6:30pm Yoga with Steve | 12:00pm Meditation with Barbara | 5:30pm The Kitchen Table | 8:30am All in One Yoga Practice | 6:30pm Yoga with Steve
| 25           | 26           | 9:00am Hatha Yoga with Mary | 10:00am Gentle Yoga with Joan | 9:30am Yoga with Mary | 9:30am Zumba
| 10:00am T'ai Chi with Leon | 11:00am Strength, Fitness & Fun | 10:30am Gentle Yoga with Mary | 11:00am Northwestern Check-In | 10:30am Unleash Your Creativity | 10:30am Beyond the Red Door: Orientation
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| 6:00pm Beyond the Red Door: Orientation | 6:00pm “What I Wish My School Knew”: A Professional Development Seminar | 11:00am Northwestern Check-In | 5:30pm Laughter Movement | 11:00am BeMoved | 5:30pm "What I Wish My School Knew": A Professional Development Seminar
| 6:30pm Yoga with Steve | 6:30pm Yoga with Steve | 12:00pm Meditation with Barbara | 5:30pm Laughter Movement | 8:30am All in One Yoga Practice | 6:30pm Yoga with Steve
| 27           | 28           | 9:00am Hatha Yoga with Mary | 10:00am Gentle Yoga with Joan | 9:30am Yoga with Mary | 9:30am Zumba
| 10:00am T'ai Chi with Leon | 11:00am Strength, Fitness & Fun | 10:30am Gentle Yoga with Mary | 11:00am Northwestern Check-In | 10:30am Unleash Your Creativity | 10:30am Beyond the Red Door: Orientation
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| 6:30pm Yoga with Steve | 6:30pm Yoga with Steve | 12:00pm Meditation with Barbara | 5:30pm Laughter Movement | 8:30am All in One Yoga Practice | 6:30pm Yoga with Steve
| 29           | 30           | 9:00am Hatha Yoga with Mary | 10:00am Gentle Yoga with Joan | 9:30am Yoga with Mary | 9:30am Zumba
| 10:00am T'ai Chi with Leon | 11:00am Strength, Fitness & Fun | 10:30am Gentle Yoga with Mary | 11:00am Northwestern Check-In | 10:30am Unleash Your Creativity | 10:30am Beyond the Red Door: Orientation
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| 6:30pm Yoga with Steve | 6:30pm Yoga with Steve | 12:00pm Meditation with Barbara | 5:30pm Laughter Movement | 8:30am All in One Yoga Practice | 6:30pm Yoga with Steve

**September 2023 Calendar**

537 N. Wells Street, Chicago, IL 60654

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

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 and register on our Member Portal. Also explore our online calendar for more information on programs that might be of support.
September 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, 7 de septiembre | 6:00 p.m.

Artes y Manualidades
sábado| 9, 16, 23 y 30 de septiembre | 1:30 p.m.

Grupo de Apoyo Mensual
martes, 19 de septiembre | 10:00 a.m.

Meditación en Español
lunes, 25 de septiembre | 6:30 p.m.

**NOOGIELAND KIDS/TEEN PROGRAMS**

Playful Pup & Crafty Kids
Saturday, September 9 | 10:00 a.m.
In-Person only at 537 N. Wells Street Chicago, IL 60654

Red Door Squad
Monday, September 18 on Zoom | 5:00 p.m.

DreamNight at Lincoln Park Zoo
Friday, September 22 | 5:30 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.

Kids Bereavement
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.

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
## September 2023 Calendar

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

### Red Programs = Advocate Christ Medical Center

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| Red Programs = Advocate Christ Medical Center | 1:00pm Chair Yoga @ ACMC | 10:00am Reiki @ ACMC | 10:00am Chair Yoga with Kali @ NMH:P4 | 10+ Advocate Christ Medical Center  
Inspiring medicine. Changing lives |
|        | 3:00pm Line Dancing @ ACMC | 10:00am Reiki @ ACMC | 11:00am Jewelry Making @ NMH:P4 | 4440 West 95th Street  
Oak Lawn, IL 60453 |
|        | 3:00pm Stitch Craft @ ACMC | 10:30am Music with Caring Arts @ Mount Sinai: 6th Floor Lobby (Oncology Infusion) | 11:00am Minutes to Relaxation @ NMH:P5 | 675 North St. Clair Street  
21st floor |
|        | 5:00pm Zumba @ ACMC | 2:00pm Yoga: Stretch and Rest @ ACMC | 11:00am Strength, Fitness & Fun! @ ACMC | Blue Door Morgan Park  
11840 S. Marshfield Ave. |

### Blue Programs = Mount Sinai Hospital/Community

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| Blue Programs = Mount Sinai Hospital/Community | 1:00pm Chair Yoga @ ACMC | 10:00am Reiki @ ACMC | 10:00am Chair Yoga with Kali @ NMH:P4 | 1501 South California  
6th floor |
|        | 3:00pm Stitch Craft @ ACMC | 10:30am Music with Caring Arts @ Mount Sinai: 6th Floor Lobby (Oncology Infusion) | 11:00am Jewelry Making @ NMH:P4 | Blue Door Morgan Park  
11840 S. Marshfield Ave. |
|        | 5:00pm Zumba @ ACMC | 1:00pm Music with Caring Arts @ NMH:G17 | 11:00am Minutes to Relaxation @ NMH:P5 | |
|        |         | 2:00pm Yoga: Stretch and Rest @ ACMC | 11:00am Strength, Fitness & Fun! @ ACMC | |

### Purple Programs = Northwestern Memorial Hospital

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| Purple Programs = Northwestern Memorial Hospital | 10:00am Music with Caring Arts @ ACMC: 8th Floor (Infusion Waiting Room) | 10:00am Reiki @ ACMC | 10:00am Chair Yoga with Kali @ NMH:P4 | Blue Door Morgan Park  
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 | |
|        | 1:00pm Chair Yoga @ ACMC | 2:00pm Yoga: Stretch and Rest @ ACMC | 11:00am Minutes to Relaxation @ NMH:P5 | |
|        | 3:00pm Stitch Craft @ ACMC | | 11:00am Strength, Fitness & Fun! @ ACMC | |
|        | 5:00pm Zumba @ ACMC | | | |
|        | 6:00pm Advocate Survivorship Series: Exercising Back to Health @ ACMC | | | |

### The Gilda’s Club Chicago Mission:
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Oak Lawn, IL 60453 |

675 North St. Clair Street  
21st floor |

5101 South California  
21st floor |
Blue Door Morgan Park  
11840 S. Marshfield Ave.