



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

Return Service Requested

MARCH 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.

Gilda's Club Davenport

1351 West Central Park Avenue, Suite 200
Davenport, IA 52804
Monday - Thursday 8:00 AM - 5:00 PM
Fridays 8:00AM - 2:00PM
Saturday/Sunday—Closed

Gilda's Club Moline

600 John Deere Road, Suite 101
Moline, IL 61265
Monday thru Thursday 10:00 AM - 5:00 PM
Fridays by appointment only, Saturday/Sunday—Closed

Gilda's Club Clinton:

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

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



**March is colorectal
cancer, kidney
cancer, and multiple
myeloma awareness
month!**

March Educational Workshops

Offered In-Person and Virtually

Feel Your Best: Eyebrow Tutorial: Sometimes eyebrows change during cancer treatment. This workshop will teach people who lose their eyebrows or have thinning eyebrows how to use products to enhance and apply them. **Featuring:** Brandy Claeys, Mary Kay Beauty Consultant.

Sexual Health and Intimacy: Sexual health and intimacy are extremely important parts of a person's psychological well-being and quality of life. This session will explore the various ways cancer can affect sexuality and intimacy including pain, fatigue, changes in sensation, and changes in body image. We will discuss ways a person can rediscover pleasure and emotional connection both within themselves and their relationships. **Featuring:** Erin Morley, Doctor of Occupational Therapy (OTD).

This program is made possible by the Iowa Cancer Consortium & the Iowa Department of Health and Human Services. We acknowledge the Centers for Disease Control and Prevention, for its support of the (IA) staff, and the printing and distribution of the monograph under cooperative agreement NU58DP07103 awarded to (IA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. You can learn more about the Consortium by visiting:

<http://www.canceriowa.org>

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 our programming, getting your medical records online, how to determine if an online source is reputable, apps, etc.

Mini Medical School – Collaboration is Power: The Future of Clinical Trials in Iowa

3/4/25: Clinical trials offer hope to patients & families affected by cancer. By participating in trials, patients can access treatments that could be the future standard of care. But accessing treatments requires doctors to work with researchers to identify which patients could benefit and how to deliver the needed care, no matter where they live in the state. This program will help you understand cancer trends; explore how collaborations between researchers, doctors, and hospitals can advance care and provide options for patients; and learn how patients can get involved. Drop by our CSC at Gilda's Club table before the event. Located at Rogalski Center Ballroom, St. Ambrose University

Featuring: Mark Burkard, MD, PhD, Director, UI Holden Comprehensive Cancer Center; Carryn Anderson, MD, Clinical Professor, Radiation Oncology; Michelle Howard, PhD, Assistant Professor, Radiation Oncology



Other Special Programs & Events

Family Pizza and Game Night: Test your luck at a family game night! We'll be playing both classic and new games, fun for all ages. Dinner is provided.

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.

Creative Session: Meditative Art Class: This relaxing and creative class will start off with a breathing exercise before moving into creating a painting. **Featuring:** Rachel Kratz of Soul Awakening School.

Caregiver: A Love Story Documentary Screening: Join host Becky Nakashima Brooke for a documentary screening. This will take place at the East Moline Public Library: 745 16th Ave, East Moline, IL 61244.

CAREGIVER: A LOVE STORY follows Rick as he cares for his wife Bambi, who, after a 4-year battle with metastatic cancer, chooses to end treatment and live her final weeks at home. Rick supports her decision but faces emotional and logistical challenges balancing hospice, his granddaughter, and Bambi's decline.

Kids Grief Group: The death of a loved one impacts the whole family. This support group is designed for elementary aged youth (ages 4-12) and their caregivers(s) who have experienced the death of someone in their life due to cancer. This group will meet for 6 weeks and follows a sequential curriculum of child appropriate activities. Attendance to all groups is preferred: 3/3, 3/10, 3/17, 3/31, 4/7, 4/14 (please note, there will be no group 3/24).

Spots are filling up: Cancer Transitions Survivor Retreat

Join us on Friday, April 25th at Gilda's Club Davenport for a retreat for anyone who finished their cancer treatment in the past two years. We will talk about getting back to wellness, emotional health, eating well, staying active, and managing your medical story beyond cancer. Breakfast, lunch, and a yoga session are included. RSVP Required. Made possible with funds from MercyOne Genesis Davenport Cancer Center.



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 CSCIAL 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.

Applications Open: Camp Hope! June 15-20 @ Camp Shalom in Maquoketa

Camp Hope offers kids affected by cancer a free overnight week of fun at Camp Shalom in Maquoketa, IA. Thanks to MercyOne Genesis Davenport Cancer and the MercyOne Genesis Foundation, kids entering 4th-9th grade can enjoy activities like archery and swimming, connect with others facing similar challenges, and participate in cancer support groups led by CSC at Gilda's Club staff. They'll also tour the MercyOne Genesis Davenport Cancer Center, meeting doctors and learning about treatment. Contact program@csciowaillinois.org or (563) 326-7504 with questions. Applications are due by May 16th. Families will be notified of their camp acceptance the week of May 20th.



Open to Options

Are you are facing a cancer treatment decision? Open to Options™ helps identify 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. If you have to make a decision regarding your treatment, you can meet 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 locations! 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

How We're Funded & How You Can Help

Our programs are made possible through grants, fundraising, and community generosity. If you ever feel inspired to give back, a monthly gift of \$10 to \$40 helps us continue offering free support to those who need it. Every gift, no matter the size, makes a difference.



Sponsor a Group Dinner for Moline!

Help us nourish Moline's cancer community. We began offering group dinners in Moline at the beginning of 2025 on Wednesday nights when we host our Connecting through Cancer and Friends & Family Support Groups. Providing dinner is one way to alleviate some of the stress our participants experience while navigating their cancer journey. Our current need is to feed around 15 individuals. Meals 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 fund a dinner. A meal donation can be to honor or celebrate a loved one. Interested? Please call Lexi Bull [563-949-2648](tel:563-949-2648) or email lexi@csciowaillinois.org

UPCOMING FUNDRAISING EVENTS:

Live from QC... It's Saturday Nite!

April 5th 2025 | 6PM | The Waterfront Convention Center, Bettendorf IA

Join us at our signature event and a night to honor Gilda Radner, original cast member on Saturday Night Live who understood that laughter is the best medicine, and the inspiration behind CSC at Gilda's Club.

Join us for a night of comedy featuring comedian Andy Woodhull. Andy has appeared on The Late Late Show with James Corden, Conan, Live at Gotham and The Half Hour on Comedy Central. He was the first comedian to make his network television debut on The Tonight Show Starring Jimmy Fallon.

Come out to laugh and then dance the night away to local fan favorite, Funktastic Five. Your ticket includes heavy hors d'oeuvres, cash bar, comedy show and live music.

Visit csciowaillinois.org/live to purchase tickets!

Golf Fore Gilda's

May 2nd 2025 | Palmer Hills Golf Course, Bettendorf, IA

Join us at Palmer Hills, to enjoy a 18 hole golf outing to support those in our community that are living with cancer. Best ball format, golf cart, beverage cart, swag bag, prizes for overall winner and hole contests and a luncheon to follow with burgers on the grill with delicious sides, awards, and more fun!!

Visit csciowaillinois.org/golf to purchase tickets!

Save the Dates for 2025:

June 28th: Run for Hope 5K and 1 Mile The Rock, Coal Valley, IL

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.

Advanced Cancer Support Group: Starting in April 2025. More details coming soon! The group will meet 2x/month.

Parents of Kids with Cancer: Starting in April 2025. More details coming soon! The group will meet 2x/month.

Prostate Cancer Support Group: Monthly support group in collaboration with the Us TOO Prostate Support Group for those diagnosed, survivors, and caregivers. Offered in-person or virtually.

Breast and 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

Walk and Talk: Join others for walking & talking at various locations around the QCA- **On-hold until spring.**

Walking Club: Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! Meet inside the Clubhouse and walk there together. **On-hold until spring.**

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

Crochet & Knitting Club: Join other yarn enthusiasts to visit while you work. Bring your projects and share tips! Beginner crochet help available. This program is participant-led.

Slow Flow 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.

Spice Club: Embark on an exciting journey with us, where each month introduces a new spice for you to discover! Engage in interactive games and have your say in choosing our next spice adventure. Get ready to explore flavors and enjoy a fun-filled experience! Participants will be sent with some of the month's spice to try in recipes at home.

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 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! **March dinners are sponsored by Centennial Home Improvement, LLC, Steel Plow, Cafe Express, Women in Novelis, and Bally's Casino and Hotel.**

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.

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.

March 2025

LOCATION KEY: **HYBRID**




MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI	SAT
					1
 <p>CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB</p>					9:00-10:00 Slow Flow Yoga
<p>Please RSVP to all programs, even ongoing support groups! RSVP at www.csciowaillinois.org/calendar, or call 563-326-7504.</p>					
3	4	5	6	7	8
6:00-7:00PM Kids' Grief Group		6-7:30PM Connecting Through Cancer	6-7:30PM Living with Loss Group		
1:00-1:45PM Chair Yoga (join in-studio for a recorded video, no instructor)	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time				9:00-10:00 Slow Flow Yoga
	5:00-7:30PM Mini Medical School - Collaboration is Power: The Future of Clinical Trials in Iowa				
10	11	12	13	14	15
5:30-6:30PM Feel Your Best: Eyebrow Tutorial 6:00-7:00PM Kids' Grief Group		5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group	5:00PM Crochet & Knitting Club		
1:00-1:45PM Chair Yoga	3:30-5PM Connecting Group 5-6:00PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time			11:30-12:30 Spice Club: Coriander	9:00-10:00 Slow Flow Yoga
			5:30PM Creative Session @ Hope Lodge in Iowa City		
17	18	19	20	21	22
6:00-7:00PM Kids' Grief Group		2:30-3:30PM digital sherpa Helpdesk Session 5:30-6:00PM Coffee & Canines 6-7:30PM Connecting Through Cancer	6-8PM Prostate Cancer Support Group w/Natalie Cremer on Sleep Hygiene	5:30-7:30PM Family Game Night + Pizza	
1:00-1:45PM Chair Yoga (join in-studio for a recorded video, no instructor) 6-8PM Creative Session: Meditative Art Class	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time		5:30-6PM Coffee & Canines 6-7:30PM Living with Loss Group		
	1-2:30PM Clinton: Support Group	6:00PM Caregiver: A Love Story Documentary Screening @ East Moline Public Library			
24	25	26	27	28	29
		5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group			
1:00-1:45PM Chair Yoga 5:30PM Book Club 5:30-6:30PM Sexual Health and Intimacy Workshop	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time		12:00-1:30PM Volunteer Orientation 6-7:30PM Breast & Gynecological Cancer Support Group		9:00-10:00 Slow Flow Yoga
31					
6:00-7:00PM Kids' Grief Group					
1:00-1:45PM Chair Yoga					

Therapy dogs in Wilder Lounge 5-6 PM





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APRIL 2025 ACTIVITY CALENDAR



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Gilda's Club Clinton:

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



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

**April is testicular,
head and neck, and
esophageal cancer
awareness month! It is
also National Cancer
Control Month.**

April Educational Workshops

Offered In-Person and Virtually

No Limits to Lifestyle: Thriving Through Cancer: This workshop will provide an overview of various lifestyle factors to promote overall health and wellness in daily life as a cancer survivor. These lifestyle factors include stress management, physical activity, sleep hygiene, and social connection. This program aims to empower attendees to resume participation in your meaningful everyday life activities regardless of where you are at in your experience with cancer. A light lunch or healthy snack will be provided.

Featuring: Natalie Cremer, OTDS (Doctor of Occupational Therapy Student) & Intern

Spicing Up Wellness: Exploring the Role of Spices and Herbs in Cancer Support and Nutrition: For cancer patients undergoing treatment, appropriate nutrition is challenging due to changes in appetite and digestive distress. This workshop will focus on the role spices and herbs play in fostering health, ranging from anti-inflammatory effects to digestion and immune system function. The workshop includes hands-on demonstrations, easy health explanations, and take-home materials to facilitate long-term dietary modifications.

Featuring Christina Diony Bourtzoni, Augustana Public Health Student

Digital Sherpa Technology Helpdesk Session: 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 our programming, getting your medical records online, how to determine if an online source is reputable, apps, etc.

More than Medicine: Self-Advocacy Through Cancer Treatment: This workshop is aimed at decreasing anxiety surrounding cancer treatment by improving self-advocacy in healthcare settings. This workshop will encourage cancer patients to express their concerns and ask clarifying questions in appointments so they leave feeling confident and knowledgeable about their treatment. Featuring Abby McKay, Augustana Public Health Student

It's Not All in Your Head aka Chemo Brain + Dinner: A common side effect of cancer treatment is cognitive impairment – confusion, memory problems, difficulty with focus and concentration, and inability to multitask or word-find. This collection of symptoms is commonly referred to as “chemo brain”.

Currently, options to treat cancer related cognitive impairment (CRCI) are limited. There is no standard of care or universal recommendation. This workshop will explore the causes of cancer brain fog and proven ways to manage and address these challenges.

Featuring: Linda Hutkin-Slade, MSW, LCSW, OSW-C and 14-year cancer survivor. Linda currently works at the Sharp Grossmont Cancer Center.

Don't miss out! Remote speaker + FREE dinner at our watch party for all in-person registrants.

This program was made possible with funds from MercyOne Genesis. This program is also made possible by the Iowa Cancer Consortium & the Iowa Department of Health and Human Services. We acknowledge the Centers for Disease Control and Prevention, for its support of the (IA) staff, and the printing and distribution of the monograph under cooperative agreement NU58DP07103 awarded to (IA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. You can learn more about the Consortium by visiting: <http://www.canceriowa.org>

Other Special Programs & Events

Quad City Music Guild Presents: Escape to Margaritaville: Jimmy Buffett's Escape to Margaritaville is a musical comedy featuring the Jimmy Buffett classics, including “Cheeseburger in Paradise”, “Margaritaville,” “It's Five O'Clock Somewhere”, and many more. With a book by Emmy Award winner Greg Garcia (“My Name is Earl,” “Raising Hope”) and Emmy nominee Mike O'Malley (“Survivor's Remorse,” “Shameless”), this hilarious, heartwarming musical is the party you've been waiting for! Rated PG-13.

Spring into Hope: Egg Hunt & Earth Day Family Fun: Bring the whole family to Gilda's Club Davenport to celebrate the start of spring! This party will feature an Easter egg hunt, upcycled craft, seed planting, therapy dogs, and side walk chalk! Snacks provided. 11:15am Egg Hunt begins. Children will be divided into rooms by age.

Creative Session: Acrylic Cherry Blossoms: LaNae Ramos will be teaching an acrylic painting of cherry blossoms, crafted in three parts on the same canvas.

Pause and Plant: Pause, take a deep breath, and Plant with us! This workshop is designed to be relaxing, fun, and informative. We will discuss the mental and physical health benefits of owning plants while decorating a pot to match your style. Plants will be provided to fill your pots so that you can return home with more knowledge and a new plant. Join us and provide a boost for your wellbeing with a houseplant of your own!

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.
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IMPORTANT: Please look at ALL groups you plan to attend. We have made a LOT of changes this month. Davenport Friends & Family Group is now 2x per month. ALL Connecting Through Cancer, Friends & Family, and Breast/Gynecological Group are now 60 minutes instead of 90 minutes. Look at your start and end times!

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 grants, fundraising, and community generosity. If you ever feel inspired to give back, a monthly gift of \$10 to \$40 helps us continue offering free support to those who need it. Every gift, no matter the size, makes a difference.



Turn your birthday, survivorship milestone, or a remembrance day into an opportunity to support those impacted by cancer.

Hosting a fundraiser for Cancer Support Community at Gilda's Club helps ensure no one faces cancer alone. It's easy to get started!

Create a fundraiser on Facebook or your favorite social media platform, select Cancer Support Community Iowa & NW Illinois, share how our organization has impacted you, then simply invite friends and family to join you in making a difference. Every dollar raised provides free emotional support, resources, and hope to those in need. For more details, contact Lexi Bull 563-949-2648 or email lexi@csciowaillinois.org

UPCOMING FUNDRAISING EVENTS:

Live from QC... It's Saturday Nite!

April 5th 2025 | 6PM | The Waterfront Convention Center, Bettendorf IA

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Golf Fore Gilda's

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Join us at Palmer Hills, to enjoy a 18 hole golf outing to support those in our community that are living with cancer. Best ball format, golf cart, beverage cart, swag bag, prizes for overall winner and hole contests and a luncheon to follow with burgers on the grill with delicious sides, awards, and more fun!!

Visit csciowaillinois.org/golf to purchase tickets!

Run for Hope 5K and 1 Mile

June 28th | The Rock, Coal Valley, IL

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. Bring the whole family, neighborhood friends, or a group of co-workers. There is even a spot for your pup. Visit csciowaillinois.org/run 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 the Us TOO Prostate Support Group for those diagnosed, survivors, and caregivers. Offered in-person or virtually.

Advanced Cancer Support Group: This support group offers a space for individuals facing the unique challenges of living with advanced cancer. We understand that this stage of a cancer journey brings its own set of emotional, physical, and practical considerations. This group is designed to provide mutual support, shared experiences, and practical information to help participants navigate this complex landscape. The group will meet 2x/month, once in Davenport, and the other in Moline.

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 and 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

Walk and Talk: Join others for walking & talking at various locations in the QCA. For April, we will walk around Vanderveer Park, meeting at the botanical center.

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

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

Crochet & Knitting Club: Join other yarn enthusiasts to visit while you work. Bring your projects and share tips! Beginner crochet help available. This program is participant-led.

Slow Flow 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.

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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.

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.



April 2025

LOCATION KEY:

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
 <p>CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB</p>	<p>4-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club</p>	<p>6-7PM Connecting Through Cancer</p>	<p>6-7:30PM Living with Loss Group</p>		<p>9:00-10:00 Slow Flow Yoga 11:00-12:30 Spring into Hope: Egg Hunt & Earth Day Family Fun</p>
					<p>11AM-12PM Walk & Talk 7:00PM Quad City Music Guild Presents: Escape to Margaritaville</p>
7	8	9	10	11	12
<p>1:00-1:45PM Chair Yoga</p>	<p>4-5PM Connecting Group 4-5PM Advanced Cancer Group 5-6PM Group Dinner 6-7PM Connecting Group 6-7PM Kids Club</p>	<p>5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family</p>	<p>5:00PM Crochet & Knitting Club</p>	<p>11:30-12:30 Spice Club</p>	<p>9:00-10:00 Slow Flow Yoga</p>
	<p>Therapy dogs in Wilder Lounge 5-6 PM</p>		<p>12:00-1:30PM No Limits to Lifestyle: Thriving Through Cancer 6-7PM Parents of Kids with Cancer Support Group</p>		
			<p>11AM-12PM Walk & Talk</p>		
14	15	16	17	18	19
<p>5:30-6:30PM Spicing Up Wellness: Exploring the Role of Spices and Herbs in Cancer Support and Nutrition</p>		<p>10:30AM Walking Club 2:30-3:30PM digital sherpa Helpdesk Session 5:30-6:00PM Coffee & Canines 6-7PM Connecting Through Cancer</p>	<p>6-8PM Prostate Cancer Support Group w/Erin Morley: Sexual Health & Intimacy</p>	<p>Clubhouses Closed for Good Friday</p>	<p>9:00-10:00 Slow Flow Yoga</p>
<p>1:00-1:45PM Chair Yoga</p>	<p>4-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club</p>		<p>5:30-6PM Coffee & Canines 6-7:30PM Living with Loss Group</p>		
	<p>1-2PM Clinton: Support Group</p>	<p>5:00-6:30PM Chair Yoga @ Hope Lodge</p>	<p>11AM-12PM Walk & Talk</p>		
21	22	23	24	25	26
<p>6-8PM Creative Session: Acrylic Cherry Blossoms</p>		<p>4-5PM Advanced Cancer Group 5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family</p>			
<p>1:00-1:45PM Chair Yoga</p>	<p>3-4PM Pause and Plant 4-5PM Connecting Group 5-6PM Group Dinner 6-7PM Connecting Group 6-7PM Kids Club</p>		<p>12-1PM More than Medicine: Self-Advocacy Through Cancer Treatment 12:00-1:30PM Volunteer Orientation 6-7PM Breast & Gynecological Cancer Support Group</p>	<p>9:30AM-5:00PM Cancer Transitions Survivorship Retreat</p>	
			<p>11AM-12PM Walk & Talk</p>		
28	29	30	<p>IMPORTANT: Please look at ALL groups you plan to attend. We have made a LOT of changes this month. Davenport Friends & Family Group is now 2x per month. ALL Connecting Through Cancer, Friends & Family, and Breast/Gynecological Group are now 60 minutes instead of 90 minutes. Look at your start and end times!</p>		
<p>1:00-1:45PM Chair Yoga 5:30PM Book Club 5:30-6:30PM It's Not All in Your Head aka Chemo Brain + Dinner</p>	<p>4-5PM Connecting Group 5-6PM Group Dinner 6-7PM Connecting Group 6-7PM Kids Club</p>	<p>6-7:30PM Connecting Through Cancer</p>			