

Return Service Requested

AUGUST

2026

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

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 csciowaillinois.org/become-a-participant/
- 2 Complete a Welcome Meeting (in-person 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.

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

Completing 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.

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 & 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

Celebrate National Make-A-Will Month

August is National Make-A-Will Month, a nationwide movement to help everyone, regardless of wealth or age, create a plan for the future. At Cancer Support Community, we're committed to supporting you and your loved ones in every stage of life's journey. That's why we're pleased to offer FreeWill, a free online resource that makes it easy to create or update your will from the comfort of your home.

Whether you're creating a will for the first time or making updates to an existing plan, FreeWill guides you through the process in about 20 minutes—at no cost to you.

Some individuals choose to leave a charitable gift in their will as a way to support the causes that have made a difference in their lives. If Cancer Support Community has been meaningful to you, you may choose to include CSC in your estate plans. While there is never any obligation to do so, these legacy gifts help ensure that our free programs and services remain available for future generations of individuals and families impacted by cancer.

Creating a will is a thoughtful way to care for the people and causes you value most. We hope you'll take advantage of this free resource to plan for the future with confidence.



Scan to
Leave a
Legacy

UPCOMING FUNDRAISING EVENTS:

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

Mark your calendars for this year's Dragon Boat Festival, a special day to celebrate hope, strength, and survivorship. One of the most meaningful moments of the festival is our Survivor Ceremony, where we come together to honor those whose lives have been touched by cancer and recognize the incredible resilience of our community.

We're excited to share that Cancer Support Community will have two Survivor Boats on the water this year! If you're interested in paddling as part of one of our Survivor Boats, watch for a sign-up sheet at CSC coming out mid-August.

If you'd like to make an even greater impact, consider celebrating your survivorship by sharing your story with friends and family and inviting them to support your Dragon Boat journey with a donation through your personal fundraising page. Every dollar raised helps ensure that Cancer Support Community can continue providing free programs, education, and support to individuals and families facing cancer. If you are interested in creating a fundraising page- please contact Ashley by emailing ashley@csciowaillinois.org or stop in and see her in the clubhouse to get it set up!

Save the Date for our 2026 Events

Diamonds & Divas | October 1st | Waterfront Convention Center

Blessing Tree | December 1st | Be The Light Park

August Youth & Family Programs

Upcoming Youth & Family Activities

Family Event: River Bandits Game: Join Cancer Support Community families at the River Bandit's game! Your RSVP includes a free ticket. The game highlight is Cancer Survivor Night and includes a firework finale.

Be sure to RSVP for every person who plans on attending this game. RSVP is required and tickets are limited. This program is intended for Cancer Support Community at Gilda's Club participants and their families, as well as Camp Hope families. Please contact the Program Team for questions and additional tickets at 563-326-7504.

This program is sponsored by Modern Woodman of America.

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

Balanced Being Class: This class can improve cognition, flexibility, sleep, balance, and functional mobility. We start with a practice of balance and then move into the practice of mindful movement.

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

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

Strength & Balance Class: Build balance and strength through yoga and Qigong movements. Mats and props are provided. Please arrive 5 to 10 minutes early to make yourself comfortable.

NEW PROGRAM: Moline Walking Club: Join volunteer Kate for a walk around the pond behind UnityPoint-Trinity Moline. Meet inside our clubhouse in Moline and head out together. The walk is scheduled for an hour, but walk for as long as you're comfortable.

Other 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.

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.

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

Walk & Talk: Join volunteer Sharon for a walk in the QC. See online program description or call for location. **On hold until September.**

SPECIAL: CLINTON: Guided Meditation: Join us for a 30-minute guided meditation designed to help you relax, reset, and refocus. This in-person session includes simple mindfulness techniques suitable for all experience levels. Take a break from your day and leave feeling calm, centered, and refreshed.

Social Events

Book Club: Join other participants for a discussion. See online registration for 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.

Educational Workshops

Cancer and the Environment - Time for a Change! Tune in for a briefing on new research released in 2026 examining Iowa's high cancer rates and associations with environmental risk factors including pesticides, nitrate, PFAS (forever chemicals) and radon. Hear how people across the state are working together toward policy change that will reduce exposures in our environment through policy and find out how you can get involved.

Featured Speakers: Kerri Johannsen, Senior Director of Policy and Programs with the Iowa Environmental Council

Push the Pause Button for Caregivers: A free workshop that offers information on support for cancer caregivers. We will discuss the common worries and concerns of caregivers, role changes, and the benefits of caregiving. Participants will have the opportunity to reflect on their experience, hear from others like them, and learn practical strategies to cope and bolster their own well-being.

Featured Speaker: Nora Bosslet, LSW, LMSW, 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.

3D Areola Restoration Tattooing workshop: This workshop introduces the concept of 3D Areola Restoration Tattooing. In this seminar we discuss who is a good candidate for tattooing, how to prepare for a session, what to expect during a session, financial investment, aftercare, and the consultation process.

Featured Speaker: Nikki Murray, Owner and Operator of Aligned Beauty and Wellness.

Cooking With Heart Foundational Series: This series is intended for anyone who wants to transition to plant focused eating for health. You will get innovative ways to easily incorporate plant focused dishes without spending a lot of time in the kitchen. You also learn foundational skills for creating dishes from whole foods. We cover key concepts like nutrient density, mindful eating, hunger, knife skills and adapting your new eating style to social events with friends and family. Class topics include: Show Your Heart Some Love, Redesign Your Kitchen for Health-Centric Eating, What's the Big Deal About Eating Plants?, and Mastering Mindful Eating.

There is no cost to attend this course. UnityPoint Health - Trinity Heart Center offers this gift of health to our community to support heart healthy habits.

This series is held at Trinity Heart Center, 2701 17th Street, Rock Island, IL 61201. RSVP required at the QR code!



August Special Programs

Quad City Music Guild Presents: 25th Annual Putnam County Spelling Bee: Winner of the Tony and the Drama Desk Awards for Best Book, The 25th Annual Putnam County Spelling Bee has charmed audiences across the country with its effortless wit and humor. Featuring a fast-paced, wildly funny and touching book by Rachel Sheinkin and a truly fresh and vibrant score by William Finn, this bee is one unforgettable experience.

An eclectic group of six mid-pubescent vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming "ding" of the bell that signals a spelling mistake. Six spellers enter; one speller leaves a champion! At least the losers get a juice box. Rating: PG-13.

Creative Session: Exploring Colored Pencils: This session will include the basic techniques of using colored pencils, as well as instruction on how to draw a basic flower image. You will also learn about burnishing, solvents, and information on types of pencils, paper, and supplies.

VIRTUAL: Let's Talk About It: Surviving & Remembering: A Conversation on Survivor's Guilt: The question of "Why me?" is one many survivors quietly carry. Survivor's guilt can surface in unexpected ways: after good news at a follow-up, when treatment ends, or even while regaining strength. It can also be triggered by grief when a fellow survivor passes. These feelings are more common than we often admit, and they can be heavy. Join us for an open conversation to share, listen, find support together. Let's Talk About It. REGISTER HERE: <https://tinyurl.com/3snzdhy8>

This program is co-hosted by MercyOne Richard Deming Cancer Center and CSCAII; by registering for this program, you are consenting to share your information with both entities. Offered at no cost.

August 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
3	4	5	6	7
1:00-3:00PM Creative Session: Exploring Colored Pencils			12:00PM-1:00PM Connecting Through Cancer 6:00PM-7:30PM Living with Loss	
1:00-1:45PM Chair Yoga	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 4:30-5:30PM Group Dinner - BBQ Pulled Chicken 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 Balanced Being		11:00-12:00 Spice Club
			10:00-11:30AM Cooking with Heart 7:00PM Quad City Music Guild: 25th Annual Putnam County Spelling Bee	
10	11	12	13	14
5:30-6:30PM Educational Workshop: Cancer and the Environment - Time for Change!		3:00-4:00PM Moline Walking Club	12:00PM-1:00PM Connecting Through Cancer	
1:00-1:45PM Chair Yoga	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 Cancer Exercise Class 11:30AM-1:00PM Therapeutic Art	5:30-6:30PM Post-Treatment Connect	
6:30-7:30PM Teen Yoga @ Fairmont Library			10:00-11:30AM Cooking with Heart	
17	18	19	20	21
		12:00-1:00PM Welcome Meeting 3:00-4:00PM Moline Walking Club	12:00PM-1:00PM Connecting Through Cancer 1:00-1:30PM Coffee & Canines 6:00-8:00PM Prostate Cancer Group	10:00-10:45AM Moline Chair Yoga
1:00-1:45PM Chair Yoga	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 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 Teen/Tween Art Connect	10:30-11:15AM Strength & Balance 11:30-12:00PM 3D Areola Tattooing After Breast Cancer: An Educational Workshop	5:30-6:00PM Coffee & Canines 6:00-7:30PM Living with Loss	
	11:00AM-12:00PM Clinton: Support Group 12:15-12:45PM Clinton: Meditation		10:00-11:30AM Cooking with Heart 12:00-1:00PM Let's Talk About It: Surviving & Remembering: A Conversation on Survivor's Guilt	
24	25	26	27	28
		3:00-4:00PM Moline Walking Club 4:00-5:00PM Welcome Meeting	12:00PM-1:00PM Connecting Through Cancer	
1:00-1:45PM Chair Yoga 5:30-6:30PM Educational Workshop: Push the Pause Button for Caregivers	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 5:30-6:30PM Book Club	10:30-11:15AM Cancer Exercise Class		
2:30-3:30PM Sound Bath at Illuminate Healing Studio	12:00-12:30PM Mindfulness Meditation		10:00-11:30AM Cooking with Heart	6:30PM Family Event: River Bandits Game
31				
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines	 Cancer support? <i>Don't call Jenny, call CSC!</i> Call our Helpline: 272-867-5309 			