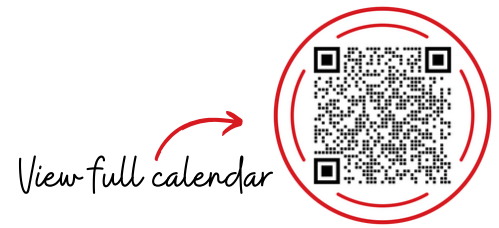




GILDA'S CLUB CHICAGO

An Affiliate of the
CANCER SUPPORT COMMUNITY



FREE CANCER SUPPORT

Offering more than 250 free activities per month to those impacted by cancer and their families.

Gilda's Club Chicago is a place where anyone whose life has been impacted by any type of cancer, as well as their families and friends, can feel they are part of a welcoming community of support. Join us and help us prove that **Community is Stronger Than Cancer**. We are proud to provide free membership to those living with cancer, supporting someone who is, or have lost a loved one to cancer.

Not a member of Gilda's Club Chicago? Join us today at gildasclubchicago.org/membership.

MONDAYS

| | | | |
|-----------------------|------------|---------------------|---------|
| Hatha Yoga | Weekly | 9:00 AM - 10:00 AM | Virtual |
| T'ai Chi | Weekly | 10:00 AM - 11:00 AM | Virtual |
| Community Art | Weekly | 1:00 PM - 2:00 PM | Virtual |
| Yoga for Queer Bodies | 2nd Monday | 6:00 PM - 7:00 PM | Virtual |
| Meditación en Español | 4th Monday | 6:30 PM - 7:30 PM | Virtual |

TUESDAYS

| | | | |
|--------------------------|--------------------|---------------------|---|
| Brain Fitness | 1st & 3rd Tuesdays | 10:00 AM - 11:00 AM | Virtual (also streaming at Downtown Clubhouse) |
| T'ai Chi Chih | 2nd & 4th Tuesdays | 10:00 AM - 11:00 AM | Virtual (also streaming at Downtown Clubhouse) |
| T'ai Chi | 3rd Tuesday | 11:00 AM - 12:00 PM | Blue Door Neighborhood Center Morgan Park |
| Strength, Fitness & Fun! | Weekly | 11:00 AM - 12:00 PM | Downtown Clubhouse |
| Sound Meditation | Weekly | 12:30 PM - 1:30 PM | Downtown Clubhouse |
| Stitch Craft with Sophie | Weekly | 2:00 PM - 3:00 PM | Virtual |

WEDNESDAYS

| | | | |
|-------------|--------|---------------------|----------------------------|
| T'ai Chi | Weekly | 9:30 AM - 10:30 AM | Virtual |
| Gentle Yoga | Weekly | 10:30 AM - 11:30 AM | Virtual/Downtown Clubhouse |
| Meditation | Weekly | 12:00 PM - 1:00 PM | Virtual |
| Yoga | Weekly | 6:30 PM - 7:30 PM | Virtual |

See back for more activities.



GILDA'S CLUB CHICAGO

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THURSDAYS

| | | | |
|--------------------|--------------------------|---------------------|---|
| All in One Yoga | Weekly | 8:30 AM - 9:30 AM | Virtual |
| Celtic Mindfulness | Weekly | 10:30 AM - 11:30 AM | Virtual |
| Journaling | Weekly | 11:00 AM - 12:00 PM | Virtual |
| Thankful Thursday | 2nd Thursday | 11:00 AM - 12:00 PM | Virtual/Blue Door Neighborhood Center Morgan Park |
| | 1st, 3rd & 4th Thursdays | 12:00 PM - 1:00 PM | Virtual |
| Chair Yoga | Weekly | 1:00 PM - 2:00 PM | Virtual |
| The Healthy Dish | 3rd Thursday | 5:30 PM - 7:00 PM | Virtual |

FRIDAYS

| | | | |
|-------------------------|------------|---------------------|---------|
| Yoga | Weekly | 9:30 AM - 10:30 AM | Virtual |
| Unleash Your Creativity | Weekly | 10:30 AM - 12:00 PM | Virtual |
| Book Support | 3rd Friday | 2:00 PM - 3:30 PM | Virtual |

SATURDAYS

| | | | |
|--|--------------|--------------------|--------------------|
| Saturday LIVE! <i>with Art & Movement</i> | 2nd Saturday | 10:00 AM - 1:00 PM | Downtown Clubhouse |
| T'ai Chi | Weekly | 12:00 PM - 1:00 PM | Virtual |
| Artes y Manualidades | Weekly | 1:30 PM - 3:00 PM | Virtual |

ADDITIONAL PROGRAMMING

The activities listed above are only a fraction of all the services provided by Gilda's Club Chicago. With our Downtown Clubhouse in River North, virtual programming, and through our partnerships with Advocate Health Care, Northwestern Medicine, Sinai Chicago, Howard Brown, Ascension, faith communities, and Blue Door Neighborhood Centers, our programming can be accessed throughout the Chicagoland area.

Our core components include:

- Support Groups/Individual Counseling
- Educational Lectures
- Healthy Lifestyle Activities
- Social Connections
- Resources & Referrals

View full calendar



NOVEMBER



**GILDA'S CLUB
CHICAGO**
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SPECIAL EVENTS & LECTURES

View full calendar



Joyful & Nutritious: Healthy Holiday Eating

November 4 | 5:00 PM - 6:00 PM | Virtual

The holiday season is here, bringing festive gatherings and delicious treats. However, it can be challenging for those maintaining healthy eating habits. Let's explore practical tips and tasty alternatives to enjoy the season's flavors while staying mindful of your health, so you can celebrate with both joy and wellness!



Flex & Flow

Tuesdays | 4:00 - 5:00 PM | APMC

Starting November 5, join us for Flex & Flow on Tuesdays at APMC. Led by an ACSM-ACS Cancer Exercise Specialist, this session will guide you through gentle movements, stretches, and reflex-focused exercises to enhance mobility, balance, and overall body awareness. All necessary equipment will be provided.



Saturday LIVE! at Downtown Clubhouse

November 9 | 10:00 AM - 1:00 PM | Downtown Clubhouse

Join us the 2nd Saturday of the month at the Downtown Clubhouse (537 N. Wells)!

Saturday LIVE! includes:

- Free family-friendly activities including art and movement
- Light breakfast
- Meet fellow community members



MAD Art Workshop

2-Part Series | November 11 & 18 | 5:00 - 6:00 PM | Virtual

Launched in 2017, this workshop teaches adults the art of caricature with top humor illustrator Sam Viviano, known for his work as MAD Magazine's Art Director. Sam's engaging teaching style helps both aspiring and experienced artists relax and let their talent shine.

NOVEMBER SPECIAL EVENTS & LECTURES



Day of Remembrance

November 13 | 5:30 - 7:00 PM | Downtown Clubhouse

Join us in remembering our loved ones whom we have lost to cancer. Our Day of Remembrance will include sentiments from Reverend Richard James of Advocate Christ Medical Center and Death Doula, Erica Reid Gerdes, a sharing ceremony and a harp performance from Gilda's Club's own Ali Vernasco.



Book Support: Elevation

November 15 | 2:00 - 3:30 PM | Virtual

This month we will be reading Elevation by Stephen King. This short novella follows protagonist Scott Carey as he navigates a mysterious and seemingly terminal medical condition that inspires him to make the most of his remaining life and to help his community overcome their differences. The story explores themes of acceptance, empathy, and the power of community.



Reading & Writing Cancer

November 18 | 6:00 - 7:30 PM | Downtown Clubhouse

Join us for a no-stress writing workshop led by S.L. Wisenberg, also known as "Cancer Bitch." In this workshop, you'll learn how to write the truth of your cancer experience—however weird, exhausting, or unique it may be. Afterward, Wisenberg will read from her newly released *The Adventures of Cancer Bitch*, now in its 15th edition. You are welcome to attend both the workshop and reading or just one.



Healthy Dish: Butternut Squash Miso Soup

November 21 | 5:30 - 7:00 PM | Virtual

Expand your nutritious culinary skills each month with The Healthy Dish! Participants can cook alongside a Registered Dietitian while learning about how the body utilizes the ingredients in the recipe to nourish, fight disease, and rebuild healthy cells. This month, we will be making Butternut Squash Miso Soup.



Saturday LIVE! at ACMC

November 23 | 9:30 AM - 1:00 PM | GCC Clubhouse at ACMC

Join us the 4th Saturday of the month at the GCC Clubhouse at the Advocate Christ Medical Center Outpatient Pavilion! Saturday LIVE! includes:

- Free family-friendly activities including art and movement
- Light breakfast
- Meet fellow community members

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View full calendar

MONDAYS

| | | | |
|---------------|--------|---------------------|---------|
| Hatha Yoga | Weekly | 9:00 AM - 10:00 AM | Virtual |
| T'ai Chi | Weekly | 10:00 AM - 11:00 AM | Virtual |
| Community Art | Weekly | 1:00 PM - 2:00 PM | Virtual |

TUESDAYS

| | | | |
|------------------------------|--------------------|---------------------|---------|
| Brain Fitness | 1st & 3rd Tuesdays | 10:00 AM - 11:00 AM | Virtual |
| T'ai Chi Chih | 2nd & 4th Tuesdays | 10:00 AM - 11:00 AM | Virtual |
| Chair Yoga | Weekly | 1:00 PM - 2:00 PM | ACMC |
| Sound Bath | 4th Tuesday | 2:00 PM - 3:00 PM | ACMC |
| Line Dancing | 1st Tuesday | 3:00 PM - 4:00 PM | ACMC |
| Flex & Flow *NEW* | Tuesdays | 4:00 PM - 5:00 PM | ACMC |
| Surviving & Thriving Lecture | 4th Tuesday | 6:00 PM - 7:30 PM | Virtual |

WEDNESDAYS

| | | | |
|---------------------------|---------------|---------------------|---------|
| Gentle Yoga | Weekly | 10:30 AM - 11:30 AM | Virtual |
| Lung Cancer Support Group | 2nd Wednesday | 10:00 AM - 11:00 AM | ACMC |
| Pet Therapy with Sherman | 4th Wednesday | 11:30 AM - 1:30 PM | ACMC |

THURSDAYS

| | | | |
|--------------------------|--------|---------------------|---------|
| All in One Yoga | Weekly | 8:30 AM - 9:30 AM | Virtual |
| T'ai Chi | Weekly | 10:00 AM - 11:00 AM | ACMC |
| Strength, Fitness & Fun! | Weekly | 11:00 AM - 12:00 PM | ACMC |

SATURDAYS

| | | | |
|-------------------------------|--------------|---------------------|--------------------------------|
| Reiki (30-minute sessions) | | 9:30 AM - 1:00 PM | |
| Saturday LIVE! | 4th Saturday | 9:30 AM - 10:30 AM | Advocate Christ Medical Center |
| Strength, Fitness & Fun | | 10:00 AM - 12:00 PM | |
| Caring Arts | | 11:30 AM - 12:30 PM | |
| Gong Meditation | | | |
| T'ai Chi | Weekly | 12:00 PM - 1:00 PM | Virtual |

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View full calendar



MONDAYS

| | | | |
|----------------|--------|--------------------|---------|
| Hatha Yoga | Weekly | 9:00 AM - 10:00 AM | Virtual |
| Community Arts | Weekly | 1:00 PM - 2:00 PM | Virtual |

TUESDAYS

| | | | |
|---|--------------------|---------------------|----------------------------|
| Brain Fitness | 1st & 3rd Tuesdays | 10:00 AM - 11:00 AM | Virtual/Downtown Clubhouse |
| T'ai Chi Chih | 2nd & 4th Tuesdays | 10:00 AM - 11:30 AM | Virtual/Downtown Clubhouse |
| Northwestern Medicine Connections Support Group | 1st & 3rd Tuesdays | 10:00 AM - 10:50 AM | Virtual |
| Strength, Fitness & Fun | Weekly | 11:00 AM - 12:00 PM | Downtown Clubhouse |
| Sound Meditation | Weekly | 12:30 PM - 1:30 PM | Downtown Clubhouse |
| Stitch Craft | Weekly | 3:00 PM - 4:00 PM | Prentice, 3rd Floor |

WEDNESDAYS

| | | | |
|------------------------------|---------------------|---------------------|----------------------------|
| Gentle Yoga | Weekly | 10:30 AM - 11:30 AM | Virtual/Downtown Clubhouse |
| Chair Massage for Caregivers | 1st Wednesday | 10:00 AM - 3:00 PM | Olson |
| | 2nd Wednesday | 10:00 AM - 3:00 PM | Prentice |
| | 3rd Wednesday | 10:00 AM - 3:00 PM | Arkes |
| | 4th Wednesday | 10:00 AM - 3:00 PM | Galter |
| Watercolor Expressions | Weekly | 11:30 AM - 1:00 PM | Prentice, 3rd Floor |
| Music with Sharing Notes | 2nd & 4th Wednesday | 1:30 PM - 2:30 PM | Galter, 21st Floor |

THURSDAYS

| | | | |
|----------------|--------|---------------------|---------------------|
| Chair Yoga | Weekly | 10:00 AM - 11:00 AM | Prentice, 4th Floor |
| Jewelry Making | Weekly | 11:00 AM - 12:00 PM | Prentice, 4th Floor |
| Art A La Carte | Weekly | 12:00 PM - 1:15 PM | Prentice, 4th Floor |

SATURDAYS

| | | | |
|--------------------------------------|--------------|--------------------|--------------------|
| Saturday LIVE! (with Art & Movement) | 2nd Saturday | 10:00 AM - 1:00 PM | Downtown Clubhouse |
| T'ai Chi | Weekly | 12:00 PM - 1:00 PM | Virtual |

DOWNTOWN CLUBHOUSE

537 N. Wells Street, Chicago

updated September 26, 2024

VIRTUAL ACTIVITIES

Link will be provided via email

NORTHWESTERN MEDICINE

Prentice Women's Hospital
250 E. Superior Street

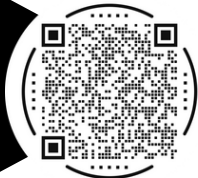
Arkes Pavilion
676 N. St. Clair Street

Olson Pavilion
710 N. Fairbanks Court

Galter Pavilion
675 N St. Clair Street

SUPPORT GROUPS

Learn more!



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Not a member of Gilda's Club Chicago? Join us today at gildasclubchicago.org/membership.

Support Group Orientation

All members wishing to join a weekly or monthly support group must attend a **Beyond the Red Door Orientation** prior to registration.

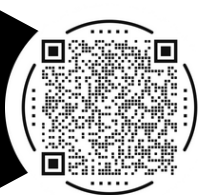
WEEKLY SUPPORT GROUPS

Living with Cancer
Bereavement
Caregiver

| MONTHLY SUPPORT GROUP | MEETING DATE(S) | MEETING TIME | LOCATION |
|--|----------------------------|--------------------|----------|
| BLACK WOMEN OF ETHNICITIES | 1st Thursday of the Month | 10:00 - 11:30 AM | Virtual |
| BREAST CANCER in partnership with Advocate Christ Medical Center | 3rd Wednesday of the Month | 6:00 PM - 7:30 PM | Virtual |
| CAREGIVER | 3rd Wednesday of the Month | 11:30 AM - 1:00 PM | Virtual |
| GASTROINTESTINAL CANCER in partnership with Advocate Christ Medical Center | 2nd Thursday of the Month | 5:30 PM - 7:00 PM | Virtual |
| GYNECOLOGICAL CANCER in partnership with Advocate Christ Medical Center | 3rd Tuesday of the Month | 6:00 PM - 7:00 PM | Virtual |
| LGBTQIA+ in partnership with Howard Brown Health Center | 4th Monday of the Month | 6:00PM - 7:30 PM | Virtual |

SUPPORT GROUPS

Learn more!



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| MONTHLY SUPPORT GROUP | MEETING DATE(S) | MEETING TIME | LOCATION |
|---|--------------------------------|-------------------|--------------------------------|
| LIVING BEYOND LOSS | 1st Tuesday of the Month | 6:00 PM- 7:30 PM | Virtual |
| LIVING BEYOND LOSS | 3rd Tuesday of the Month | 6:00 PM- 7:30 PM | Virtual |
| LUNG CANCER in partnership with Advocate Christ Medical Center | 2nd Wednesday of the Month | 10:00 - 11:30 AM | ACMC |
| MEN'S GROUP | 2nd Tuesday of the Month | 5:00 PM - 6:00 PM | Virtual |
| METASTATIC BREAST CANCER in partnership with Northwestern | 1st & 3rd Tuesday of the Month | 4:30PM - 6:00 PM | Virtual |
| PROSTATE CANCER in partnership with Zero Prostate Cancer | 3rd Thursday of the Month | 6:30 PM - 8:00 PM | Hybrid (Downtown Clubhouse) |
| PROVIDERS LIVING WITH CANCER | 4th Wednesday of the Month | 6:30 PM - 8:00 PM | Virtual |
| YOUNG ADULT | 2nd Monday of the Month | 6:00 - 7:30 PM | Hybrid (Downtown Clubhouse) |
| YOUNG WOMEN WITH BREAST CANCER in partnership with Young Survival Coalition | 4th Tuesday of the Month | 6:00 - 7:30 PM | Virtual |