

Return Service Requested

JULY

2025

ACTIVITY CALENDAR



View calendar online at
csciowaillinois.org

Cancer Support Community, along with Gilda's Club partners uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

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 touched by cancer.

NEW HOURS: Gilda's Club Davenport
1351 West Central Park Avenue, Suite 200
Davenport, IA 52804

Mondays, Wednesday, and Thursdays 8:00 AM - 4:00 PM
Tuesdays 8:00 AM - 6:00 PM
Fridays 8:00AM - 12:00PM
Saturday/Sunday—Closed

NEW HOURS: Gilda's Club Moline
600 John Deere Road, Suite 101
Moline, IL 61265

Monday thru Thursday 9:00 AM - 4:00 PM
Fridays by appointment only, Saturday/Sunday—Closed

Gilda's Club Clinton:

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



CANCER SUPPORT
COMMUNITY
IOWA & NW ILLINOIS
AT GILDA'S CLUB

**July is Sarcoma and
Bone Cancer
Awareness Month! It
is also UV safety
month!**

July Educational Workshops

Simple Household Swaps: Reduce Toxins in Your Home: Are you looking to create a healthier living environment for yourself and your family? Join us for "Simple Household Swaps: Reduce Toxins in Your Home," a practical and empowering program designed to help you identify and minimize harmful chemicals commonly found in everyday household products.

Featured Speaker: Kelsey Allen, LCSW, LISW, Program Director at CSC at Gilda's Club.

An Overview of the Biology of Cancer: Join Russ Dunn for a discussion about universal aspects of cancer in the context of how cancer cells differ from healthy cells. Russ will also talk about how cancer cells appropriate normal cellular "machinery" for their growth advantage, and provide interesting examples.

Featured Speaker: Russ Dunn, holds a Bachelor of Science in Chemistry and a Master of Science in Molecular Biology.

CLINTON: Pre-Planning Your Final Wishes: Mary will outline the process and available options for pre-registering your final wishes with a funeral home, followed by an open discussion.

Featured Speaker: Mary Rupp, Licensed Pre-Arrangement Counselor with the State of Iowa

Other Special Programs & Events

Reclaim Your Strength: Cancer Exercise Class: This exercise program is designed for cancer survivors seeking to improve their balance, build strength, and achieve personal health goals. Through targeted exercises and supportive guidance, you'll enhance your physical function, boost your energy levels, and cultivate a sense of well-being. Join us to take positive steps towards a healthier, more active life after cancer.

Qigong for Well-Being: Join us for a beginners qigong class. Participants will be guided through a practice to activate, strengthen, and build wellbeing in body, mind, & spirit.

Barre for Beginners: Barre is full-body, low-impact workout that combines elements of ballet, Pilates, and yoga to improve strength, flexibility, and posture.

Nourish & Network: Join us for a nutrition and conversation session. Class leader, Marli will be bringing a peach salsa to sample. She will talk about the benefits of the ingredients and encourage general conversation and connection. In July, Marli will talk about the benefits of exercise and being physically active.

Creative Session: Flower Collage: Using a pre-drawn picture of a flowers we will add paper and paints to finish the piece. This tactile process quiets the mind, fostering a sense of calm and focus. Materials are provided.

Survivors Social: Join other cancer thrivers for our new monthly social hour. Catch up, share tips on keeping active, eating healthy, and enjoy one another's company. Feel free to sign up for Group Dinner following the social.

Snack & Chat Teen Support: Get connected with other youth ages 12 and older who have been impacted by cancer. This group is a safe space to freely express emotions and thoughts about how cancer is affecting you (either because of a personal diagnosis or that of a caregiver or loved one). By incorporating fun activities like art and games, you will learn new coping skills for managing your emotions. July's group will feature a lemonade bar! Customize a refreshing lemonade with different flavors and garnishes.

Kids' Summer Grief Group: Honoring Loved Ones Lost to Cancer: Summertime can be a tough time when you're grieving. Even though it's often associated with joy and sunshine, it can also highlight the absence of loved ones who were a big part of your summer fun. Join Becky Nakashima-Brooke, owner of Illuminate Healing Studio, for a supportive group where you can engage in activities designed to remember & honor those lost to cancer. Activities are appropriate for kids and adults of all ages. Families encouraged to participate together. We understand that "family" looks different for everyone, and invite you to include anyone you consider family.

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 complete a participant form online at csciowaillinois.org/become-a-participant/

2

Attend a Welcome Meeting (in-person, virtual, or on-demand) 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 CSCAIL offers and sign up for programs. Please call 563-326-7504 to schedule or see calendar for dates/times and sign up online.

NEW: In addition to in-person and live virtual Welcome Meetings, we now offer an on-demand video version of our Welcome Meeting. If interested in watching the video and getting involved, scan the QR code here to visit our Get Started page with links to the video and required Google Form to fill out after watching.



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 if you have a contagious illness, 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.

We will be closed on Friday July 4th for Independence Day!

NOTE: Friends & Family Support Group in Davenport will now be held weekly!

FUNDRAISING CORNER

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

PROGRAM SUPPORT

How We're Funded & How You Can Help

Our programs are made possible through the generosity of our community—grants, fundraising events, and donations from individuals and organizations who believe in our mission. While our services will always remain free of charge, we welcome support from those who feel inspired to give.

Even a small monthly donation helps sustain our work and ensures that anyone impacted by cancer can continue to access the care and connection they deserve. Every contribution, no matter the size, makes a meaningful difference.

Have You Wondered How You Can Support Us?

There are so many ways to make a difference—host a yard sale, donate your birthday, volunteer your time, or even plan a gift in your will. Every act of support helps keep our services 100% free for anyone impacted by cancer.

And whether or not you give, that promise remains. Our support will always be free to you. Because no one should face cancer alone—or have to pay for help. Together, community is stronger than cancer.

Contact Lexi at lexi@csciowaillinois.org for a fundraising toolkit. Together, community is stronger than cancer.

UPCOMING FUNDRAISING EVENTS:

NEW: Mississippi Valley Dragon Boat Festival

September 20th | West Lake, Davenport, IA

The Dragon Boat Festival will feature thrilling dragon boat races, delicious food and refreshments, live entertainment, and plenty of family-friendly activities. It's an opportunity for our community to come together, honor loved ones, and celebrate life.

Visit csciowaillinois.org/dragon to register!

Diamonds & Divas

October 2nd | Waterfront Convention Center – Bettendorf, IA

Our most anticipated event of the year, a fun-filled ladies night out event all for a great cause, raising funds to support those in our community that are impacted by cancer.

Visit csciowaillinois.org/diva to register!



Support Groups

Please attend a Welcome Meeting before attending a support group.

Connecting Through Cancer: Support group for adults with any type of cancer diagnosis and/or survivors. Offered in-person or virtually.

Friends and Family Support Group: Support group for family and friends of those with any type of cancer diagnosis. Offered in-person or virtually.

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

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

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

Advanced Cancer Support Group: A supportive group for individuals facing advanced cancer, addressing emotional, physical, and practical challenges through shared experiences and information. Meets twice monthly, in Davenport and Moline, with virtual options available for both.

Parents of Kids with Cancer: Caregiving for a child with cancer is a unique and often isolating experience. This hybrid group takes place on the 2nd Thursday of the month and provides a supportive space to connect with parents and caregivers of a child or teen under the age of 24, in treatment for cancer or has completed treatment for cancer.

Breast & Gynecological Cancer Support Group: Monthly support group and networking for those diagnosed or in survivorship. Sponsored by MercyOne Genesis Davenport Cancer Center. Offered in-person.

Healthy Lifestyle Activities

Walking Club: Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! Meet inside the Clubhouse.

Spice Club: Embark on an exciting journey with us, where each month introduces a new spice to discover! Engage in activities, explore flavors, and enjoy a fun-filled experience! Participants are sent with some of the spice to try at home. July's spice is bay leaf!

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

NEW: Additional Chair Yoga session added once per month in Moline!

Crochet & Knitting Club: On hold until fall.

Walk and Talk: Join others for walking and talking. July location is Emeis Golf Course. Parking is available & we will walk on the adjacent bike path.

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.

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

Group Dinners: Dinner will be available at Gilda's Club Davenport before Tuesday evening groups and Kids Club/Teen Time and Gilda's Club Moline on the 2nd & 4th Wednesdays before groups. 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! **July dinners are sponsored by Centennial Home Improvement LLC., Steel Plow, Cafe Express, and Shannon Lane.**

Kids & Teens

Kid's Club: Supervised play for our youngest participants, ages 4-12. Play games, make crafts, and hang out with other kids and our wonderful volunteers. Teens are welcome.

Teen Time: This program is on pause due to low attendance. If you have a teen interested in receiving support, please complete the survey linked in the QR code to provide feedback on your teen's interest.



July 2025



LOCATION KEY:

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
<div>Stop by our table at Mercado on Fifth on July 11th!</div>	1	2	3	4
	5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	6-7PM Connecting Through Cancer 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	6-7:30PM Living with Loss Group 11AM-12PM Walk & Talk	Clubhouses closed for the 4 th of July!
7	8	9	10	11
1:00-1:45PM Chair Yoga	4-5PM Advanced Cancer Group 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family 10:30-11:30AM Qigong for Well-Being 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	4:30-5:30PM Snack & Chat: Teen Support 6-7PM Parents of Kids with Cancer Support Group 11AM-12PM Walk & Talk	10:30-11:30AM Spice Club 1:00-2:00PM CLINTON: Pre-Planning Your Final Wishes
14	15	16	17	18
12:30-1:30PM Simple Household Swaps: Reduce Toxins in Your Home 1:00-1:45PM Chair Yoga	5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club 1-2PM Clinton: Support Group	5:30-6:00PM Coffee & Canines 6-7PM Connecting Through Cancer 10:00-10:45AM Barre for Beginners 11:00-11:30AM Nourish & Network 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	6-8PM Prostate Cancer Support Group; Speaker: Russ Dunn - Biology of Cancer 5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group 11AM-12PM Walk & Talk	1-1:45PM Chair Yoga
21	22	23	24	25
1:00-3:00PM Creative Session: Flower Collage	4-5PM Survivors Social 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	10:30AM Walking Club 4-5PM Advanced Cancer Group 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	6-7PM Breast & Gynecological Cancer Support Group 5-6PM Kids Summer Grief Group: Honoring Loved Ones Lost to Cancer 11AM-12PM Walk & Talk	
28	29	30	31	
5:30-6:30PM An Overview of the Biology of Cancer 5:30PM Book Club	5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	5-5:30PM Welcome Meeting 6-7PM Connecting Group 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	11AM-12PM Walk & Talk	YOU GOT THIS!