

Return Service Requested

SEPTEMBER 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

**September is
gynecological,
ovarian, prostate,
thyroid, leukemia,
lymphoma, and
childhood 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 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.

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.

Caring for families today, creating hope for tomorrow

National Family Day: Plan for the people you love

National Family Day, observed on September 28, 2026, is a wonderful reminder to pause, celebrate the people who matter most, and think about how we can protect and support our families—both today and in the future.

One meaningful way to care for your loved ones is to make sure your wishes are documented. Through **FreeWill**, one of the resources we provide, you can create a **free online will and estate plan** in about 20 minutes. FreeWill also gives you the opportunity to include a charitable gift to an organization that is meaningful to you, creating a lasting legacy of support.



Scan to
Leave a
Legacy



Make a Plan. Protect Your Family. Leave a Legacy.
Your family is your legacy. Take a few minutes this National Family Day to make sure your wishes are known and consider making a gift that can help ensure **no one impacted by cancer has to face it alone.**

Get started today through FreeWill:
<https://partner.freewill.com/csciowaillinois>

UPCOMING FUNDRAISING EVENTS:

Mississippi Valley Dragon Boat Festival | Saturday, September 19th | West Lake

Mark your calendars for this year's Dragon Boat Festival, a special day to celebrate hope, strength, and survivorship. One of the most meaningful moments of the festival is our Survivor Ceremony, where we come together to honor those whose lives have been touched by cancer and recognize the incredible resilience of our community.

We're excited to share that Cancer Support Community will have two Survivor Boats on the water this year! If you're interested in paddling as part of one of our Survivor Boats, please reach out to us at 563-326-7504.

Diamonds & Divas | Thursday, October 1st | Waterfront Convention Center

Get ready for a fabulous night of fun, fundraising, and a little pampering! **New this year, we're bringing back our pampering stations** to give you the ultimate Diva experience. Enjoy **heavy hors d'oeuvres, a silent & live auction, and a comedian** to keep the night entertaining!

We're also looking for volunteers! If you'd like to help make this special event a success, we'd love to have you join us. Come sparkle, laugh, relax, and support a great cause at Diamonds & Divas!

Save the Date for our 2026 Events

Blessing Tree | December 1st | Be The Light Park

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

September Youth & Family Programs

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

IOWA CITY: Creative Session: Continuous Line Blind Contour: Slow down, observe, and let your creativity take the lead in this fun and approachable drawing exercise. In Continuous Line Blind Contour, you'll focus on a subject while drawing its shapes and details in one continuous line—without looking at the paper. The goal isn't to create a perfect picture, but to practice observation, focus, and letting go of expectations.

No previous drawing experience is needed. Come ready to experiment, have fun, and see what happens when you take your eyes off the page and trust the process!

This program is made possible by the Iowa Cancer Consortium & the Iowa Department of Health and Human Services. We also acknowledge the Centers for Disease Control and Prevention (CDC) for its funding support under cooperative agreement NU58DP007103 awarded to the Iowa Department of Health and Human Services (Iowa HHS). The contents of this product are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Rose and Thorn Grief Sound Bath Ritual: A ritual is simply a purposeful symbolic action designed to create meaning. During this ritual, you will be able to participate vocally if you choose or if you aren't ready to speak, you can offer your presence. We will be sharing our words of grief and of fond memories of our loved ones. We will end with a sound bath to bring balance to our mind, body and spirit.

Dance for Joy: This dance class is design for everyone to have fun and learn a new dance like the Cupid Shuffle and more. No dance experience required.

Creative Session: Origami: Participants will learn the basics of making origami forms and create a product using multiple pieces of origami. No experience needed. All materials are provided.

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.

Cancer Exercise Class: A supportive class for cancer survivors focused on improving strength, balance, and overall health through safe, guided exercise.

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

Strength & Balance Class: Build balance and strength through yoga and Qigong movements. Mats and props are provided. Please arrive 5 to 10 minutes early to make yourself comfortable.

Moline Walking Club: Join volunteer Kate for a walk around the pond behind UnityPoint-Trinity Moline. Meet inside our clubhouse in Moline and head out together. The walk is scheduled for an hour, but walk for as long as you're comfortable.

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. *NOTE: Sound bath is now located at Gilda's Club Davenport.*

Featuring: Becky Nakashima Brooke. Becky is the owner of Illuminate Healing Studio.

Walk & Talk: Join volunteer Sharon for a walk in the QC. See online program description or call for location.

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.

Educational Workshops

Pre-Planning Funeral Workshop/Ask a Funeral Director: When someone passes away, their families are faced with at least 88 decisions and action steps that must be made when planning their final arrangements. Pre-planning your funeral arrangements ahead of time can ease the burden and stresses the family will face at the time, while also ensuring their your wishes are followed without uncertainty.

Our funeral directors will give a brief overview of those 88 decisions and discuss how pre-planning works. A good portion of the time will be dedicated to answering questions regarding cremation options and choices, benefits of pre-paying, assigning insurance policies already in place, green burial, and more.

Featured Speaker: Reid Trimble, Licensed Funeral Director & Embalmer

RESCHEDULED FROM JULY: Introduction to Cancer Biology: 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.

Cooking With Heart For Cancer: This series of cooking classes is an interactive experience relaying the components of a flavorful cancer prevention eating pattern. The class is offered for four weeks at no charge and is targeted to those who have been touched by cancer: survivors, caregivers and loved ones. Dishes emphasize how nutrition can help reduce the risk of cancer or recurrence. Participants learn 8+ dishes and the steps to prepare them. Each class is an hour long with two dishes demonstrated (one dish taking less than 15 minutes to prepare).

The class takes into consideration limited financial means and time, and little to no experience cooking. This series is held at Trinity Heart Center, 2701 17th Street, Rock Island, IL 61201. RSVP required at the QR code!



Other September Special Programs

VIRTUAL: Let's Talk About It: Navigating Relationship Changes After Cancer: Many cancer survivors notice changes in their relationships with friends and family after diagnosis. Finding words to articulate how you feel in a way that others can understand is complex. In fact, feeling completely understood by those who have not had cancer may not be realistic. Redefining the relationships that matter a great deal to you takes time. Join us as we talk together about boundaries, and conversations around how to express yourself clearly and thoughtfully so you feel connected, understood, and supported along the way. Let's Talk About It. *This program is co-hosted by MercyOne Richard Deming Cancer Center and CSCIAL; by registering for this program, you are consenting to share your information with both entities. Offered at no cost.*

Music Therapy Support Group (Ukulele): Participants will be engaged in music-making and other group activities designed to provide meaningful experiences through music. Objectives are to develop coping skills, increase relaxation, positive outlook, and self-expression. This program will replace all evening support groups on 9/29 and be ran by Misty at QC Music Therapy with a group facilitator present for as needed support. Open to all ages of survivors, caregivers, or anyone impacted by cancer. Kids/Teens are welcome. Volunteers are still available in Noogieland for kids who need an alternate activity.

Program Highlights

Cancer Transition Full Day Retreat in Moline

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!*

Voices for Cancer Care: Public Leaders & Community Open House

Cancer Support Community at Gilda's Club is hosting an open house for elected officials and candidates from across Iowa and our eight-county service area in Northwest Illinois, including the Governor and candidates for Governor; Iowa and Illinois Federal and State Senators, Representatives, and candidates.

We invite any participants to attend. Public leaders have been invited to tour our space to learn more about the no-cost support we provide to anyone impacted by cancer. This is your chance to:

- Meet your Public Leaders (legislator, elected official, candidate) face-to-face in a relaxed, welcoming setting
- Share your story and help them understand the impact of cancer on individuals, families, & communities
- Hear what Public Leaders are doing to support health, wellness, and cancer care in our state

Light refreshments will be served. This program is offered in-person. RSVP is required.

NOTE: Press has been invited to this program.

September 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
	1	2	3	4
		3:00-4:00PM Moline Walking Club	12:00PM-1:00PM Connecting Through Cancer 6:00PM-7:30PM Living with Loss	
	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 4:30-5:30PM Group Dinner - Breakfast 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends and Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Balanced Being		11:00-12:00 Spice Club
7	8	9	10	11
		12:00-1:00PM Welcome Meeting 3:00-4:00PM Moline Walking Club	12:00PM-1:00PM Connecting Through Cancer	
	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Taco Bar 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends and Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Cancer Exercise Class	5:30-6:30PM Post-Treatment Connect 5:00-6:00PM Rose & Thorn Sound Bath Grief Ritual	
			10:00-11:30AM Cooking with Heart for Cancer 12:00-1:00PM Walk & Talk 5:00-7:00PM IOWA CITY: Creative Session: Continuous Line Blind Contour	
14	15	16	17	18
5:30-6:30PM Educational Workshop: Pre-Planning Funeral Workshop & Ask a Funeral Director		3:00-4:00PM Moline Walking Club	12:00PM-1:00PM Connecting Through Cancer 1:00-1:30PM Coffee & Canines 6:00-8:00PM Prostate Cancer Group	9:00AM-4:00PM Cancer Transitions Survivorship Retreat
12:00-12:45PM Dance for Joy 1:00-1:45PM Chair Yoga	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 4:30-5:30PM Group Dinner - Steel Plow 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends and Family Group 5:30-7:00PM Kids Club Teen/Tween Art Connect	10:00-11:30AM Voices for Cancer Care: Public Leaders & Community Open House	5:30-6:00PM Coffee & Canines 6:00-7:30PM Living with Loss	
6:30-7:30PM Teen Yoga @ Fairmont Library	11:00AM-12:00PM Clinton: Support Group		10:00-11:30AM Cooking with Heart for Cancer 12:00-1:00PM Let's Talk About It: Navigating Relationship Changes After Cancer	
21	22	23	24	25
		3:00-4:00PM Moline Walking Club 4:00-5:00PM Welcome Meeting	12:00PM-1:00PM Connecting Through Cancer	10:00-10:45AM Moline Chair Yoga
6:00-8:00PM Creative Session: Origami	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Cafe Express 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends and Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Cancer Exercise Class 11:30AM-1:00PM Therapeutic Art		
	12:00-12:30PM Mindfulness Meditation		10:00-11:30AM Cooking with Heart for Cancer 12:00-1:00PM Walk & Talk	
28	29	30		
		3:00-4:00PM Moline Walking Club		
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines 2:30-3:30PM Sound Bath 5:30-7:00PM Educational Workshop: Introduction to the Biology of Cancer 5:30-6:30PM Book Club	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 4:30-5:30PM Group Dinner - Grinders 5:30-6:30PM Music Therapy Night - Ukulele 5:30-6:30PM Kids Club	10:30-11:15AM Strength & Balance		