

GILDA'S CLUB CHICAGO
AT THE CRETICOS CANCER CENTER

OCTOBER 2009

CLUBHOUSE HOURS:
MONDAY THRU THURSDAY 9 AM - 2 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
5 MEDITATION 1:00PM-2:00PM	6 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM	7 BREAST CANCER NETWORKING GROUP 10:00AM-11:30AM COOKING DEMO 12:00PM-1:00PM	8 NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
12 MUSICAL RELAXATION 12:00PM-1:00PM MEDITATION 1:00PM-2:00PM	13 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM KNITTING AND CRAFTS 11:30AM-1:00PM	14 NEW MEMBER MEETING 11:00AM-12:00PM ART THERAPY 11:00AM-12:30PM SPIRITUALITY WORKSHOP 1:00PM-2:00PM	15 HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
19 LOOK GOOD, FEEL BETTER 11:00AM-1:00PM MEDITATION 1:00PM-2:00PM	20 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM WE'VE GOT MAIL! POSTCARD PROJECT 12:30PM-2:00PM	21 CREATIVE MEMORIES SCRAPBOOKING 11:00AM-1:00PM	22 NEW MEMBER MEETING 11:00AM-12:00PM HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM
26 MEDITATION 1:00PM-2:00PM	27 GENTLE YOGA 10:00AM-11:00AM WELLNESS GROUP 11:00AM-12:30PM JEWELRY MAKING 11:30AM-1:30PM	28 NEW MEMBER MEETING 11:00AM-12:00PM FATIGUE AND LYMPHEDEMA PREVENTION 11:00AM-12:00PM POTLUCK LUNCH: ITALIAN CUISINE! 12:30PM-2:00PM	29 HEALING ARTS 11:30AM-1:00PM TAI CHI 1:00PM-2:00PM

PROGRAM DESCRIPTIONS

SUPPORT GROUPS

WELLNESS GROUP

A support group for people with a cancer diagnosis. Must be placed in group to attend. Please contact Jeanette Albarran at (773) 296-8271 for more information.
Tuesdays, 11:00AM - 12:30 PM

NETWORKING GROUPS

BREAST CANCER NETWORKING GROUP

An opportunity to share information and experiences related to breast cancer. All are welcome to attend this group.
Wednesday, August 12, 10:00AM-11:00AM

NEW MEMBER MEETINGS

Become a member of Gilda's Club Chicago! Learn what Gilda's Club is all about and meet other new members!
To RSVP call Katie Jones (773) 296-8200

POTLUCK LUNCH:

Italian Cuisine!

Bring your favorite Italian dish to share with Gilda's Club members!

Wednesday, October 28th, 12:00PM-1:30PM



LECTURES

FATIGUE AND LYMPHEDEMA PREVENTION AND THE BENEFITS OF EXERCISE

Outpatient Occupational Therapist Katie Polo will discuss the causes of lymphedema and how to prevent it, and will also review a new study on the benefits of exercise in preventing cancer-related fatigue and lymphedema.
Wednesday, October 28th, 11:00AM-12:00PM

SPIRITUALITY WORKSHOP SERIES

Does Spirituality make a difference in our lives? What's the difference between spirituality and religion? In this workshop series AIMMC Staff Chaplain, Betty Vander Laan will discuss spirituality, what it is, and how it impacts the lives of those living with cancer.
*Wednesday, October 14th 1:00PM-2:00PM ***Light Lunch Provided****

MIND-BODY WORKSHOPS

GENTLE YOGA

This class, led by Yoga Instructor Mary Klonowski, is designed for beginners and those with physical challenges, or for those who just want a gentle stretching class.
Tuesdays, 10:00AM - 11:00AM

**Class is limited to 7 members*

MEDITATION & RELAXATION

Come experience the healing power of attention and focus as instructor Janna Sobel guides an exploration of relaxation and meditative techniques.
Mondays, 1:00PM-2:00PM

TAI CHI

An ancient Chinese exercise that combines physical exercise and meditation.
Thursdays, 1:00PM-2:00PM

ACTIVITIES

ART THERAPY

Art Therapy is based on the belief that the creative process of art is both healing and self-enhancing. Join Fredelyn Calla, MA, LPC and create different forms of art as a way to discuss how cancer has impacted your life.
Wednesday, October 14th, 11:00 AM - 12:30 PM

COOKING DEMO: Dessert

Join Chef Brooke Edwards as she demonstrates how to prepare a uniquely delicious dessert!
Wednesday, October 7th, 12:00PM-1:00PM

CREATIVE MEMORIES™ SCRAPBOOKING

Scrapbooks serve to tell stories for future generations to embrace. Learn new techniques to help cherish your memories through scrapbook making. Bring your favorite photos and quotes. All scrapbooking materials will be supplied.
Wednesday, October 21st, 11:00AM-1:00PM

HEALING ARTS

Healing Arts is an exciting program instructed and facilitated by Jordi Pedrola. Mr. Pedrola is a fine artist from Spain who has used different artistic media in helping individuals develop their artistic expression. No prior artistic skills required; just the desire to express yourself.
Thursdays, 11:30AM-1:00PM

JEWELRY MAKING WORKSHOP

Learn to use basic bead weaving techniques to design a unique bracelet with special needles and thread. All materials supplied.
Tuesday, October 27th, 11:30AM-1:30PM

KNITTING AND CRAFTS

Explore the wonderful world of handcrafted fibers as you learn the art of knitting, or bring your own craft and join us for conversation and camaraderie. All knitting materials and some basic crafting materials will be provided.
Tuesday, October 13th, 11:30AM-1:00PM

LOOK GOOD, FEEL BETTER

Sponsored by the American Cancer Society, this workshop for women living with cancer includes a 12-step skincare/make-up application lesson and demonstration of nail-care techniques. Complimentary cosmetic kits will be provided.
Monday, September 21st, 11:00AM - 1:00 PM

MUSICAL RELAXATION

Experience the healing power of music! Listen to live music, meet with other members and relax while being serenaded by the smooth acoustics of Tom Havey and other GCC members. Feel free to bring your own instrument and join in— if the rhythm moves you!
Monday, October 12th, 12:00PM-1:00PM

WE'VE GOT MAIL! POSTCARD PROJECT

Make someone you care about a personal art postcard. Join Judith Levy and other members as they create a personalized mixed-media postcard to mail or keep. Bring your favorite memories. We will supply all materials and steps for success.
Tuesday, October 20th, 12:30PM-2:00PM

RESERVATION POLICY

If we do not have any reservations 24 hours prior to an activity/ event, it will be cancelled. If you decide to attend at the last minute, please call ahead to ensure availability.

To RSVP, please contact Katie Jones at (773) 296-8200 or at katiejones@gildasclubchicago.org

CHECK US OUT ONLINE
www.gildasclubchicago.org