



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

Return Service Requested

MARCH 2026 ACTIVITY CALENDAR



View calendar online at
cscio.waillinois.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

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



**March is Colon Cancer,
Kidney Cancer and
Multiple Myeloma
Cancer Awareness
Month!**

Educational Workshops

Frankly Speaking About Cancer: Gynecological Cancers

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.

Featured Speaker: Megan McDonald, MD, Gynecologic Oncologist at Iowa Health Care

This program is made possible by a generous grant from Cancer Support Community. This program is open to the community and offered virtually via Zoom. RSVP is required.

Tune In to Wellness: The Benefits of Music for Mental Health

There's more to music than meets the ear! In this interactive workshop, we'll explore simple ways to strategically use music to improve mood, decrease pain, release emotions, and positively impact overall health and wellness.

Featured Speaker: Misty M. Dais, LPMT, MT-BC, NMT, is the owner and director of Quad Cities Music Therapy, and has been a Board Certified Music Therapist since 2002.

This program is open to the community and offered both in-person and virtually on Zoom.

Whichever format you prefer, RSVP is required.

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/>

Save the Date: April Cancer Transition Retreat

Join us April 17th for a full day retreat focused on the post-treatment phase of survivorship requires many things – physical activity, nutrition, a healthy emotional life, and management of physical health. Cancer Transitions@ is a free program designed to help cancer survivors transition from active treatment to post-treatment care.

Other Special Programs

Cultivating Self Love Workshop: Meditation: This program teaches Loving-Kindness Meditation as a portable coping skill. We're offering two sessions this month — one in Clinton and one in Moline. Lead by intern Amberly.

Cultivating Self-Love Series: Joy and Wellness Through Food: Join us for a warm, one-hour kitchen gathering focused on simple, creative, and budget-friendly ways to prepare nourishing meals and snacks. Lead by intern Amberly.

Creative Session- Caricature Workshop: Join local caricature artist Bill Douglas on March 16th for a night of fun and wild sketching. No art or drawing experience needed.

Music Therapy: This program will replace all evening support groups on 3/31 and be ran by Misty at QC Music Therapy with a support group facilitator present for as needed support.

Mahjong for Beginners: Mahjong is a captivating, ancient tile-based game of strategy and skill. Join us to work on your mental clarity and focus through the fun of game play. This class is open to anyone impacted by cancer—no previous experience is required!

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

NEW PROGRAM: THERAPEUTIC ART GROUP

No art experience required. All materials will be provided.

Gilda's Club Davenport: March 11th 11:30AM-12:30PM

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.

March Special Programs for Children, Teens, & Families

Family Event: Cooking Class:

Bring the whole family to Gilda's Club Davenport for some fun in the kitchen! We will all work together to make a meal from scratch and eat it for lunch! **A snack and dessert are also included.** This event is appropriate for all ages.

Camp Hope, where Kids can be Kids again.

When there is a diagnosis that affects the family, children can be forced to grow up quickly. Camp Hope is a week long sleep away camp entirely free for children impacted by cancer who are going into 4th-9th grade, thanks to MercyOne Genesis Davenport Cancer's generous support through the MercyOne Genesis Foundation. It is at Camp Shalom Christian Camp in Maquoketa, IA.

June 14th- June 19th

Scan QR Code for more info.

or email nora@csciowaillinois.org



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.

Help Keep the Momentum of The Giving Grid Going! !

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.

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

Recurring 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.

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

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.

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.

ON-HOLD UNTIL SPRING:

- **Walking Club** (Moline)
- **Walk and Talk** (Location Varies)

Social Events

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.

Game Night: Join volunteer Sujay for a game session on March 17th at our Davenport Clubhouse!

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!

Wellness Wednesdays

All skill levels welcome.

NEW

Qigong for Well-Being: A beginner-friendly class using gentle guided movements to activate energy, reduce stress, and support overall well-being.

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

Barre for Beginners: A low-impact, full-body workout blending ballet, Pilates, and yoga to build strength, flexibility, and posture.

Nourish & Network: Enjoy a healthy recipe demo and tasting, followed by casual conversation and connection with others.

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

March 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
2	3	4	5	6
<p>1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines</p> <p>5:00-6:00PM Virtual Music Therapy</p>	<p>3:00-4:30 Connecting Through Cancer 4:30-5:30 Welcome Meeting 4:30-5:30 Group Dinner - Pasta Bake 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club</p>	<p>10:30-11:30AM Qigong for Well-Being</p>	<p>12-1:00PM Connecting Through Cancer 6:00-7:30PM Living with Loss Group</p> <p>4:00-5:00PM Self Love Meditation & Reflection (CLINTON)</p>	<p>10:00-11:00AM Mahjong for Beginners 11:00AM-12:00PM Spice Club</p>
9	10	11	12	13
<p>5:30-6:30PM Frankly Speaking About Cancer: Gynecological Cancer Workshop Featuring Dr. McDonald</p> <p>1:00-1:45PM Chair Yoga</p>	<p>3:00-4:30 Connecting Through Cancer 4:30-5:30 Group Dinner - Taco Bar 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club</p>	<p>10:30-11:15AM Cancer Exercise Class 11:30-12:30AM Therapeutic Art Group </p> <p>12:00-1:00PM Welcome Meeting</p>	<p>12:00-1:00PM Connecting Through Cancer 1:15-2:15PM Cultivating Self Love: Meditation & Reflection 5:30-6:30PM Post-Treatment Connect Group</p>	
16	17	18	19	20
<p>6:30-8:30PM Creative Session: Caricature Drawing</p>	<p>3:00-4:30 Connecting Through Cancer 4:00-5:00 Game Night at Gilda's 4:30-5:30 Welcome Meeting 4:30-5:30 Group Dinner - Steel Plow 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club 5:30-7:00 Teen/Tween Art Connect</p> <p>11:00-12:00PM Clinton Support Group</p>	<p>10:30-11:15AM Barre for Beginners 11:30AM-12:30PM Nourish & Network</p>	<p>12:00-1:00PM Connecting Through Cancer 1:00-1:30PM Coffee & Canines 6:00-8:00PM Prostate Support Group</p> <p>12:00-1:30PM Volunteer Orientation 5:30-6:00PM Coffee & Canines 6:00-7:30PM Living with Loss Group</p>	<p>1:00-1:45PM Chair Yoga</p> <p>10:00-11:00AM Mahjong for Beginners</p> <p>21 Saturday</p> <p>10:00-12:00PM Family Cooking Class</p>
23	24	25	26	27
<p>1:00-1:45PM Chair Yoga 5:30-6:30PM Book Club 5:30-6:00PM Tune into Wellness: Benefits of Music for Mental Health sponsored by ICC</p> <p>2:30-3:30PM Sound Bath with Becky</p>	<p>3:00-4:30 Connecting Through Cancer 4:30-5:30 Group Dinner - Cafe Express 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club</p> <p>12:00-12:30PM Virtual Mindfulness Meditation</p>	<p>4:00-5:00PM Welcome Meeting</p> <p>10:30-11:15AM Cancer Exercise Class 2:00-3:00PM Cultivating Self-Love Series: Joy and Wellness Through Food</p>	<p>12:00-1:00PM Connecting Through Cancer</p>	
30	31			
<p>1:00-1:45PM Chair Yoga</p>	<p>3:00-4:30 Connecting Through Cancer 4:30-5:30 Group Dinner - Steph's Tribe (Tex-Mex) 5:30-6:30 Music Therapy 5:30-6:30 Kids Club</p>			



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Return Service Requested

APRIL 2026 ACTIVITY CALENDAR



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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

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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

Non-Profit Org.
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Davenport, IA
Permit No.
3217



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

Regularly Scheduled Support Groups

Attending 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.

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 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 and 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-charge programs are made possible thanks to the generosity of our partners, donors and grant funders. All dollars raised stay local to our community and sustain our no charge services.

Support That Makes a Difference—Today and Tomorrow

Leave a Lasting Legacy

Your legacy planning today, will provide hope to the cancer survivors of tomorrow. Please consider including us in your will, memorial gifts, or estate plan to ensure that we can continue offering essential support to those in need.



Scan to
Leave a
Legacy

Your thoughtful gift will transform the lives of cancer patients and their families for future generations. Thank you for considering this impactful way to give back.

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.



Scan to
Make a
Monthly Gift

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.

UPCOMING FUNDRAISING EVENTS:

Golf Fore Gilda's | May 1st Palmer Hills Golf Course

A day of fun FORE a cause! Shotgun start at 8:30AM, best ball format, lunch included in addition to loads of fun and knowing you are supporting those in our local community living with cancer. Registration is now open at csciwaillinois.org/golf

Run for Hope | June 27th The Rock, Coal Valley

Back for the fourth year in the gorgeous Village of Coal Valley, this event offers a unique and fun route. The 1 mile Fun Run and 5k race run through the scenic neighborhoods of Coal Valley while honoring and celebrating everyone in our community that is impacted by cancer. Bring the whole family, neighborhood friends, or a group of co-workers.

NEW THIS YEAR: Raise \$100 and receive a refund on your registration!

All proceeds support our no-charge services. Awards will be given for the individual, family, and team that raise the most.

Save the Date for our 2026 Events

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

Diamonds & Divas | October 1st | Waterfront Convention Center

April Youth & Family Programs

Upcoming Youth & Family Activities

A Hands-on Workshop for Families Coping with Cancer

Spend the morning as a family, exploring the science of cancer, practicing new coping skills, and interacting with other families impacted by cancer. If you attended the March workshop, April's workshop will offer all new activities. Your family is encouraged to participate again!

Lunch provided for all participants.

Teen Mindful Monday

Join Ms. Claire and Nora from CSC at Gilda's Club for a relaxed hour of easy movement, reflection, and art. Just dress for comfort and bring yourself. This program is open to teens (ages 11-19).

This program is offsite at Davenport Public Library Fairmont Branch

Camp Hope, where Kids can be Kids again.

A week long sleep away camp entirely free for children impacted by cancer who are going into 4th-9th grade, thanks to MercyOne Genesis Davenport Cancer's generous support through the MercyOne Genesis Foundation. At Camp Shalom Christian Camp in Maquoketa, IA. June 14th-19th



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

Wellness Wednesdays

(All Skill Levels Welcome)



Qigong for Well-Being: A beginner-friendly class using gentle guided movements to activate energy, reduce stress, and support overall well-being.

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

Barre for Beginners: A low-impact, full-body workout blending ballet, Pilates, and yoga to build strength, flexibility, and posture.

Nourish & Network: Enjoy a healthy recipe demo and tasting, followed by casual conversation and connection with others.

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: This session will be offsite at 3707 Eastern Ave Davenport, IA 52807

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

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

SEASONAL RETURNING PROGRAMS: Join us for Conversations, Walking & Wonderful Weather

- **Walking Club** (Moline)
- **Walk and Talk** (Location Varies)

Social Events

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.

Game Night: Join volunteer Sujay for a game session on March 17th at our Davenport Clubhouse!

NEW Mahjong for Beginners: Mahjong is a captivating, ancient tile-based game of strategy and skill.

April Special Programs

Painted Plant Pots: Participants will decorate their own plant pots using paints and fun designs, perfect for brightening up a space or gifting to someone special. Potting soil and seeds to take home and start your very own plant will be provided. All skills welcome.

Creative Session Dot Mandalas in Iowa City: Join LaNae Ramos for a calming and meditative creative session of dot mandalas on canvas! This program is hosted at the Hope Lodge 750 Hawkins Dr., Iowa City, IA 52246.

Play for Joy: Join us for "Play for Joy", a fun and inclusive social event designed to celebrate strength, resilience, and the joy of movement, regardless of ability level. Participants will have the opportunity to explore modified games and activities in a supportive, low-pressure environment focused on connection and confidence. (April 13th & 29th)

Remembrance Night: Join us for a Remembrance Night craft workshop to honor loved ones who are no longer with us. Participants will write a poem or message and create a framed keepsake to take home. Feel free to bring a photo of your loved one to include.

Creative Session: Reflective Drawing: Using a photograph as a guide, drawing what you see on a sheet of paper to practice drawing, detail, and patience.

Cultivating Self-Love Series: Paint & Release: a monthly series designed to help you build a kinder, more compassionate relationship with yourself. Join us for our final session.

Letters of Strength: A guided writing workshop focused on fostering encouragement and connection. Members are invited to write a letter to their future self, a caregiver, or someone recently diagnosed with cancer who may need words of hope. No experience needed.

Program Highlights

Cancer Transition Full Day Retreat

Join us April 17th for a full day retreat focused on the post-treatment phase of survivorship requires many things – physical activity, nutrition, a healthy emotional life, and management of physical health. Cancer Transitions® is a free program designed to help cancer survivors transition from active treatment to post-treatment care.

Caregiver Cancer Transition Virtual Workshop

Caring for someone with a cancer diagnosis is life changing. Caregiving can bring up many emotions, and even more once treatment ends. The post-treatment phase of survivorship is an opportunity to re-focus on yourself and your own needs.

Cancer Transitions Caregiver is a FREE, 90-minute, 4-week workshop designed to help you move into the next phase of life with skills and strategies that will empower you.

Educational Workshops

Managing Challenges and the Unexpected

This workshop aims to give participants suggestions and strategies to assist them in identifying challenges in their health journey and offer suggested strategies to empower them to move forward in their journey. *This program is offered in a hybrid format. Participants can register to attend in-person or virtually via Zoom.*

Featured Speaker: Chris McCormick Pries, Mental Health Nurse Practitioner for over 50 years. Public speaker, health advocate

Advanced Care Planning

St. Croix Hospice knows that the conversation around plans for the end-of-life can be scary and hard to approach. We offer anyone to join us for an informative and supportive workshop to discuss Advanced Care Planning. We know the value that comes with making sure our wishes are known and heard in the emergent times that we might not be able to verbalize them ourselves. Learn about the importance of choice, documentation and more.

Featured Speaker: Tessa Stewart of St. Croix Hospice

This program is open to the community and offered both in-person and virtually on Zoom. Whichever format you prefer, RSVP is required.

April 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
		1	2	3
 CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB		10:30-11:30AM Qigong for Well-Being	12:00-1:00PM Connecting Through Cancer 6:00-7:30PM Living with Loss Group	<div style="background-color: #333; color: white; border-radius: 15px; padding: 10px; text-align: center; font-weight: bold;">Clubhouses Closed</div>
			12:00-1:00 Walk & Talk	
6	7	8	9	10
1:00-1:45PM Chair Yoga 2:15-3:15PM Painted Plant Pots	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 4:30-5:30PM Group Dinner - Tatortot Casserole 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 11:30-12:30AM Therapeutic Art Group	5:30-6:30PM Post-Treatment Connect Group	10:00-11:00AM Mahjong 11:00-12:00PM Spice Club
5:00-6:00PM Music Therapy	6:30-8:00PM Iowa City Creative Session at Hope Lodge		12:00-1:00PM Walk & Talk 12:00-1:30PM Caregiver Cancer Transitions 7:00PM Music Guild: Cabaret	
13	14	15	16	17
5:30-6:30PM Managing Challenges and the Unexpected Educational Workshop 1:00-1:45PM Chair Yoga 2:00-3:00PM Play for Joy	2:00-3:00PM Letters of Stength Workshop 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 Barre for Beginners 11:30-12:30PM Nourish & Network 5:00-6:00PM Remembrance Night	12:00-1:00PM Connecting Through Cancer 6:00-8:00PM Prostate Cancer Group 5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group	9:00AM-4:00PM Cancer Transitions Retreat 
6:30-7:30PM Teen Mindful Monday at DPL Fairmont Branch			12:00-1:30PM Caregiver Cancer Transitions 12:00-1:00PM Walk & Talk	
20	21	22	23	24
6:00-8:00PM Creative Art Session: Reflective Drawing 1:00-1:45 Chair Yoga 1:45-2:15PM Coffee & Canines	3:00-4:30PM Connecting Through Cancer 4:00-5:00PM Game Night 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 5:30-7:00PM Tween/Teen Art Club 1:00-2:00PM Clinton: Support Group	4:00-5:00PM Welcome Meeting 10:30-11:15AM Cancer Exercise Class 2:00-3:00PM Self Love Series: Paint & Release	12:00-1:00 Connecting Through Cancer 12:00-1:30PM Volunteer Orientation	10:00-10:45AM Chair Yoga 10:00-11:00AM Mahjong
				25 SATURDAY
				9:00AM-1:00PM Workshop for Families Coping With Cancer
27	28	29	30	
1:00-1:45PM Chair Yoga 5:30-6:30PM Advanced Care Planning Workshop + Dinner 5:30-6:30PM Book Club	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	2:00-3:00PM Play for Joy	12:00-1:00PM Connecting Through Cancer	
2:30-3:30PM Sound Bath at Illuminate Healing Studio	12:00-12:30PM Mindfulness 7:00-8:30PM YA Game Night		12:00-1:00PM Walk & Talk 12:00-1:30PM Caregiver Cancer Transitions	