



1351 West Central Park Avenue, Suite 200
Davenport, Iowa 52804
563-326-7504

Return Service Requested

MAY 2024 ACTIVITY CALENDAR



View calendar online
at gildasclubbq.c.org

Gilda's Club Quad Cities uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Gilda's Club Quad Cities provides support, education and hope to all people impacted by cancer offered at no cost. As a Cancer Support Community affiliate, we are part of the largest employer of psychosocial oncology mental health professionals in the United States. Our global network brings the highest quality cancer support to the millions of people impacted by cancer.

Davenport Clubhouse

Gilda's Club Quad Cities
1351 West Central Park Avenue, Suite 200
Davenport, IA 52804

Monday - Thursday 8:00 AM - 5:00 PM

Fridays by appointment only, Saturday/Sunday—Closed

Moline Clubhouse

Gilda's Club Quad Cities
600 John Deere Road
Moline, IL 61265

Monday thru Thursday 10:00 AM - 5:00 PM

Fridays by appointment only, Saturday/Sunday—Closed

Clinton Office Hours:

By Appointment Only MercyOne Medical Center Radiation Oncology
Center 1410 N 4th St, Clinton, IA 52732

Non-Profit Org.
U.S Postage
PAID
Davenport, IA
Permit No.
3217



**May is Melanoma, Skin
cancer, and Brain
cancer Awareness
month!**

May Special Programs & Events



Camp Genesis Application is Open! Camp Genesis is a FREE overnight camp for kids and teens going into 4th-9th grade impacted by cancer. Camp dates are June 16th - 21st. Go to <https://www.gildasclubqc.org/camp/> for more information on how to apply.

Digital Sherpa Technology Helpdesk Sessions: Need tech support? Join one of our volunteers to get the help you need! Digital Sherpa volunteers can help with all sorts of tech topics, including but not limited to: basic device/internet usage, how to use Zoom for Gilda's programming, getting your medical records online, how to determine if an online source is reputable, apps, etc.

Cooking with Heart for Cancer: Enjoy this free 4-week series to learn tips and tricks to boost your healthy cooking skills. Designed with cancer in mind, these flavor-filled, healthy dishes are affordable and on your table in 15 minutes. Offered both in-person at UnityPoint - Trinity ROCK ISLAND or online via Microsoft Teams. Spots are limited.

NEW: Synergy Sister Circle: Join Donna for a very special hour in Synergy Sister Circle. Circles are an Ancient practice of women connecting deeply with other women in support of the challenges we face day to day in caretaking for our loved ones and prioritizing our own self care.

The intention is to light the world with more Joy, Compassion and Loving Kindness. You'll feel held and heard as we share and cherish who we are and who we are not. We will also have some fun, we will talk & share, do some beautiful visualization meditations and even do some movement like Qi Gong and a little dance with my own uplifting music! Join us for a special hour as we practice shifting our energy, heart, body and spirit.

Cancer Support Community Workshop: Helpline Specialized Navigation - How can it help me?: Unsure how to utilize the Cancer Support Helpline? Come learn how their experienced team of professionals can serve as a resource to patients and families seeking information. Their help includes resources and referrals and navigators specializing in Clinical Trials, Genetics/Genomics, Pediatric Oncology, and Finances. Featuring: Anita Shaft, LMSW with Cancer Support Community.

CREATIVE SESSION: Indian Folk Painting: Join local artist Susmita Kumar and dive into a world of art and discover Madhubani art while exploring colors and its unique techniques. Immerse yourself in the rich cultural tapestry as we explore this traditional Indian folk art form together. Susmita will cover: introduction to madhubani art, techniques of madhubani art, and participants will apply the technique on a painting.

Family Cupcakes and Cocoa Event: Join Gilda's Club & Sierra McVetty (Co-owner of Molly's Cupcakes Quad Cities) for a delicious and creative event. Bring the whole family for a fun day filled with cupcakes and cocoa. Get creative and decorate your own cupcakes! It's a fantastic opportunity to learn more about our cupcake decorating and to enjoy your creations and cocoa. This workshop has been made possible by funding from the Rotary Club of Rock Island. Located at Theo's Java Cafe (13 17th St, Rock Island, IL, 61201). Live music hosted by Theo's to follow. Spots are limited. RSVP is required.

HOW TO PARTICIPATE:

Anyone impacted by cancer is eligible to participate in our services. It's free and easy to join:

- 1** Call 563-326-7504 or email gc@gildasclubqc.org to start the process and complete a Participant Form. Process can also be started online: gildasclubqc.org/start
- 2** Attend a Welcome Meeting and complete the CancerSupportSource™ (CSS) on site or online.
- 3** Join us for any support group, program, or activity!

Welcome Meeting: Required for all new participants to attend. One-time meeting to learn more about what Gilda's Club offers and sign up for programs. Please call 563-326-7504 to schedule or see calendar for dates/times and sign up online.

Pre-Registration: Please register for activities you want to attend and cancel if you change your mind. Activities may be cancelled if we do not have enough people signed up, so please call ahead of time if you have not reserved a spot.

When you (or your kids) are sick: Please be considerate and stay home until you feel better when you have a contagious cold or flu, as this puts those with compromised immune systems at risk.

Weather: If the weather is bad, please call ahead of time or check our Facebook page to see if the scheduled activity is still being held. Generally, we will follow suit with the community schools.

Open to Options

Are you are facing a cancer treatment decision? Open to Options™ helps you identify important questions about your treatment options based upon your personal needs. Available at no cost, this service will help you to better prepare for your upcoming appointment. Open to Options is a cancer treatment decision-making program. If you have to make a decision regarding your treatment, you can sit down with one of our trained social workers and go over your situation, options, and goals. You will leave the session with a list of questions to bring to your next doctor's appointment. Call us at 563-326-7504 to schedule your free appointment.

Wig Resources

We are excited to offer wig resources at both our Davenport & Moline Clubhouses! Call us to schedule a time to pick out a FREE wig. In Davenport and Moline, peruse our selection of donated wigs and take home the wig(s) that you love for no cost.

FUNDRAISING CORNER

All dollars raised stays right here in the Quad City community.

PROGRAM SUPPORT

Shop our Amazon Wishlist for needed items!

Help us celebrate 25 years of serving the Quad Cities community by helping us check some items off of our wish list. Many of the items on the list are either needed for the Clubhouse or for operation purposes.



Amazon
Wishlist

Sponsor a Group Dinner for Moline!

Weekly, we offer our participants dinner at our Davenport Clubhouse before Tuesday evening support groups. We would like to begin offering this in Moline as well on Wednesday night when we host our Connecting through Cancer and Friends and Family Groups. Providing dinner is one way to alleviate some of the stress our participants experience while navigating their cancer journey.

We anticipate we would feed around 15 individuals. Donations can be prepared ahead of time with option to serve, a donation of ingredients for volunteers to prepare, or even a monetary donation designated to funding a dinner. A meal donation can be to honor or celebrate a loved one.

UPCOMING FUNDRAISING EVENTS:

Run for Hope

June 29th | 8AM The Rock, Coal Valley

Back for a second year at our new location in the Village of Coal Valley offering a unique and fun route. This 5K race and 1 mile Fun Run runs through the scenic neighborhoods of Coal Valley and is about honoring and celebrating everyone in our community that is impacted by cancer.

Visit Gildasclubqc.org/run to register!

New EXCITING event... Dragon Boat Festival!

Sept 21 | West Lake Park

The Mississippi Valley Dragon Boat Festival will be a day of Dragon Boat races, a ceremony for loved ones impacted by cancer, live entertainment, fantastic local food, vendors, and fun for the whole family. This is an event where the community can come together to honor and celebrate those impacted by cancer in the Quad City Community.

Vist Gildasclubqc.org/dragon for more information

Save the Dates for 2024 :

Oct. 3rd- Diamonds & Divas at Waterfront Convention Center

Dec. 5th - Blessing Tree at Be the Light Park



Support Groups

Please attend a Welcome Meeting before attending a support group.

Connecting Through Cancer: Weekly support groups for adults w/ any type of cancer diagnosis.

Friends and Family Support Group: Weekly support group for family and friends of those w/ any type of cancer diagnosis.

Gynecological Cancer Group: Monthly support group and networking for those diagnosed w/ gynecological cancers.

Clinton Support Group: Anyone impacted by cancer is invited to join us at YWCA Clinton for a support group.

Us Too/Zero Prostate Cancer Support Group: Monthly support group in collaboration with the Greater Quad Cities Us Too/Zero Prostate Support Group for those diagnosed, survivors, and caregivers.

Living with Loss: A bi-monthly grief support group for anyone who has lost someone to a diagnosis.

Breast Cancer Group: Monthly support group and networking for those diagnosed w/ breast cancer.



Healthy Lifestyle Activities

Walk and Talk: Join Sharon & Lindsay for some walking & talking at various locations around the QCA. This month, we will walk through Sunderbruch Park, meeting at the Black Hawk statue at the sunflower statues. This is a participant-led program.

Cooking & Conversations: Join us for a kitchen adventure. We bring the recipe & ingredients & attendees learn to make the recipe together. Cook, laugh, & learn!

Artful Adventures : Coloring, painting, drawing, and creating anything! We provide the supplies and will have a small craft or activity with instructions as well if you need an idea to get you started!

Quilting Club: Join other Gilda's Club Quilters to come up with and plan projects!

NEW: Crochet & Knitting Club: Join other Gilda's Club yarn enthusiasts to visit while you work. Bring your projects and share tips and tricks! Beginner crochet help available.

Chair Yoga: Get Fit Where You Sit™ by adapting yoga poses to a chair.

Slow Flow Evening Yoga: Join staff from Living Yoga for a relaxing yoga session. We will move through a series of gentle yoga poses to help you relax and release tension. No experience required. All equipment provided.

Wind-Down Meditation: Join staff from Living Yoga for a relaxing session of meditation. Stay after yoga or come just for meditation. We can't imagine a more relaxing end to the day!

Walking Club: Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! Meet in the Clubhouse and walk there together.



Social Events

Coffee & Canines: Join furry friends to help you relax and experience the benefits of pet therapy. Participants are invited to interact with the dogs if they choose to. Coffee optional.

Coffee & Conversation: This participant-led session is simply a time to get together, chat, and make connections.

Book Club: Join other participants for a book discussion. See online registration for book selection.

Group Dinners: Dinner will be available at our Davenport Clubhouse before Tuesday evening groups and Noogieland/Teen Time. If you're coming to group, save your energy and time by joining us for dinner first! Please RSVP at least a day in advance!



Kids & Teens

Noogie Nights: Supervised play for our youngest participants, ages 4-12. Play games, make crafts, and hang out with other kids and our wonderful Noogieland volunteers.

Teen Time: A time for participants age 13-17 to hang out together. Our teen space features a pool table, instruments, ping pong, video games, board games, etc.

May 2024

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

| MON | TUE | WED | THU | FRI |
|--|--|--|---|---|
| | | 1 | 2 | 3 |
|  <p>GILDA'S CLUB QUAD CITIES</p> <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p> | <div style="background-color: red; color: white; border-radius: 50%; padding: 10px; text-align: center;"> Please remember to RSVP to all programs, even ongoing support groups! You can RSVP at gildsaclubqc.org/calendar, or by calling 563-326-7504. </div> | 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group | 6-7:30PM Living with Loss | |
| | | 4:30-5:30PM Slow Flow Evening Yoga 5:30-5:45PM Wind-Down Meditation | 2:30-3:30PM Digital Sherpa Helpdesk Session | |
| 6 | 7 | 8 | 9 | 10 |
| | 10:30AM Walking Club | 2:00PM Crochet & Knitting Club 5-5:30PM Welcome Meeting 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group | 1:00-2:30 Synergy Sister Circle 6-7:30PM Gynecological Cancer Group <div style="background-color: #333; color: white; padding: 5px; display: inline-block;">Final Group Session</div>  |  10:30AM Cooking & Conversations: Guacamole and Salsa 11:30AM Artful Adventures |
| 1:00-1:45PM Chair Yoga | 5-5:30PM Welcome Meeting 5-6PM Group Dinner (sponsored by Pam Tone) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Noogie Nights + Teen Time | 4:30-5:30PM Slow Flow Evening Yoga 5:30-5:45PM Wind-Down Meditation | 10:30AM Walk & Talk @ Sunderbruch Park | |
| 12-1PM Cooking With Heart for Cancer | | | | |
| 13 | 14 | 15 | 16 | 17 |
| | | <div style="background-color: red; color: white; border-radius: 50%; padding: 5px; display: inline-block;">Therapy dogs in Wilder Lounge 5-6PM</div> | 5:30-6:00PM Coffee & Canines 6-7:30PM Friends & Family Group 6-7:30PM Connecting Through Cancer | 6-8PM Prostate Cancer Group |
| 1:00-1:45PM Chair Yoga 12:00-1:00PM Cancer Support Community Helpline Special Navigation - How Can it Help Me? | 3:30-5PM Connecting Group 5-6PM Group Dinner (sponsored by Centennial Home Improvement, LLC) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Noogie Nights + Teen Time | 4:30-5:30PM Slow Flow Evening Yoga 5:30-5:45PM Wind-Down Meditation | 5:30-6PM Coffee & Canines 6-7:30PM Living with Loss | <div style="background-color: red; color: white; padding: 5px;">18 (Saturday)</div> 10-12 Family Creative Session: Cupcakes & Cocoa @ Theo's Café in Rock Island |
| | 12-1PM Cooking With Heart for Cancer | | 10:30AM Walk & Talk @ Sunderbruch Park | |
| 20 | 21 | 22 | 23 | 24 |
| 6:00-8:00PM Creative Session: Indian Folk Painting | | 5-5:30PM Welcome Meeting 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group | 1:00-2:30 Synergy Sister Circle | |
| 1:00-1:45PM Chair Yoga | 4:00PM Quilting Club 5-5:30PM Welcome Meeting 5-6PM Group Dinner (provided by Steel Plow) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Noogie Nights + Teen Time | 4:30-5:30PM Slow Flow Evening Yoga 5:30-5:45PM Wind-Down Meditation | 12:00-1:30PM: Volunteer Orientation 6-7:30PM Breast Cancer Group 5:30-6:30PM Book Club | 10:30AM Coffee & Conversation 11:30AM Artful Adventures |
| 4:00-4:30PM Virtual Welcome Meeting | 12-1PM Cooking With Heart for Cancer 12:30-1PM Clinton: Welcome Meeting 1-2:30PM Clinton: Support Group | 12:00-12:30PM Virtual Welcome Meeting | 10:30AM Walk & Talk @ Sunderbruch Park | |
| 27 | 28 | 29 | 30 | 31 |
| | | 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group | | |
| <div style="background-color: black; color: white; padding: 10px;"> Clubhouses Closed for Memorial Day </div> | 3:30-5PM Connecting Group 5-6PM Group Dinner (provided by Café Express) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Noogie Nights + Teen Time | 4:30-5:30PM Slow Flow Evening Yoga 5:30-5:45PM Wind-Down Meditation | | |
| | 12-1PM Cooking With Heart for Cancer | | 10:30AM Walk & Talk @ Sunderbruch Park | |