

Return Service Requested

DECEMBER 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

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

December Educational Workshops

Introduction to Cancer Biology Workshop: 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.

Featuring: Russ Dunn, Bachelor of Science in Chemistry and a Master of Science in Molecular Biology

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.

Bright Spot: Supporting Kids Though a Parent’s Diagnosis: While a cancer diagnosis may stop some people in their tracks, parents often feel like they have too much to juggle to slow down. They are parents first, and work their magic to fit-in chemo, radiation, surgery and recovery among their children’s nap times, school drop-offs, and after school activities. They often worry more about their kids than themselves.

This workshop will explore the key components of what kids and teens need when a parent has cancer. It will address how to talk with children of all ages, effective coping techniques to help them process their big questions and feelings, and valuable resources to help them feel supported.

Featuring: Carissa Hodgson, LCSW, OSW-C, Bright Spot Network’s Director of Programs

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Other Special Programs

Caregiver Conversations: In place of Friends & Family Support Group on Tuesday nights, we will be hosting a caregivers social hour. Meet other caregivers, swap ideas, and connect! Participant led.

Creative Session: Winter Watercolor + Zentangle: Join creative session coordinator, LaNae, as she teaches the group how to draw and use water color pencils to paint a whimsical and colorful reindeer. Zentangle will be used to design a border.

Family Event: Winter Party: Spend the morning in connection with other families impacted by cancer through creativity, play, therapy dogs, and a meal.

Game Night at Gilda’s: Join volunteer Sujay for some gaming! Now starting at 4:30pm!

Lighting of the Blessing Tree @ Be The Light Pocket Park: Join us for the annual lighting of the Blessing Tree. We will have coffee, hot chocolate, and snacks. 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!

Pam Tone’s Retirement Party: Our beloved office manager, Pam, is retiring! Pam has been here since the beginning, with 23 years as our office manager, and 5 year as a volunteer. Join us to celebrate her and the legacy she leaves on this organization. Please RSVP at the QR Code to the right or call Lexi at 563-949-2648.



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

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

Teen Art Connect: Connect with other teens 12 & older who have been impacted by cancer while creating art! Bonus: snacks and refreshments will be provided!

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 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.

2026 Cancer Transitions Survivorship Retreats

9:00am-4:00PM

Gilda’s Club Davenport

February 20

June 12

November 6

Gilda’s Club Moline

April 17

September 18

Clubhouses are closed Wednesday, December 24, 2025 through Thursday, January 1, 2026 for the winter holidays. There will be no programs on December 22nd and 23rd, but our clubhouses will be open.

FUNDRAISING CORNER

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



PROGRAM SUPPORT

How We're Funded & How You Can Help

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

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

Giving Tuesday, December 2nd!

This Giving Tuesday, help make a difference for those impacted by cancer. You can host a Facebook fundraiser to support our mission—or make a donation to help us continue offering services that are always free for members and their families. Regardless of whether or not you can contribute, please know our support is always free. Every gift helps provide hope, care, and connection when it's needed most!

FUNDRAISING EVENTS:

Blessing Tree Lighting | December 2nd 6pm | Be the Light Pocket Park

For 26 years, the Blessing Tree has been a beacon of hope, love, and remembrance—a symbol of our community coming together to honor and remember those who hold a special place in our hearts. You can sponsor a light, bow, or ornament in honor, celebration or memory of someone special. The tree will remain lit until January 1—tributes are toom up until that date.

csciowaillinois.org/blessing (1108 State Street)

Save the Date for our 2026 Events

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

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.

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

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

Advanced Cancer Support Group: A support group for adults facing advanced cancer diagnoses. Advanced cancer can mean a metastatic diagnosis, cancer as a chronic illness or remission not being in your future.

Parents of Kids with Cancer: A support group for parents and caregivers of a child or teen, under the age of 24, in treatment for cancer or who has completed treatment for cancer.

Prostate Cancer Support Group: A networking group for those with a current prostate cancer diagnosis, survivors, significant others, spouses, caregivers, and care partners in collaboration with Us TOO Greater Quad Cities Prostate Support Group. **On-hold until March.**

Healthy Lifestyle Activities

Walking Club: Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! On pause until spring.

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

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

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

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

Walk and Talk: Join others for walking and talking. On pause until spring.

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

Social Events

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! **Sponsored by Centennial Home Improvement LLC., Steel Plow, Cafe Express, Valley Construction and Bally's.**

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.

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

Kids & Teens

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

Teen Art and Snack and Chat: Join other teens 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!

December 2025

LOCATION KEY: **HYBRID**  **MOLINE**  **DAVENPORT**  **OFFSITE**

MON	TUE	WED	THU	FRI
1	2	3	4	5
		5-5:30PM Welcome Meeting 6-7PM Connecting Group + Friends & Family	6-7:30PM Living with Loss Group	
1:00-1:45PM Chair Yoga	3:30-4:30 Connecting Group			
5-6PM VIRTUAL: Music Therapy Support Group	6:00PM: Blessing Tree Lighting at Be The Light Pocket Park	12:00-1:00PM VIRTUAL: Bright Spot: Supporting Kids through Parent's Diagnosis Workshop	6-7PM VIRTUAL: Breast & Gynecological Support Group 6-7PM VIRTUAL: Connecting Through Cancer	
8	9	10	11	12
5:30-6:30PM Introduction to Cancer Biology Workshop		5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family		
1:00-1:45PM Chair Yoga	3:30-4:30 Connecting Group 4-5PM Advanced Cancer Group 4:30-5:30PM Game Night at Gilda's 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club	9:15-10:15AM Sound Bath with Becky 10:30-11:30AM Qigong for Well-Being	4:00-5:30PM: Pam Tone's Retirement Party	10:30-11:30AM Spice Club
		12:00-1:00 VIRTUAL: Parents of Kids with Cancer		13 SATURDAY 10:00AM Family Event: Winter Party
15	16	17	18	19
1:00-3:00PM Creative Session: Winter Watercolor + Zentangle	10AM Crochet & Knitting Club	5:30-6:00PM Coffee & Canines 6-7PM Connecting Group + Friends & Family		1-1:45PM Chair Yoga
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines	3:30-4:30 Connecting Group 5-6PM Survivors Social 5-6PM Welcome Meeting 5-6PM Group Dinner 5:30PM Book Club 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club 6-7PM Teen Art Group	10:00-10:45AM Barre for Beginners 11AM-12PM Nourish & Network	5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group (next group session will be 1/15/2026)	
	1-2PM Clinton: Support Group		6-7PM VIRTUAL: Connecting Through Cancer	
22	23	24	25	26
	12:00-12:30PM VIRTUAL: Mindfulness Meditation	Clubhouses closed 12/24/25 - 1/1/2026 for winter holidays.		
29	30	31		
We will reopen on 1/2/2026. Happy holidays!			 CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB	

There will be no programs on 12/22 and 12/23 but our clubhouses will be open.

Return Service Requested

JANUARY

2026

ACTIVITY CALENDAR



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Saturday/Sunday—Closed

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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

January Educational Workshops

Navigating Brain Fog Watch Party: This practical and supportive workshop explores what cancer-related “brain fog” is, why it happens, and simple strategies to improve focus, memory, and daily functioning. Whether you’re a survivor experiencing cognitive changes or a caregiver wanting to help, you’ll gain useful tools and resources to support clearer thinking and greater confidence.

Featuring: Brenda Helget, Executive Director of A Time to Heal Cancer Foundation. Brenda will be joining us virtually. Join us at Gilda’s Club Moline for a watch party!

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VIRTUAL: Frankly Speaking About Cancer: Gynecologic Cancers Workshop: This workshop is created for people diagnosed with gynecologic cancers. The materials educate patients on the types of gynecologic cancers, potential treatments and side effects, clinical trials, and the emotional concerns of a gynecologic cancer diagnosis. This workshop aims to help those impacted by gynecologic cancers navigate diagnosis, treatment, and survivorship. Attendees should build confidence, access resources, & connect with other patients facing similar challenges.

Featuring: Speaker TBD

This program is made possible by a generous grant from Cancer Support Community.

Cooking with Heart for Cancer: Easy-to-learn Recipes to Reduce Your Cancer Risk. Enjoy this free 4-week course to learn tips and tricks to boost your healthy cooking skills. Designed with cancer in mind, these flavor-filled, healthy dishes are affordable and most on your table in 15 minutes. Sessions include topics like: Myth-busting and truths, treasures of eating the rainbow, eating made uncomplicated: fun and easy meal planning, and boost the power of food on your plate. Register at the QR code!



Other Special Programs

Creative Session: Dot Mandalas: Join local artist Kristen Sciarappa for a calming and meditative creative session of dot mandalas on canvas!

Family Event: Vision Board Workshop: Join for brunch and a family vision board workshop. This is an opportunity to talk about your family’s shared vision for the year (feelings, adventures/memories, support system, wellness, etc.), as well as for each individual to think about their own hopes and goals. You are welcome to come as an individual. The definition of “family” is different for everyone, and you’re welcome to bring anyone you consider family. Breakfast provided by Bally’s.

Game Night at Gilda’s: Join volunteer Sujay for some gaming!

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

Teen/Tween Art Connect: Connect with others 8 & older who have been impacted by cancer while creating art! Bonus: snacks and refreshments will be provided!

Cultivating Self-Love Series: Guided Meditation: Join intern Amberly for a Loving-Kindness meditation—to reduce self-judgment, quiet the inner critic, and foster unconditional self-acceptance, even amid fatigue and worry. Amberly will offer a monthly series focused on practicing skills to develop self-love.

HOW TO PARTICIPATE:

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- 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!

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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.

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9:00am-4:00PM

Gilda’s Club Davenport

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June 12

November 6

Gilda’s Club Moline

April 17

September 18

Please look closely at the calendar this month.
We have made a lot of changes for 2026, so
your usual programs may have moved! Call us
at 563-326-7504 or email
program@csciowaillinois.org for questions.

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

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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. On pause until spring.

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 Place, Cafe Express, Valley Construction and Bally's.**

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!

January 2026

LOCATION KEY:

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
			1 Offices Closed	2
 CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB	Look Closely! We've made a LOT of changes for 2026!		HAPPY 2026 NEW YEAR	
5	6	7	8	9
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines	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	12-1PM Connecting Through Cancer 1:00PM Coffee & Canines 5:30-6:30PM: Post-Treatment Connect Group	10:30-11:30AM Spice Club
10:00-11:30AM: Cooking with Heart for Cancer				10 Saturday
12	13	14	15	16
Drop into either clubhouse to pick up a wrapped mystery book to cozy up with during these cold months!				
5:30-6:30PM Navigating Brain Fog Watch Party 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	12:00-1:00PM Welcome Meeting 10:30-11:15AM Cancer Exercise Class	12-1PM Connecting Through Cancer 5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group	1-1:45PM Chair Yoga
10:00-11:30AM: Cooking with Heart for Cancer				
19 Offices Closed for MLK Day	20	21	22	23
6-8PM Creative Session: Dot Mandalas	3:00-4:30 Connecting Group 4:30-5:30 Welcome Meeting 4:30-5:30 Group Dinner 4:30-5:30 Game Night at Gilda's 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	12-1PM Connecting Through Cancer 12:00-1:30PM Volunteer Orientation	
10:00-11:30AM: Cooking with Heart for Cancer	NEW TIME: 11AM-12PM Clinton: Support Group			
26	27	28	29	30
1:00-1:45PM Chair Yoga 2:30-3:30PM Sound Bath with Becky 5:30-6:30PM (Virtual) Frankly Speaking About Cancer: Gynecological Cancers 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	4:00-5:00PM Welcome Meeting 10:30-11:15AM Cancer Exercise Class 2:00-3:00PM Cultivating Self-Love Series: Guided Meditation	12-1PM Connecting Through Cancer	
10:00-11:30AM: Cooking with Heart for Cancer				