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

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

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

Return Service Requested

NOVEMBER 2026 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.

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

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 and Radiation Oncology Center 1410 N 4th St., Clinton, IA 52732

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

November is lung, pancreatic, and stomach cancer awareness month!

HOW TO GET STARTED:

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. Complete a Welcome Meeting (in-person 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 CSCIAIL offers and sign up for programs. Please call 563-326-7504 to schedule or see calendar for dates/times and sign up online.

In addition to in-person Welcome Meetings, we now offer an on-demand video version of our Welcome Meeting. If interested in watching the video and getting involved, scan theQR 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.

Regularly Scheduled Support Groups

Completing a welcome meeting is required to attend support groups or regular programs.

Connecting Through Cancer: A support group for adults with any type of cancer diagnosis in which cancer is one of their primary stressors.

Friends and Family Support Group: A support group for adult friends and family of someone with a cancer diagnosis in which cancer is one of their primary stressors.

Living with Loss: A grief support group for adults who have experienced the death of a loved one due to cancer.

Post Treatment Connect: Survivorship support group, where the individual has completed treatment and/or is on maintenance drugs. *Sponsored by MercyOne Genesis Cancer Center.*

Prostate Cancer Support Group: A networking group for those with a current prostate cancer diagnosis, survivors, significant others, spouses, caregivers, and care partners. Sponsored by and in collaboration with Us TOO Prostate Support Group.

Clinton Support Group: A support group for anyone impacted by cancer including caregivers hosted at YWCA Clinton.

FUN FACT: EVERY TUESDAY NIGHT WE OFFER A FREE DINNER BETWEEN REGULAR PROGRAMS

Dinner will be available at Gilda's Club Davenport between afternoon & evening groups on Tuesday. Please RSVP at least a day in advance! **A special thank you to *Centennial Home Improvement LLC., Steel Plow, Cafe Express, and Valley Construction for making these dinners possible.***

FUNDRAISING CORNER

Our no-cost programs are made possible by generous partners, donors, and grant funders. Every dollar raised stays local, helping us provide essential support to those impacted by cancer.

A warm meal and a reminder of why we give.

Sometimes, the smallest moments leave the biggest impact. Recently, one of our participants, who is living with liver cancer and has no further treatment options, stopped by CSC at Gilda's Club to pick up a meal for his family of six. As he left with his chicken and noodles, he told our staff, "I really appreciate it." Before walking out, he turned around and said it once more, "I really appreciate it." Those four simple words were a heartfelt reminder that we provide more than just a meal. We provide comfort, support, and one less worry for families facing cancer. Your generosity makes moments like these possible. Thank you for making a difference! ❤️

Want to help provide meals for families?

Scan the QR code to make a donation. Your support helps ensure families impacted by cancer have access to a warm meal when they need it most. ❤️

UPCOMING FUNDRAISING EVENTS:

THE BLESSING TREE & GIVING TUESDAY
A Season of Giving, Hope, and Remembrance



This holiday season, we invite you to make a difference through two meaningful traditions: the Blessing Tree and Giving Tuesday!

For 27 years, the Blessing Tree has been a symbol of hope, love, and remembrance in our community. Standing 32 feet tall at Be the Light Park in Downtown Bettendorf, each light, bow, and ornament honors someone special.

On Tuesday, December 1, we celebrate Giving Tuesday, a global day of generosity that reminds us of the power of giving back. Your generosity helps Cancer Support Community at Gilda's Club continue providing free support, comfort, and connection to individuals and families impacted by cancer.

Join us that evening from 6–7 PM for the Blessing Tree lighting ceremony, featuring cocoa, cookies, carolers, and a special moment of remembrance.

This Giving Tuesday, give a gift that shines beyond the holiday season. ❤️

Visit csciowailinois.org/blessing to dedicate a light, bow, or ornament, or support our mission through a donation.

Email arwen@csciowaillinois.org for more information about our fundraising events

October Youth & Family Programs

Special Programs for Children & Teens

Family Event: Pancakes, Painting & Pups: Join us at Gilda's Club Davenport for a morning of pancakes and painting, where we will share a meal and get crafty! Therapy dogs will be present. Bring the whole family! We understand that "family" looks different for everyone and welcome anyone you would consider to be part of your family. Kids and teens are welcome to bring a friend. This program is open to any family impacted by cancer.
Teen yoga: Join us for Teen Yoga at Fairmount Library! This relaxing and welcoming session gives teens the opportunity to unwind, practice mindfulness, and learn simple yoga techniques to reduce stress and promote overall well-being. Whether you're new to yoga or have experience, all skill levels are welcome!

Regularly Scheduled Tuesday Programs for Children & Teens

Kid's Club: Supervised play for our youngest participants, ages 1-12. Play games, make crafts, and hang out with other kids and our wonderful volunteers. Teens are welcome.
Teen/Tween Art Connect: Join other teens and tweens ages 8 and up who are impacted by cancer, whether it's their own diagnosis, that of a loved one, or they've experienced the death of a loved one to cancer.

Healthy Lifestyle & Wellness Activities

Special Healthy Lifestyle Activities

Creative Session: Painting On Saw Blades: Using the unique surface of a saw blade, paint a design lead by an artist. No experience necessary. All supplies provided.
Featuring: Judy Cummings, a self taught artist. Jddy had her own a specialty shop that did computerized calligraphy, real pencil and ink calligraphy. Her business also specialized in handcrafted items. But due to health problems she has been limited in her ability to do craft shows.
Spice Club: Discover new flavors and get creative in the kitchen with Spice Club! Each month, participants are introduced to a different spice through fun, interactive activities and opportunities to learn about its unique flavors and uses. Participants will also receive a sample of the featured spice to take home and experiment with in their own cooking. Join us for a fun and flavorful experience!
Meditation: Take a moment to relax, recharge, and focus on your well-being with a guided meditation class! This calming session will introduce participants to mindfulness and meditation techniques designed to reduce stress, promote relaxation, and encourage inner peace. Whether you're new to meditation or have experience, all skill levels are welcome to join this peaceful and refreshing experience!

Wellness Wednesdays

Balanced Being Class: This class can improve cognition, flexibility, sleep, balance, and functional mobility. We start with a practice of balance and then move into the practice of mindful movement.
Therapeutic Art: Find your calm in the creative process. Join us for a simple, three-step practice: Center, Create, Connect.

Other Healthy Lifestyle Activities

Chair Yoga: Get Fit Where You Sit™ by adapting yoga poses to a chair.
Spice Club: Each month introduces a new spice! Engage in activities, explore flavors, and enjoy a fun-filled experience! Participants are sent with some of the spice to try at home.
Sound Bath: Sound baths are an immersive auditory experience that promote relaxation and sound healing. Join us and come experience one!

Educational Workshops

Medicare 101 & Open Enrollment: Open enrollment for a Medicare Part D (drug/prescription) plan runs from 10/15-12/7. Everyone on Medicare should take time to review their plan and make sure that their drugs are still covered. It's also time to compare plans to see if you can save some money! Join us to learn some Medicare basics, and learn what you can do to save money!
Featured Speaker: Kelly Craft, LISW, LCSW, Program Manager at CSC at Gilda's Club

Five Wishes: Your Wishes, Your Way: Planning for the End of Life: The Five Wishes is a well-rounded approach to prepare for you end of life wishes. This is an advanced directive that helps you put down on paper your needs and wants for your last days.
Join this workshop to learn how to fill out The Five Wishes and also obtain free forms of advanced directives. Learn about the role of an end of life doula with a short demonstration on reflexology, Thai bodywork, therapeutic sound, and Reiki.

Featuring: Becky Nakashima Brooke, an end of life doula, reflexology practitioner, Reiki Master, therapeutic sound practitioner, qigong teacher, yoga teacher, and Thai Bodywork practitioner.

Social Events

Book Club: Join other participants for a discussion. See online registration for book selection.
Coffee & Canines: Relax with our furry friends and experience the calming benefits of pet therapy. Interact with the dogs if you choose—coffee optional.
Chess Club: Learn, connect, and enjoy a friendly game of chess. All levels welcome.

November Special Programs

VIRTUAL: Let's Talk About It: The Power of Traditions: The holiday season can be a time marked by family and seasonal traditions. Traditions can be comforting and centering in a way that helps us hold onto a sense of normalcy. But this time can also feel hard when the changes in your health seem more obvious compared to other times. Join us on Thursday November 19th as we talk together about embracing the holiday season with awareness for all the ways you might experience the weeks ahead. Let's Talk About It.
This program is co-hosted by MercyOne Richard Deming Cancer Center and CSCIAIL; by registering for this program, you are consenting to share your information with both entities. Offered at no cost.
Shine A Light: November is Lung Cancer Awareness Month! Visit Gilda's Club Davenport on 11/10 to find information about lung cancer!
Grief & The Holidays: Join St. Croix Hospice for a special workshop focused on navigating grief during the holiday season. Enjoy dinner, a supportive discussion, and a hands-on ornament-making activity to honor loved ones. Feel free to bring small photos or keepsakes to include in your ornament.
Dinner provided. Registration required.

Program Highlights

Cancer Transition Full Day Retreat in Davenport - Friday, November 6th
Cancer Transitions is aimed at survivors of any cancer diagnosis who have completed active treatment within the last 24 months. This survivorship retreat will be a day full of informative sessions and activities focused on things individuals facing new survivorship may be experiencing, including survivorship, emotional changes during and after cancer, eating well and getting active, and medical management. We bring in speakers, make lunch together, and even do a little exercise together. *A whole day catered just for our cancer survivors!*

November 2026

LOCATION KEY: VIRTUAL | HYBRID | MOLINE | DAVENPORT | OFFSITE

MON	TUE	WED	THU	FRI
2	**3**	**4**	**5**	**6**
			12:00-1:00 Connecting Through Cancer **1:00-2:00** Off the Hook **6:00-7:30** Living with Loss	
1:00-1:45 Chair Yoga	**3:00-4:30** Connecting Through Cancer **4:30-5:30** Welcome Meeting **4:30-5:30** Dinner - Taco Bar **5:30-7:00** Connecting Through Cancer **5:30-7:00** Friends & Family **5:30-7:00** Kids Club			**9:00-4:00** Cancer Transitions Survivorship Retreat **7 SATURDAY** **10:00-12:00** Family Event: Pancakes & Painting
			5:00-5:30 Mindfulness Meditation	
9	**10**	**11**	**12**	**13**
5:30-6:30 Educational Workshop: Medicare 101 & Open Enrollment		**12:00-1:00** Welcome Meeting **4:00-4:45** Moline Chair Yoga	**12:00-1:00** Connecting Through Cancer **1:00-2:00** Off the Hook	
1:00-1:45 Chair Yoga	**3:00-4:30** Connecting Through Cancer **4:30-5:30** Shine a Light Table **4:30-5:30** Dinner - Renewal by Anderson Sponsor **5:30-7:00** Connecting Through Cancer **5:30-7:00** Friends and Family Group **5:30-7:00** Kids Club	**10:30-11:15** Balanced Being Class **11:30-1:00** Theapeutic Art **2:00** Chess Club	**5:30-6:30** Post-Treatment Connect	
6:30-7:30 Teen Yoga Fairmont Library			**7:00** Music Guild - Frozen	
16	**17**	**18**	**19**	**20**
		4:00-5:00 Welcome Meeting	**12:00-1:00** Connecting Through Cancer **1:00-1:30** Coffee & Canines **1:00-2:00** Off the Hook **6:00-8:00** Prostate Group - Final Meeting	
1:00-1:45 Chair Yoga **6:00-8:00** Creative Art Session: Painting on Saw Blades	**3:00-4:30** Connecting Through Cancer **4:30-5:30** Welcome Meeting **4:30-5:30** Group Dinner - Steel Plow **5:30-7:00** Connecting Through Cancer **5:30-7:00** Friends and Family Group **5:30-7:00** Kids Club | Tween/Teen Art	**11:30-12:30** Spice Club	**5:30-6:00** Coffee & Canines **6:00-7:00** Grief & the holidays workshop + Dinner, Living with Loss Group will gather from 7:00-7:30 for final discussion.	
	11:00-12:00 Clinton Support Group		**12:00-1:30** Lets Talk About It: The power of Traditions.	
23	**24**	**25**	**26**	**27**
			Clubhouse's Closed	
11:30-12:30 Educational Workshop: Your Wishes, Your Way: Planning for the End of Life **1:00-1:45** Chair Yoga **2:00** Chess Club **2:30-3:30** Sound Bath	**3:00-4:30** Connecting Through Cancer **4:30-5:30** Group Dinner - Cafe Express **5:30-7:00** Connecting Through Cancer **5:30-7:00** Friends and Family Group **5:30-6:30** Book Club **5:30-7:00** Kids Club			
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30				
1:00-1:45 Chair Yoga				

Quad City Symphony Orchestra: Masterworks II Cityscapes Nov 7 & 8 and Elf in Concert 11-21

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

December highlights the cronic fatigue thats associated with cancer.

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Clinton Support Group: A support group for anyone impacted by cancer including caregivers hosted at YWCA Clinton.

FUN FACT: EVERY TUESDAY NIGHT WE OFFER A FREE DINNER BETWEEN REGULAR PROGRAMS

Dinner will be available at Gilda's Club Davenport between afternoon & evening groups on Tuesdays. Please RSVP at least a day in advance! **A special thank you to *Centennial Home Improvement LLC., Steel Plow, Cafe Express, and Royal Neighbors for making these dinners possible.***

FUNDRAISING CORNER

Our no-cost programs are made possible by generous partners, donors, and grant funders. Every dollar raised stays local, helping us provide essential support to those impacted by cancer.

More Than a Diagnosis: Danny's Story of Hope

When Danny was diagnosed with small cell lung cancer in June 2026, his world changed overnight. Facing chemotherapy, radiation, and an uncertain future, he found comfort in an unexpected place: Gilda's Club.

After being introduced to Gilda's Club during a hospital visit, Danny began spending time at the clubhouse between appointments. What started as a place to relax quickly became a source of comfort, connection, and hope. Through warm meals, friendly conversations, and a welcoming community, Danny found people who truly understood what he was going through.

"We're all afraid of the unknown," Danny shared. But connecting with others who have faced similar challenges helped make that uncertainty a little less overwhelming.

Danny's appreciation for Gilda's Club grew so much that he began encouraging others throughout the hospital to visit. After 25 years of selling cars, he now jokes that he's selling people on Gilda's Club instead!

On October 27, Danny received incredible news: his doctor told him he was cancer-free! While he continues to navigate challenges from treatment, he remains grateful for the community that supported him along the way.
"When you get cancer, it's not just you. Your entire family gets it too," Danny shared.

Your Year-End Gift Makes Stories Like Danny's Possible

As 2026 comes to a close, Danny's story reminds us of the power of community. Every donation helps provide free programs, nourishing meals, emotional support, and meaningful connections for individuals and families impacted by cancer.

This year-end giving season, your generosity can help ensure that no one faces cancer alone. ❤️

Want to help provide meals for families?

Want to be a end of year donor?



December Youth & Family Programs

Special Programs for Children & Teens

Holiday Grief Group for Kids & Caregivers: The holiday season can bring up a unique mix of emotions when we are missing someone we love. Kids, teens, and their parent/caregiver(s) are invited to join us for a supportive, low- pressure program centered around remembering their deceased loved one. This program will include dinner and art.

Program Highlights

Chill out! Family Winter Scavenger Hunt

This winter, gather your family and join the hunt for low-key, cozy family connection! Complete at least 5 activities to receive a prize: a Family Winter Activity Bag. Families have 2 options:

- Complete these activities on your own time, at your own pace.

Just submit this form between Nov. 30th through January 31st to get the prize.

- OR attend the in-person Chill Out! Family Winter Scavenger Hunt and complete the activities with other families impacted by cancer. Dinner is also provided.

Healthy Lifestyle & Wellness Activities

Special Healthy Lifestyle Activities

Iowa City Creative Session: Watercolor pencils: This creative session will take place at Hope Lodge in Iowa City. Join us at Hope Lodge in Iowa City for a special Creative Session! LaNae Ramos will be teaching how to use watercolor pencils. No artistic experience required. Leave with a colorful art piece of your own creation and have fun connecting with others!

Creative Session: Warm Thoughts & Cold Weather Glass Painting: In this group, participants will paint a sunset on a beach on a glass frame. No painting experience is necessary and all materials are provided.

Winter Clubhouse Craft: Design, create, and display your own unique snowflake at Gilda's Club Davenport and help give the clubhouse extra winter spirit! All materials will be provided. This program will take place during the regularly scheduled group dinner.

Wellness Wednesdays

Balanced Being Class: This class can improve cognition, flexibility, sleep, balance, and functional mobility. We start with a practice of balance and then move into the practice of mindful movement.

Therapeutic Art: Find your calm in the creative process. Join us for a simple, three-step practice: Center, Create, Connect.

Spice Club: Each month introduces a new spice! Engage in activities, explore flavors, and enjoy a fun-filled experience! Participants are sent with some of the spice to try at home.

Other Healthy Lifestyle Activities

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

Sound Bath: Sound baths are an immersive auditory experience that promote relaxation and sound healing. Come experience one!

Meditation: Take a moment to relax, recharge, and find inner peace through guided meditation designed to reduce stress and promote mindfulness.

Regularly Scheduled Tuesday Programs for Children & Teens

Kid's Club: Supervised play for our youngest participants, ages 1-12. Play games, make crafts, and hang out with other kids and our wonderful volunteers. Teens are welcome.

Teen/Tween Art Connect: Join other teens and tweens ages 8 and up who are impacted by cancer, whether it's their own diagnosis, that of a loved one, or they've experienced the death of a loved one to cancer.

Educational Workshops

Bullet Journaling 101: Curious about bullet journaling but not sure where to start? Learn simple ways to use a bullet journal for planning, tracking, reflection, creativity, and more, then put the ideas into practice by starting your own. Journal provided, no artistic skills required!

Featured Speaker: Kelly Craft, LISW, LCSW, Program Manager at CSC at Gilda's Club

Social Events

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

Coffee & Canines: Relax with our furry friends and experience the calming benefits of pet therapy. Interact with the dogs if you choose—coffee optional.

Chess Club: Learn, connect, and enjoy a friendly game of chess. All levels welcome.

Young Adult Game Night: Join CSC LA virtually for games, trivia, and social connection! Young Adults, ages 18-40, currently or previously diagnosed with cancer and Young Adult caregivers to a loved one with cancer are welcome. Join via Zoom and have a second device (tablet or cellphone) ready for trivia. No experience necessary! Opportunities for prizes!

December Special Programs

VIRTUAL: Let's Talk About It: What's On Your Mind? During this special year end group we want to hear from you! Email Julie the mental health questions you have from along your personal survivorship journey. Are you seeking strategies for communicating with others? A better understanding of when to talk with a mental health professional? Tips for getting a better night's rest or taming anxiety? Please submit your comments and questions in advance to Julie at Julie@julielarsonlcsw.com and join us on Thursday December 17th as we talk together and meet you exactly where you are today. Let's Talk About It.

North Pole Express (for families affected by childhood cancer) Hosted by Midwest Central Railroad in partnership with HIS KIDS in IOWA, the special holiday event will begin at 6 p.m. at the North Depot in McMillan Park in Mt. Pleasant, IA. Upon arrival, families will enjoy hot cocoa, snacks, games and model trains. The evening will also include an opportunity for every child and family member to meet Santa and Mrs. Claus.

Quad City Symphony Orchestra is performing Masterworks III Season of Anticipation on December 5th and 6th. QCSO will perform Holiday Brass on December 13th. Visit the online calendar for information on location, timing, and how to obtain concert access passes, if you have not already received them.

Lighting of the Blessing Tree @ Be The Light Pocket Park: Join us for the annual lighting of the Blessing Tree. We will have hot chocolate. Enjoy carolers and we will read off all names being honored with lights, ornaments, and bows on the tree. Dress warm, it's usually cold! Address: 1108 State St, Bettendorf, IA 52722

Clubhouses are closed Thursday, December 24, 2026 through Friday, January 1, 2027 for the winter holidays. No programs are offered during these dates.

DECEMBER 2026

LOCATION KEY: VIRTUAL | HYBRID | MOLINE | DAVENPORT | OFFSITE

MON	TUE	WED	THU	FRI
	1	**2**	**3**	**4**
CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB			**12:00-1:00** Connecting Through Cancer **1:00-2:00** Off the Hook **6:00-7:30** Living with Loss	
	6:00PM: Blessing Tree Lighting @ Be The Light Pocket Park in Bettendorf, IA **7:00-8:30** YA Game Night (CSCLA)		**5:00-5:30** Mindfulness Meditation	
7	**8**	**9**	**10**	**11**
		12:00-1:00 Welcome Meeting **4:00-5:00** Moline Chair Yoga	**12:00-1:00** Connecting Through Cancer **1:00-2:00** Off the Hook	
6:00-7:30 Holiday Grief Group for Kids & Caregivers	**3:00-4:30** Connecting Through Cancer **4:30-5:30** Dinner - Provided by Royal Neighbors **5:30-7:00** Connecting Through Cancer **5:30-7:00** Friends and Family Group **5:30-7:00** Kids Club	**10:30-11:15** Balanced Being Class **11:30-1:00** Theapeutic Art **2:00-3:00** Chess Club	**5:30-6:30** Post-Treatment Connect **5:00-7:00** Chill Out! Family Winter Scavenger Hunt	
				6:00-8:00 North Pole Express
14	**15**	**16**	**17**	**18**
5:30-6:30 Educational Workshop: Bullet Journaling 101 + Dinner Provided by Bally's			**12:00-1:00** Connecting Through Cancer **1:00-1:30** Coffee & Canines **1:00-2:00** Off the Hook	
1:00-1:45 Chair Yoga	**3:00-4:30** Connecting Through Cancer **4:30-5:30** Welcome Meeting **4:30-5:30** Group Dinner - Steel Plow **5:30-7:00** Connecting Through Cancer **5:30-7:00** Friends and Family Group **5:30-7:00** Kids Club | Tween/Teen Art	**10:30-11:15** Yin Yoga **11:30-12:30** Spice Club	**5:30-6:00** Coffee & Canines **6:00-7:30** Living with Loss Group	
	11:00-12:00 Clinton Support Group **12:00-1:00** Clinton Education: Funeral Pre-Planning	**6:30-8:30** Iowa City Hope Lodge: Creative Session: Watercolor Pencils	**12:00-1:30** Lets Talk About It: What's On Your Mind?	
21	**22**	**23**	**24**	**25**
5:30-7:30 Creative Art Sessions: Warm Thoughts and Cold Weather - Glass Painting			 **The Clubhouses are Closed** HAPPY Holidays 	
1:00-1:45 Chair Yoga **2:00-3:00** Chess Club **2:30-3:30** Sound Bath	**3:00-4:30** Connecting Through Cancer **4:30-5:30** Group Dinner - Cafe Express **4:30-5:30** Holiday/Winter Activity **5:30-6:30** Book Club **5:30-7:00** Connecting Through Cancer **5:30-7:00** Friends and Family Group **5:30-7:00** Kids Club			
	12:00-12:30 Mindfulness Meditation			
28	**29**	**30**	**31**	

The Clubhouses are Closed and will reopen on Monday, January 4th, 2027



