

Return Service Requested

NOVEMBER 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



**November is
pancreatic, lung,
stomach, and
carcinoid cancer
awareness month. It is
also family caregiver
month!**

November Educational Workshops

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.

Featuring: 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 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.

Virtual Cancer Transitions 4-Week Series: Cancer Transitions is aimed at survivors of any cancer diagnosis who have completed active treatment within the last 24 months. This virtual survivorship series will be full of informative sessions focused on things individuals facing new survivorship may be experiencing. While each session focuses on a specific skill set and topic, critical components such as group support and reflective exercises are incorporated in every session. The program provides survivors with practical tools and resources to formulate a personal action plan for survivorship beyond their participation in Cancer Transitions. Sessions include: Getting back to Wellness, Emotional Health, Eating Well & Staying Active, and Managing Your Medical Story Beyond Cancer.

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Shine A Light on Lung Cancer Informational Tables: November is Lung Cancer Awareness Month! Visit Gilda's Club Moline on 11/12 or Gilda's Club Davenport on 11/18 to find information about lung cancer!

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.

Family Event: Music & Brunch (MOLINE): Join us in Moline for brunch and a craft, followed up with a music therapy group for the whole family!

10am-11am: Eat, chat, make a craft | 11am-12pm: Music therapy session

Game Night at Gilda's: Join volunteer Sujay for a gaming session! Now starting at 4:30pm!

Creative Session: Painting with Watercolor Pencils: Join local artist Marla to learn how to paint with watercolor pencils! No experience needed, all materials are provided. Sponsored by TCC Verizon.

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.

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.

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!

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!

2026 Cancer Transitions Survivorship Retreats

Gilda's Club Davenport

February 20

June 12

November 6

9:00am-4:00PM

Gilda's Club Moline

April 17

September 18

HOW TO PARTICIPATE:

Anyone impacted by cancer is eligible to participate in our services. It's free and easy to join:

1

Call 563-326-7504 or complete a participant form online at

csciowaillinois.org/become-a-participant/

2

Attend a Welcome Meeting (in-person, virtual, or on-demand) and complete the CancerSupportSource™ (CSS) on site or online.

3

Join us for any support group, program, or activity!

Welcome Meeting: Required for all new participants to attend. One-time meeting to learn more about what CSCIAIL offers and sign up for programs. Please call 563-326-7504 to schedule or see calendar for dates/times and sign up online.

NEW: In addition to in-person 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.

Clubhouses are closed on Thursday, November 27 and Friday, November 28 for Thanksgiving. We will not hold programs on Wednesday, November 26 at Gilda's Club Moline.

Volunteer Update Meeting

Thursday, November 13, 5:00-5:30pm

Gilda's Club Davenport

Volunteer Appreciation Party

Thursday, November 13, 5:30-6:30pm

Gilda's Club Davenport

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!

2026 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. 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: 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! 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 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: 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!

November 2025

LOCATION KEY: **HYBRID**  MOLINE  DAVENPORT  OFFSITE

MON	TUE	WED	THU	FRI
3	4	5	6	7
		6-7PM Connecting Group + Friends & Family	6-7:30PM Living with Loss Group	
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines	3:30-4:30 Connecting Group 5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club	2:00-2:45PM Reclaim Your Strength: Exercise Class 4		
	12:00-1:30 VIRTUAL: Cancer Transitions Session 1		6-7PM VIRTUAL: Breast & Gynecological Support Group	
10	11	12	13	14
5:30-6:30PM Tune In To Wellness: The Benefits of Music for Mental Health Workshop		ALL DAY: Shine a Light on Lung cancer info table 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 4-5PM Advanced Cancer Group 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club	10:30-11:30AM Qigong for Well-Being 2:00-2:45PM Reclaim Your Strength: Exercise Class 5	4:30-5:30 Snack and Chat: Teen Social 5:00-5:30 Volunteer Update Meeting 5:30-6:30 Volunteer Appreciation Party	10:30-11:30AM Spice Club
	12:00-1:30 VIRTUAL: Cancer Transitions Session 2	12:00-1:00 VIRTUAL: Parents of Kids with Cancer		15 SATURDAY 10:00AM Family Event: Music & Brunch 
17	18	19	20	21
	10AM Crochet & Knitting Club	5-5:30PM Welcome Meeting 5:30-6:00PM Coffee & Canines 6-7PM Connecting Group + Friends & Family	6-8PM Prostate Cancer Group: Featuring Dr. Kresowik from Urological Associates	1-1:45PM Chair Yoga
1:00-3:00PM Creative Session: Painting with Watercolor Pencils	ALL DAY: Shine a Light on Lung cancer info table 3:30-4:30 Connecting Group 4:30-5:30PM Game Night at Gilda's 5:30PM Book Club 5-6PM Welcome Meeting 5-6PM Group Dinner 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 2:00-2:45PM Reclaim Your Strength: Exercise Class 6	5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group	
	1-2PM Clinton: Support Group 12:00-1:30 VIRTUAL: Cancer Transitions Session 3			
24	25	26	27	28
1:00-1:45 Chair Yoga 2-3PM Sound Bath with Becky	3:30-4:30 Connecting Group 5-6PM Survivors Social 5-6PM Group Dinner 6-7PM Connecting Group + Caregiver Conversations 6-7PM Kids Club		Happy Thanksgiving 	
	12:00-1:30 VIRTUAL: Cancer Transitions Session 4			

Clubhouses are closed on Thursday, November 27 and Friday, November 28 for Thanksgiving.
We will not hold programs on Wednesday, November 26 at Gilda's Club Moline.

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DECEMBER 2025 ACTIVITY CALENDAR



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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

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

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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!

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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

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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)

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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.

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.

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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.