

Return Service Requested

DECEMBER 2024 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 by appointment only, 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 | MergOne Medical Center Radiation Oncology
Center 1410 N 4th St., Clinton, IA 52732



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

**Happy holidays
from all of us at
Cancer Support
Community Iowa &
NW Illinois at
Gilda's Clubs!**

December Educational Workshops

Offered In-Person and Virtually

Grief Journey: Navigating Loss: In this free workshop, Grace McCubbin delves into the unique challenges of navigating grief and loss during the holiday season. As the daughter of both a cancer survivor and someone who died from cancer, Grace brings a personal and compassionate approach to managing this time of year, when feelings of absence and longing can be especially intense. Grace shares practical strategies for finding moments of peace, setting achievable goals, and leaning on others for support through the holidays.

Featuring: Grace McCubbin, CEO, TEDx Speaker, Teacher, Advocate

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>

Other Special Programs & Events

Lighting of the Blessing Tree @ Be The Light Pocket Park: Join us as we celebrate the annual lighting of the Blessing Tree. We will have coffee, hot chocolate, and snacks. Enjoy carolers and we will read off all of the names being honored with lights, ornaments, and bows on the tree. Dress warm, it's usually cold!

Kids & Caregivers Holiday Grief Group: Join other families grieving the death of a loved on this holiday season. This group will address the challenges of coping with grief during the holidays. This group is designed for elementary aged children & their caregivers.

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.

Group Holiday Dinner: Before joining in support groups on 12/11 at Gilda's Club Moline, join us for dinner from 5:30-6:00. No hurry on eating, you can bring your plate with you into group!

Cancer Transitions Reunion Potluck: We're inviting anyone who has participated in Cancer Transitions to join us for a reunion. Bring a healthy dish to share, and reconnect with your Cancer Transitions cohort and meet other individuals who have attended the series.

Family Event: Gingerbread House Making + Lunch: Work together with your family to design and build a gingerbread house! All supplies, additional games, and lunch will be 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 of any age are invited.

Creative Session: Legacy Scrapbook: Take this opportunity to create a scrapbook dedicated to someone special to you who has passed away. Or, you may compile valuable memories that you want your loved ones to cherish and remember you by. Before the workshop begins, participants should gather photos, writings, and other memorabilia that can be included in their scrapbook.

Resource Highlight: digital sherpa™

Did you know that CSCIAIL offers tech help? We offer one-on-one tech support services to help the people we serve be more informed and involved with their care! If you have questions about Zoom, general internet usage, getting access to your patient portals, how to identify valid sources of information, or other tech questions, you can meet one-on-one with one of our digital sherpa volunteers, and get the help you need to be digitally empowered! We don't have a set helpdesk session on the calendar this month, but the volunteers are available by appointment! Schedule a session by calling us at 563-326-7504!

HOW TO PARTICIPATE:

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- 1 Call 563-326-7504 or complete a participant form online at csciwaillinois.org/become-a-participant/
- 2 Attend a Welcome Meeting 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.

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 when you have a contagious cold or flu, 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.

Open to Options

Are you are facing a cancer treatment decision? Open to Options™ helps you identify important 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. Open to Options is a cancer treatment decision-making program. If you have to make a decision regarding your treatment, you can sit down 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

Shop our Amazon Wishlist for needed items!

Help us celebrate 26 years of serving the Quad Cities community by helping us check some items off of our wish list. Many of the items on the list are either needed for the Clubhouse or for operation purposes.



Amazon
Wishlist

Sponsor a Group Dinner for Moline!

Help us nourish Moline's cancer community. We would like to begin offering group dinner in Moline 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. We anticipate we would 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:

Blessing Tree

December 3rd | 6PM | Be The Light Park

Join us for cocoa, cookies, conversation and carolers from 6pm to 7pm on December 3rd at Be the Light Pocket Park.

Support the services CSC at Gilda's Club by sponsoring a light, bow, or ornament in memory of, in celebration of, or in gratitude for a special person in your life. We will feature each name on our Blessing Tree website page and a Holiday Blessing tribute card will be sent to the individual or family letting them know someone has honored them.

www.csciowaillinois.org/blessing-tree/

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

April 5th 2025 | 6PM | The Waterfront Convention Center

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.

Andy Woodhull appeared on The Late Night Show with James Corden, Conan, Live at Gotham and The Half Hour on Comedy Central. In 2014. Also seen on The Tonight Show Starring Jimmy Fallon!

Your ticket includes heavy hors d'oeuvres, cash bar, comedy show and live music.

Visit www.csciowaillinois.org/live to purchase tickets!

Save the Dates for 2025:

May 2nd: Golf Fore Gilda's

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.

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. **On break until March 2025.**

Living with Loss: A bi-monthly grief group for anyone who has lost someone to cancer

Breast and Gynecological Cancer Support Group: Monthly support group and networking for those diagnosed or in survivorship. Sponsored by Genesis Cancer Institute. Offered in-person or virtually. **Offered on 12/19.**

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.**

Cooking & Conversations: Join us for a kitchen adventure. We bring the recipe & ingredients while attendees learn to make the recipe together. Cook, laugh, & learn!

Artful Adventures: Explore creativity through a variety of art forms, including coloring, painting, and drawing. We'll provide the high-quality supplies to fuel your artistic endeavors. **On-hold until 2025.**

Quilting Club: Join other Quilters to come up with and plan projects!

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.

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

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.

Coffee & Conversation: This participant-led session is simply a time to get together, chat, and make connections.

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. 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!

Kids & Teens

Kid's Club (Formerly named Noogieland): 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.

December 2024

LOCATION KEY:

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
		6-7:30PM Connecting Through Cancer	6-7:30PM Living with Loss Group		
12:00-1:00PM Cooking & Conversations 1:00-1:45PM Chair Yoga	3:30-5PM Connecting Group	5PM: Kids & Caregivers Holiday Grief Group		11:30AM Spice Club	9:00-10:00 Slow Flow Yoga
	6-7PM Blessing Tree @ Be The Light Park				
9	10	11	12	13	14
5:30-6:30PM Grief Journey: Navigating Loss with Grace McCubbin		2:00PM Crochet & Knitting Club 5-5:30PM Welcome Meeting 5:30-6PM Group Holiday Dinner 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group			
12:00-1:00PM Coffee & Conversations 1:00-1:45PM Chair Yoga	3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6:00PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time			12-1PM Cancer Transitions Reunion Potluck	9:00-10:00 Slow Flow Yoga 11AM-1PM Family Gingerbread House Making
16	17	18	19	20	21
6-8PM Creative Session: Legacy Scrapbook		5:30-6:00PM Coffee & Canines 6-7:30PM Connecting Through Cancer			
1:00-1:45PM Chair Yoga 5:30PM Book Club	3:30-5PM Connecting Group 4-5:00PM Quilting Club 5-6:00PM Group Dinner (provided by Steel Plow) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time Holiday Party		5:30-6PM Coffee & Canines 6-7:30PM Living with Loss Group 6-7:30PM Breast & Gynecological Cancer Support Group		9:00-10:00 Slow Flow Yoga
	12:30-1PM Clinton: Welcome Meeting 1-2:30PM Clinton: Support Group				
23	24	25	26	27	28

Therapy dogs in Wilder Lounge 5-6 PM

Please note: New Date due to holiday next week!

Clubhouses Closed 12/23/24 - 1/1/25 for Winter Holidays

30 31

Reopening on 1/2/25

Please remember to RSVP to all programs, even ongoing support groups! You can RSVP at www.csciowaillinois.org/calendar, or by calling 563-326-7504.



Return Service Requested

JANUARY 2025 ACTIVITY CALENDAR



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Monday thru Thursday 10:00 AM - 5:00 PM
Fridays by appointment only, Saturday/Sunday—Closed

Gilda's Club Clinton:

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



January is Cervical Cancer awareness month!

January Educational Workshops

Offered In-Person and Virtually

Why Do Yoga? Benefits of Yoga Workshop: It's a New Year, let's get together and talk about yoga! Yoga can have many physical, mental, and emotional benefits. Join our Chair Yoga instructor, Kelly Craft, LVCYT to talk about the various benefits of yoga, what to expect from a yoga session with us, see what a couple of the poses look like, and ask any questions you have. Yoga is for everyone, and we are trained to tailor the poses to anyone's comfort and ability level.

Featuring: Kelly Craft, LVCYT, Program manager at CSCIAL

Cancer Support Community Resources: Cancer Support Community at Gilda's Club offers a wide variety of resources that are accessible to anyone impacted by cancer, regardless of where they live, and at no cost. This workshop will provide information on the following resources: MyLifeLine, Open to Options, Cancer Support Helpline, and the Cancer Experience Registry.

Featuring: MSW Intern Benny Olsen-Ross and Nora Bosslet, Program Manager at Cancer Support Community at Gilda's Club

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Other Special Programs & Events

Family Event: Pancakes & Painting: Join us in Moline for a morning of pancakes & painting, where we will share a meal and get crafty! 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. This program is open to any family impacted by cancer.

NEW: Moline Group Dinner: Before attending Connecting Through Cancer and Friends & Family groups in Moline on the 2nd & 4th Wednesdays of each month, come early and join us for dinner!

Creative Session: Mixed Media Inspirational Card Holder: Each person will create colorful and whimsical (as many as they can during the session) 3X5 inspirational cards and the box to store them in using a multitude of mixed media. Session will be held at **Art for the Spirit Studio** at 318 East 7th Street, Davenport, IA. **Featuring:** Latoya Lewis, a passionate professional artist with 30 years of experience creating art in a variety of mediums. As a retired art educator, she uses her knowledge of art to teach and uplift the community by servicing several community projects. Currently, her focus is on strengthening and empowering women through art expression and creative self-care journaling.

Breathing and Bath Bombs: Take the time to join our intern Benny for a healthy lifestyle workshop about useful breathing techniques and bath bomb making! This will be a time of relaxation and collaboration with the attendees. Come take some stress out of your life with us!

Remembrance Night: Join interns Benny and Channah for an evening filled with memories. We will honor and remember all the participants and loved ones who have died from cancer in the last year. Come with names, pictures, memories, and stories. Attendees will participate in activities and have time to share.

Resource Highlight: FSAC: What do I tell the kids?

A cancer diagnosis impacts families in many ways. Even if a child has not been told about a loved one's diagnosis, they can sense when something is wrong. Not telling a child what the family is facing leaves them to imagine situations that are often worse than things really are. If you're struggling to come up with the words to talk to your child about cancer, or just want a listening ear to talk through your concerns, consult with Nora Bosslet, LMSW/LSW, and program manager of our Children, Teen, and Family programs. Just reach out to set up a time to talk. Nora is available by phone at 563-726-5708 or email at nora@csciwaillinois.org.

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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.

Don't miss this chance to see him live! His Dry Bar Comedy special has over 12 million views on YouTube and all 6 of his comedy albums are in rotation on Sirius Satellite Radio, and his jokes have played over 50 million times on Pandora.

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 www.csciowaillinois.org/live to purchase tickets!

Save the Dates for 2025:

May 2nd: Golf Fore Gilda's Palmer Hills Golf Course, Bettendorf, IA

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

Support Groups

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January 2025

LOCATION KEY:

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
 <p>CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB</p>	<p>Please RSVP to all programs, even ongoing support groups! RSVP at www.csciowaillinois.org/calendar, or call 563-326-7504.</p>	<p>Clubhouses Closed. Happy New Year!</p>		<p>6-7:30PM Living with Loss Group</p>	<p>9:00-10:00 Slow Flow Yoga</p>
		6	7	8	9
		<p>5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group</p>	<p>5:00PM Crochet & Knitting Club</p>		<p>10AM-12PM Family Event: Pancakes and Painting</p>
<p>1:00-1:45PM Chair Yoga</p>	<p>3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6:00PM Group Dinner 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time</p>				<p>9:00-10:00 Slow Flow Yoga</p> 
13	14	15	16	17	18
<p>5:30-6:30PM Benefits of Yoga</p>	<p>Therapy dogs in Wilder Lounge 5-6 PM</p>	<p>5:30-6:00PM Coffee & Canines 6-7:30PM Connecting Through Cancer</p>			
<p>12:00-1:00PM Coffee & Conversations 1:00-1:45PM Chair Yoga</p>	<p>3:30-5PM Connecting Group 5-6:00PM Group Dinner (sponsored b Centennial Home Improvement, LLC) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time</p>		<p>5:30-6PM Coffee & Canines 6-7:30PM Living with Loss Group</p>		<p>9:00-10:00 Slow Flow Yoga</p>
20	21	22	23	24	25
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<p>6-8PM Creative Session: Mixed Media Inspirational Card Holder @ Art for the Spirit Studio</p>	<p>12:30-1PM Clinton: Welcome Meeting 1-2:30PM Clinton: Support Group</p>				
27	28	29	30	31	
		<p>6-7:30PM Connecting Through Cancer</p>			
<p>12:00-1:00PM Artful Adventures 1:00-1:45PM Chair Yoga 5:30PM Book Club 5:30-6:30PM Cancer Support Community Resources</p>	<p>3:30-5PM Connecting Group 5-5:30PM Welcome Meeting 5-6:00PM Group Dinner (provided by Cafe Express) 6-7:30PM Connecting Group + Friends & Family Group 6-7:30PM Kids Club + Teen Time</p>		<p>5:30PM Remembrance Night</p>  <p>More info on page 2!</p>		