

Return Service Requested

SEPTEMBER 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



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

**September is
gynecological,
ovarian, prostate,
thyroid, leukemia,
lymphoma, and
childhood cancer
awareness month!**

September Educational Workshops

Education and Employment for Young Adults Living With Cancer Workshop: This workshop was created for young adults aged 18-45 years who are living with and beyond a cancer diagnosis. The workshop is designed to provide young adults impacted by cancer with the information, resources, and support to navigate education and employment. Key Workshop Objectives include:

- Help young adults impacted by cancer navigate transitions in education and employment.
- Build confidence, access resources, and connect with other young adults facing similar challenges.

Speaker: Chantal Dreyer, LMSW, OSW-C

Made possible through generous support from: Merck and Cancer Support Community

Preparing for the Future: Power of Attorney and Estate Planning: This presentation on future planning is designed to empower individuals to take proactive steps to ensure their wishes are honored when they are no longer able to communicate them. It will provide insightful explanations of how powers of attorney (POAs) and wills function, emphasizing their importance and the benefits of having these essential documents in place.

Featured Speaker: Chiquita White, Senior Community Resource Specialist at Prairie State Legal Services

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.

Other Special Programs

Reclaim Your Strength: Cancer Exercise Class: This exercise class is designed for cancer survivors seeking to improve their balance, build strength, and achieve personal health goals. Join us to take positive steps towards a healthier, more active life after cancer.

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! September's Group: Painted Rocks

Snack & Chat Teen Support: Connect with other teens ages 12 and older who have been impacted by cancer. This group is a safe space to freely express emotions and thoughts about how cancer is affecting you (either because of a personal diagnosis or that of a caregiver or loved one). By incorporating fun activities like art and games, you will learn new coping skills for managing your emotions. Plus, there are always snacks!

Kid & Caregiver Support (4 week group): Kid + Caregiver Support is a 4 week series that focuses on cancer education, identifying emotions, and coping skills. This program is open to kids ages 6-12 and their caregiver(s) who are impacted by cancer. The caregiver can be a parent or support person, and can be the one with the diagnosis or a support person. The goal of this series to reduce anxiety and to increase communication about cancer between the child and their caregiver(s).

Family Fun Night: Whether you participated in Camp Hope this summer, or are just interested in connecting with other families impacted by cancer, join us for a night of supportive and social activities. Families of all ages are welcome. Make a glitter jar, play games, eat dinner, and visit with therapy dogs!

Creative Session: Gelli Printing and Collage: Gelli printing, also known as gel plate printing, is a type of printmaking that uses a soft, flexible gel plate to create unique, one-of-a-kind prints. This session will include one hour of creating prints with gelli plates and one hour of using our prints to create a collage art piece.

Mindful Moments with Sound Healing: Join us for a 1-hour class that includes breathing and connecting with the body featuring soothing sounds.

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

New Coffee & Canines Offering: Join us after chair yoga on Monday, September 15th, to meet our newest canine friend, Breeze, a 1.5-year-old standard poodle, and her human handler, Kristen!

EmbodyHer Body Image Workshop: Welcome to EmbodyHer, a mindfulness art-based workshop that encourages recognition and internal healing within our bodies through meditation, dialogue, and simple drawing. **Featuring:** Viminda Shafer, Community Relations and Development Coordinator at the Project of the Quad Cities

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.

Cancer Transitions Survivorship Retreat: 9/26 9am-4pm

Join us at Gilda's Club Moline for a retreat for anyone who finished their cancer treatment in the past two years. We will talk about getting back to wellness, emotional health, eating well, staying active, and managing your medical health.



Breakfast, lunch, and a yoga session included.
RSVP Required.

Made possible with funds from UnityPoint Health – Trinity.

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.

Double your Impact with a Blood Donation!

25% of blood donations go to cancer patients

Now when you donate blood with ImpactLife you can Double the impact by donating your rewards to support the free services CSC at Gilda's Club offers to those living with cancer. We will be hosting a in person blood drive on October 28th but you can donate anytime in October or throughout the year to double your impact.



UPCOMING FUNDRAISING EVENTS:

NEW: Mississippi Valley Dragon Boat Festival

September 20th | West Lake, Davenport, IA

The Dragon Boat Festival will feature thrilling dragon boat races, delicious food and refreshments, live entertainment, and plenty of family-friendly activities. It's an opportunity for our community to come together, honor loved ones, and celebrate life.

Visit csciowaillinois.org/dragon to register!

Month of October: Paint the Town Pink

Shop for a cause with our local partners that are running point of sale promotions throughout the month. Participating businesses will be featured csciowaillinois.org

Diamonds & Divas

October 2nd | Waterfront Convention Center – Bettendorf, IA

Our most anticipated event of the year, a fun-filled ladies night out event all for a great cause, raising funds to support those in our community that are impacted by cancer.

Visit csciowaillinois.org/diva to register!

Blood Drive October 28th | Gilda's Club Davenport.



Support Groups

Please attend a Welcome Meeting before attending a support group.

Connecting Through Cancer: Support group for adults with any type of cancer diagnosis and/or survivors. Offered in-person or virtually.

Friends and Family Support Group: Support group for family and friends of those with any type of cancer diagnosis. Offered in-person or virtually.

Clinton Support Group: Anyone impacted by cancer is invited to join us at YWCA Clinton for a monthly support group.

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

Advanced Cancer Support Group: A supportive group for individuals if remission is not expected in your future or you have received a terminal diagnosis. This group meets monthly in Davenport with a virtual option.

Parents of Kids with Cancer: Caregiving for a child with cancer is a unique and often isolating experience. This virtual group provides a supportive space to connect with parents and caregivers of a child or teen under the age of 24, in treatment for cancer or has completed treatment for cancer.

Prostate Cancer Support Group: Monthly support group in collaboration with Us TOO Greater Quad Cities Prostate Cancer Support Group for those diagnosed, survivors, and caregivers.

Healthy Lifestyle Activities

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

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: On hold until fall.

Walk and Talk: Join others for walking and talking. Check online description for September walking location!

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

Coffee & Canines: Join furry friends to help you relax and experience the benefits of pet therapy. Participants are invited to interact with the dogs if they choose to. Coffee optional.

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

Group Dinners: Dinner will be available at Gilda's Club Davenport before Tuesday evening groups and Kids Club/Teen Time and Gilda's Club Moline on the 2nd & 4th Wednesdays before groups. If you're coming to group, save your energy and time by joining us for dinner first! Please RSVP at least a day in advance! **September dinners are sponsored by Centennial Home Improvement LLC., Steel Plow, Cafe Express, Bally's and Shannon Lane.**

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!

MON	TUE	WED	THU	FRI
1	2	3	4	5
Clubhouses Closed for Labor Day		10:30AM Walking Club 5-5:30PM Welcome Meeting 6-7PM Connecting Group + Friends & Family	6-7:30PM Living with Loss Group	
	3:30-4:30 Connecting Group (time limited) 5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class 4:30-5:30PM Kids & Caregivers Support 1		5:30-7:30pm Family Fun Night!
			11AM-12PM Walk & Talk	
8	9	10	11	12
5:30-6:30PM Preparing for the Future: Power of Attorney and Estate Planning		5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family		
1:00-1:45PM Chair Yoga	3:30-4:30 Connecting Group (time limited) 4-5PM Advanced Cancer Group 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	10:30-11:30AM Qigong for Well-Being 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	4:30-5:30 Snack and Chat: Teen Social	10:30-11:30AM Spice Club
		12:00-1:00 VIRTUAL: Parents of Kids with Cancer	11AM-12PM Walk & Talk	
15	16	17	18	19
		6-7PM Connecting Group + Friends & Family	6-8PM Prostate Cancer Support Group: Featuring Doug McCollum - Stress Management & Benefits of Journaling	1-1:45PM Chair Yoga
1:45-2:15PM Coffee & Canines 6-8PM: Creative Session: Gelli Printing and Collage	3:30-4:30 Connecting Group (time limited) 4-5PM Game Night at Gilda's 5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club 6-7PM Teen Art Group: Painted Rocks	10:00-10:45AM Barre for Beginners 11AM-12PM Nourish & Network 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class 4:30-5:30PM Kids & Caregivers Support 2	5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group	
	1-2PM Clinton: Support Group		11AM-12PM Walk & Talk	
22	23	24	25	26
		5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family		9AM-4PM Cancer Transitions Survivorship Retreat
1:00-1:45PM Chair Yoga	3:30-4:30 Connecting Group (time limited) 4-5PM Survivors Social 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	10:00-11:00AM Mindful Moments with Sound Healing 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	12:00-1:30PM Volunteer Orientation	Retreat
5:30-6:30 VIRTUAL: Education & Employment for Young Adults Living With Cancer			11AM-12PM Walk & Talk 6-7PM VIRTUAL: Breast & Gynecological Support Group	
29	30			
1:00-1:45PM Chair Yoga 2:00-3:30PM: EmbodyHer Body Image Workshop 5:30PM Book Club	3:30-4:30 Connecting Group (time limited) 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	Stop by our table at Mercado on Fifth on September 5th!		

Return Service Requested

OCTOBER 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

October Educational Workshops

Need Extra Care? Understand Your Options: Join a panel of community organizations to understand the benefits and differences between long term care, hospice, home health, and home care. Come with questions! Lunch is provided!

Medicare 101 and Open Enrollment: Open enrollment for a Medicare Part D (drug/prescription) plan runs from 10/15-12/7. Everyone on Medicare should take time to review their plan and make sure that their drugs are still covered. It's also time to compare plans to see if you can save some money! Join us to learn some Medicare basics, and learn what you can do to save money! **Featuring:** Kelly Craft, LISW, LCSW, Program Manager at CSC at Gilda's Club

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.

Advocacy 101: This program will empower participants to become effective voices for the issues they care about. Advocacy can feel overwhelming, but this program will provide the knowledge, tools, and confidence needed to engage with decision-makers and the community. **Featuring:** Threase Harms, President and CEO of Advocacy Strategies

****Please note:** Threase will be joining virtually but you are welcome to join us in the Clubhouse for a watch party.

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.

CLINTON: Frankly Speaking about Cancer: Advance Care Planning: This free workshop offers information and support on advance care planning (ACP). We will discuss the process of ACP and creating an advance directive, and the differences between the two. Participants will learn why ACP is important and tips on what to consider when creating a care plan. **Featuring:** Kelly Craft, LISW, LCSW, Program Manager at CSC at Gilda's Club

Other Special Programs

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

Reclaim Your Strength: Cancer Exercise Class: This exercise class is designed for cancer survivors seeking to improve their balance, build strength, and achieve personal health goals. Join us to take positive steps towards a healthier, more active life after cancer.

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! October: Sugar Skull Painting.

Snack & Chat Teen Support: Connect with other teens ages 12 and older who have been impacted by cancer. This group is a safe space to freely express emotions and thoughts about how cancer is affecting you (either because of a personal diagnosis or that of a caregiver or loved one). By incorporating fun activities like art and games, you will learn new coping skills for managing your emotions. Plus, there are always snacks!

Kid & Caregiver Support (4 week group): A series that focuses on cancer education, identifying emotions, and coping skills. Open to kids ages 6-12 & their caregiver(s) who are impacted by cancer. Caregiver can be a parent or support person, and can be the one with a diagnosis or a support person. The goal of this series to reduce anxiety and to increase communication.

Creative Session: Acrylic Painting Easel-y Done: Participants will use a reference, an object or photo, when they begin to paint: photo of a bird, river, apple, butterfly etc. The session is designed to offer a peaceful, supportive environment where participants can be creative and have fun.

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

Grief Stone Ritual and Sound Healing: Join Becky Nakashima-Brooke, owner of Illuminate Healing Studio, for a grieving ritual & sound bath. This is a safe space to express grief. Whether mourning a personal loss, concerned for a loved one's well-being, or grief for the loss of a loved one from cancer, you'll have the opportunity to connect with others. The program begins with a mindful grief stone ritual followed by a sound bath, a powerful practice that uses sound to promote deep relaxation and healing.

Music Therapy Support Group: Participants will engage in music-making, drumming, songwriting, lyric analysis, song mapping, and other group activities to provide meaningful experiences through music. Objectives are to develop coping skills, increase relaxation & positive outlook, and self-expression. Open to all adult survivors, caregivers, or anyone impacted by cancer. This program will replace support groups on 10/29 and run by Misty at QC Music Therapy with a support group facilitator present for as needed support.

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.

Blood Drive: Tuesday, October 28, 11am-2pm - Gilda's Club Davenport

Did you know that 25% of blood donations go to cancer patients? Join us for a blood drive at Gilda's Club Davenport. Scan the QR code or call Lexi at 563-949-2648 to reserve your spot!



NOOGIEFEST

TRICK or TREATING

FREE-OPEN TO THE COMMUNITY!

Saturday,
October 25
3pm-5pm

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

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.

Double your Impact with a Blood Donation!

25% of blood donations go to cancer patients

Now when you donate blood with ImpactLife you can Double the impact by donating your rewards to support the free services CSC at Gilda's Club offers to those living with cancer. We will be hosting a in person blood drive on October 28th but you can donate anytime in October or throughout the year to double your impact.



UPCOMING FUNDRAISING EVENTS:

Month of October: Paint the Town Pink

Shop for a cause with our local partners that are running point of sale promotions throughout the month. Participating businesses will be featured at csciowaillinois.org

Diamonds & Divas

October 2nd | Waterfront Convention Center – Bettendorf, IA

Our most anticipated event of the year, a fun-filled ladies night out event all for a great cause, raising funds to support those in our community that are impacted by cancer.

Visit csciowaillinois.org/diva to register!

Blood Drive October 28th | Gilda's Club Davenport.

Save the Date

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

Support Groups

Please attend a Welcome Meeting before attending a support group.

Connecting Through Cancer: Support group for adults with any type of cancer diagnosis and/or survivors. Offered in-person or virtually.

Friends and Family Support Group: Support group for family and friends of those with any type of cancer diagnosis. Offered in-person or virtually.

Clinton Support Group: Anyone impacted by cancer is invited to join us at YWCA Clinton for a monthly support group.

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

Advanced Cancer Support Group: A supportive group for individuals if remission is not expected in your future or you have received a terminal diagnosis. This group meets monthly in Davenport with a virtual option.

Parents of Kids with Cancer: Caregiving for a child with cancer is a unique and often isolating experience. This virtual group provides a supportive space to connect with parents and caregivers of a child or teen under the age of 24, in treatment for cancer or has completed treatment for cancer.

Prostate Cancer Support Group: Monthly support group in collaboration with Us TOO Greater Quad Cities Prostate Cancer Support Group for those diagnosed, survivors, and caregivers.

Healthy Lifestyle Activities

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

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. Check online description for location!

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! **October dinners are sponsored by Centennial Home Improvement LLC., Steel Plow, Cafe Express, and Shannon Lane.**

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: 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.

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!

October 2025

LOCATION KEY: **HYBRID**  MOLINE  DAVENPORT  OFFSITE

MON	TUE	WED	THU	FRI
		1	2	3
 CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB	Join us... if you dare! For Noogiefest! Trick or Treating 10/25 3-5PM. Free and open to the community!	10:30AM Walking Club 6-7PM Connecting Group + Friends & Family 4:30-5:30PM Kids & Caregivers Support 3	6-7:30PM Living with Loss Group 11AM-12PM Walk & Talk	Clubhouses Closed
6	7	8	9	10
		5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family		
1:00-1:45PM Chair Yoga	3:30-4:30 Connecting Group (time limited) 5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club	10:30-11:30AM Qigong for Well-Being 11:30AM Need Extra Care? Understand Your Options Panel Discussion + Lunch	4:30-5:30 Snack and Chat: Teen Social	10:30-11:30AM Spice Club
		12:00-1:00 VIRTUAL: Parents of Kids with Cancer	11AM-12PM Walk & Talk	
13	14	15	16	17
5:30-6:30PM Medicare 101 and Open Enrollment		5:30-6:00PM Coffee & Canines 6-7PM Connecting Group + Friends & Family	6-8PM Prostate Cancer Group: Featuring Lindsey McKenzie - Food & Mood: Unlock the Secret to Managing Stress Naturally	1-1:45PM Chair Yoga
1:00-1:45PM Chair Yoga 2-3PM: Sound Bath with Becky	3:30-4:30 Connecting Group (time limited) 4-5PM Advanced Cancer Group 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club	10:00-10:45AM Barre for Beginners 11AM-12PM Nourish & Network 2:00-2:45PM Reclaim Your Strength: Exercise Class 1 4:30-5:30PM Kids & Caregivers Support 4	5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group	
			11AM-12PM Walk & Talk	
20	21	22	23	24
6-8PM Creative Session: Acrylic Painting Easel-y Done	10AM Crochet & Knitting Club	5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family		10/25 Noogiefest 3-5PM
1:00-1:45 Chair Yoga 1:45-2:15PM Coffee & Canines	3:30-4:30 Connecting Group (time limited) 4-5PM Game Night at Gilda's 5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club 6-7PM Teen Art Group: Sugar Skull Painting	2:00-2:45PM Reclaim Your Strength: Exercise Class 2	12:00-1:30PM Volunteer Orientation 5-6PM Grief Stone Ritual and Sound Healing	
	1-2PM Clinton: Support Group		6-7PM VIRTUAL: Breast & Gynecological Support Group	1-2PM CLINTON: FSAC: Advance Care Planning
27	28	29	30	31
		6-7PM Music Therapy Support Group		
1:00-1:45PM Chair Yoga 5:30-6:30PM Advocacy 101 5:30PM Book Club	11AM-2PM Blood Drive 3:30-4:30 Connecting Group (time limited) 4-5PM Survivors Social 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club	2:00-2:45PM Reclaim Your Strength: Exercise Class 3		
			11AM-12PM Walk & Talk	