

Return Service Requested

FEBRUARY 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

Educational Workshops

Cancer Transitions: Cancer Transitions is for survivors of any cancer who completed active treatment within the last 2 years. This series is full of informative sessions focused on things individuals facing new survivorship may be experiencing. While each session focuses on a specific skill set and topic, components such as group support and reflective exercises are incorporated in every session.

Sessions Include: Getting back to wellness, Emotional health, Eating well and staying active, and Managing your medical story beyond cancer

Offered both as a 4-week virtual series Thursday evenings 6:00-7:30 OR a full-day survivorship retreat on 2/20!

Pre-Need Funeral Planning: An informative workshop that guides participants through the essentials of pre-need funeral planning, helping them make thoughtful decisions in advance and reduce emotional and financial stress for their families. *Dinner is provided for all in-person participants. Dinner sponsored by Bally's.*

Featuring: Wylie Halferty, Licensed Funeral Director at Wheelan-Pressly Funeral Home & Crematory, Inc.

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.

Healing Together: Group Oncology Skincare Class: Join us for a group oncology skincare class designed specifically for individuals going through or recovering from cancer treatment. This class creates a supportive space where participants can learn gentle skincare techniques while connecting with others who truly understand their journey. Cancer treatment can be incredibly hard on the skin. Dryness, sensitivity, changes in texture, and just not feeling like yourself anymore are so common. Everyone will leave with practical skills they can use at home.

Featuring: Tatineasha White, Esthetician (Oncology Trained)

Other Special Programs

Paint the Ice for Quad City Storm Hockey Fights Cancer Night: Paint the ice at Vibrant Arena at the MARK with names of people impacted by cancer. The names will be visible on the ice during the Hockey Fights Cancer game on 2/13! Date TBD.

Creative Session: Polymer Clay: Learn to create polymer clay beads and design jewelry pieces. No experience required. All materials provided. Featuring local artist Marla Andich.

Sound Bath with Becky: Sound baths are an immersive auditory experience that promote relaxation and sound healing.

Cultivating Self-Love Series: Joy and Wellness Through Food: Cooking is an act of self-care. Join intern Amberly for a 1-hour kitchen gathering focused on making a simple, budget friendly recipe and take home a recipe booklet featuring easy, high-protein recipes.

Remembrance Night: Join us for a gathering focused on honoring loved ones we've lost, reflecting on their lasting impact, and welcoming new beginnings. Through guided reflection, small-group sharing, and a symbolic balloon release, we will hold space for memory, healing, and connection. This event is open, supportive, and inclusive. Sharing is always optional. Please bring a copy of a photo or paper keepsake that you don't mind being left behind.

Look on the last page for special Children, Teen and Family programs!

Cancer Transitions Survivorship Retreats: 9am-4pm

Gilda's Club Davenport: February 20, June 12, and November 6

Gilda's Club Moline: April 17 and September 18

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 CSCIAIL 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 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.

February Special Programs for Children, Teens, & Families

Kids' Club Music Therapy:

Offered during our regularly scheduled Kids' Club, kids and teens will be engaged in music-making, drumming, and other group activities designed to provide meaningful and beneficial experiences through music. This program is open to kids of all ages. **Facilitator:** Misty Dias, LPMT, MT-BC, NMT, Owner of Quad Cities Music

Family Valentines Craft Night:

Join us for Valentine's crafting and dinner! A special appearance will be made by the therapy dogs. If you or your child has a food allergy or preference (or a dog allergy), please let the program team know.

Kid & Family Support: A Hands-on Workshop for Families Coping with Cancer
Step into The Caring Clinic, a space where your family can explore the science of cancer, practice new tools for coping, and interact with other families impacted by cancer.

FUNDRAISING CORNER

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

PROGRAM SUPPORT

Give Every Month and Make an Impact

You don't need a large gift to make a difference. Our Give Every Month program allows you to support Cancer Support Community with a recurring monthly gift of any size. Even \$5 a month adds up over time, helping provide free programs, resources, and support for those impacted by cancer.

By giving monthly, you become a sustained supporter, creating consistent hope and care for our members. Your ongoing generosity ensures that no one faces cancer alone—today or in the future.

Introducing The Giving Grid!

Join our Giving Grid and make a big impact in a fun, simple way! The grid has 100 squares, each corresponding to a donation amount from \$1 to \$100. Your gift fills a square and moves us closer to our goal.

When every square is filled, we'll raise **\$5,050** to support programs and services for 10 individuals for an entire year living with cancer.



Scan to
become a
monthly donor



Scan to Donate

Venmo: CSCIAIL

FUNDRAISING EVENTS:

Live from QC It's Saturday Nite | March 28th | Waterfront Convention Center

This is 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 was the inspiration behind Gilda's Club. Enjoy an evening of entertainment featuring comedian Brad Upton and fan favorite Funktastic Five, with tickets that include heavy hors d'oeuvres and the live entertainment! Tickets are now available—every dollar supports our free programs and services for those living with cancer.

Save the Date for our 2026 Events

Golf Fore Gilda's! | Friday, May 1st | Palmer Hills Davenport, IA

Run for Hope | Saturday, June 27th | The Rock Event Center Coal Valley, IL

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

Diamonds & Divas | October 1st | Waterfront Convention Center

Support Groups

Please attend a Welcome Meeting before attending a support group.

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.

NEW: 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 Greater Quad Cities Prostate Support Group. **On-hold until March.**

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

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.

Crochet & Knitting Club: Join other yarn enthusiasts! Bring your project & enjoy conversation.

ON-HOLD UNTIL SPRING:

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

Walk and Talk: Join others for walking and talking around the community.

Wellness Wednesday

Qigong for Well-Being: Join us for a beginner's qigong class. Be guided through a practice to activate, strengthen, and build wellbeing.

Cancer Exercise Class: A class designed for cancer survivors seeking to improve balance, strength, and personal health goals. Join us to take positive steps towards a healthier, active life after cancer.

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

Nourish & Network: The first half hour, leader Marli will present a healthy recipe to sample and discuss the nutritional benefits of its ingredients. The second half hour will be participant networking, conversation, and connection building.

Social Events

Group Dinners: Dinner will be available at Gilda's Club Davenport between afternoon and evening groups. Please RSVP at least a day in advance! **Sponsored by Centennial Home Improvement LLC., Steel Plow, Cafe Express, and Valley Construction.**

Game Night at Gilda's: Join volunteer Sujay for a game session!

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

Kids & 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. All are welcome. See the calendar for dates!

Look on the last page for special Children, Teen and Family programs!

February 2026

LOCATION KEY:

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
2	3	4	5	6
			12-1PM Connecting Through Cancer 6:00-7:30PM Living with Loss Group	
1:00-1:45PM Chair Yoga	3:00-4:30 Connecting Through Cancer 4:30-5:30 Welcome Meeting 4:30-5:30 Group Dinner 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club	10:30-11:30AM Qigong for Well-Being		10:30-11:30AM Spice Club
5:00-6:00PM Virtual Music Therapy			6:00-7:30PM Cancer Transitions	
9	10	11	12	13
5:30-6:30PM Pre-Need Funeral Planning		12:00-1:00PM Welcome Meeting	12-1PM Connecting Through Cancer	
1:00-1:45PM Chair Yoga	3:00-4:30 Connecting Through Cancer 4:30-5:30 Group Dinner 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club - Music Therapy	10:30-11:15AM Cancer Exercise Class	5:30-6:30PM Post-Treatment Connect Group 5:30-7:00PM Family Valentine's Craft Night 	
			6:00-7:30PM Cancer Transitions	
16	17	18	19	20
1:00-3:00PM: Creative Session: Polymer Clay			12-1PM Connecting Through Cancer	
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines	3:00-4:30 Connecting Group NEW TIME: 4:00-5:00 Game Night at Gilda's 4:30-5:30 Welcome Meeting 4:30-5:30 Group Dinner 5:30-7:00 Connecting Group 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club 5:30-7:00 Teen/Tween Art Connect	10:30-11:15AM Barre for Beginners 11:30AM-12:30PM Nourish & Network	5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group	9AM-4PM Cancer Transitions Survivorship Retreat
	NEW TIME: 11AM-12PM Clinton: Support Group		6:00-7:30PM Cancer Transitions	
23	24	25	26	27
		4:00-5:00PM Welcome Meeting	12-1PM Connecting Through Cancer	1-1:45PM Chair Yoga
2:30-3:30PM Sound Bath with Becky 5:30-6:00PM Healing Together: Group Oncology Skincare Class 5:30-6:30 PM Book Club	3:00-4:30 Connecting Group 4:30-5:30 Group Dinner 5:30-7:00 Connecting Group 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club	10:30-11:15AM Cancer Exercise Class 2:00-3:00PM Cultivating Self-Love Series: Joy and Wellness Through Food	12:00-1:30PM Volunteer Orientation 5:00-6:00PM Remembrance Night	
	12:00-12:30PM Virtual Mindfulness Meditation		6:00-7:30PM Cancer Transitions	
				28 Saturday
				9AM-1PM Kid & Family Support: A Hands-on Workshop for Families Coping with Cancer