

Return Service Requested

JUNE 2026 ACTIVITY CALENDAR



View calendar online at
cscioawillinois.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 csciovaillinois.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.**

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.

FUNDRAISING CORNER

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

Support That Makes a Difference—Today and Tomorrow

Leave a Lasting Legacy

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



Scan to
Leave a
Legacy

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

Give Every Month and Make an Impact

You don't need a large gift to make a difference. Our Give Every Month program allows you to support Cancer Support Community with a recurring monthly gift of any size. Even \$5 a month adds up over time, helping provide free programs, resources, and support for those impacted by cancer.



Scan to
Make a
Monthly Gift

By giving monthly, you become a sustained supporter, creating consistent hope and care for our members. Your ongoing generosity ensures that no one faces cancer alone—today or in the future.

UPCOMING FUNDRAISING EVENTS:

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

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

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

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

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

This is our second year hosting this event and we could not be more thrilled. It is a day of fun for a great cause.

Gather your friends for a day of fun on the water or spectating! You can fundraise to cover your boat fee.

Save the Date for our 2026 Events

Diamonds & Divas | October 1st | Waterfront Convention Center

Blessing Tree | December 1st | Be The Light Park

June Youth & Family Programs

Upcoming Youth & Family Activities

Teen Mindful Monday

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

Camp Hope, where Kids can be Kids again.

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



Regularly Scheduled Tuesday Programs for Children & Teens

Kid's Club: Supervised play for our youngest participants, ages 1-12. Play games, make crafts, and hang out with other kids and our wonderful volunteers. Teens are welcome.

Teen/Tween Art Connect: Join other teens and tweens ages 8 and up who are impacted by cancer, whether it's their own diagnosis, that of a loved one, or they've experienced the death of a loved one to cancer.

Healthy Lifestyle & Wellness Activities

(All Skill Levels Welcome)

Wellness Wednesdays

NEW PROGRAM: 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.

NEW PROGRAM: 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.

Other Regularly Scheduled 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 52807

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

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

- **Walk and Talk** (Location Varies)
- **NEW: Walk for Hope:** Join staff for a stroll in June. Meet inside our Clubhouse and then walk outside together. Walk for as long as you're comfortable with. This program is in preparation for the Run for Hope 5k on 6/27. All are welcome to join this group, whether or not you plan to participate in the Run for Hope.

June Special Programs

Quad City Music Guild Presents: 1776: It's the summer of 1776, and the nation is ready to declare independence... if only our founding fathers can agree to do it! 1776 follows John Adams of Massachusetts, Benjamin Franklin of Pennsylvania and Thomas Jefferson of Virginia as they attempt to convince the members of the Second Continental Congress to vote for independence from the shackles of the British monarchy by signing the Declaration of Independence. Rating: PG

Creative Session: Isabel Bloom Stepping Stones: Your behind-the-scenes experience will start with a tour of our process. Then, under the direction of Isabel Bloom artisans, you'll create a stepping stone using your own personal embellishments, or using stones, shells, glass baubles, and tiles provided by Isabel Bloom. Concrete will be mixed and poured into cake pans, then you get to work creating your design! You'll leave your completed stones here to dry overnight. Once dry, our artisans will finish them using our famous whitewash. In about 2 weeks, you can pick up your one-of-a-kind stepping stone to decorate your home, garden, or to give as a gift.

RSVP Required. Space is limited and we expect this event to fill up. RSVP now to reserve your spot!

Legacy Stone Painting: While June is recognized as Cancer Survivorship Month—a time of celebration for many—we also know it can be a deeply bittersweet and challenging month for those whose loved ones are no longer with us. This program offers a supportive space to honor the presence of those we've lost. Join us for an hour of reflection and creativity as we create Legacy Stones. Using stones and paint, we will decorate "touchstones" with names, favorite quotes, or symbols that represent the strength and love of those we carry in our hearts. No art experience required. All materials provided.

Music Therapy Night : Participants will be engaged in music-making, drumming, songwriting, lyric analysis, song mapping, and other group activities designed to provide meaningful and beneficial experiences through music. Group objectives will be to develop coping skills, increase relaxation and positive outlook, and self-expression. This program will replace all evening support groups on 6/30 and be ran by Misty at QC Music Therapy with a support group facilitator present for as needed support.

Gilda's 80th Birthday Party: Join us to celebrate Gilda's 80th birthday party. We will have hot dogs and cake! More details TBD.

Program Highlights

Cancer Transitions Survivorship Retreat - Friday, June 12th

Cancer Transitions is aimed at survivors of any cancer diagnosis who have completed active treatment within the last 24 months. This survivorship retreat will be a day full of informative sessions and activities focused on things individuals facing new survivorship may be experiencing, including survivorship, emotional changes during and after cancer, eating well and getting active, and medical management. We bring in speakers, make lunch together, and even do a little exercise together.

A whole day catered just for our cancer survivors!

Educational Workshops

Clinical Trial Basics: What Matters to Patients

This program provides an overview of clinical trial fundamentals, helping participants understand what clinical trials are and how they work. It explores reasons a patient might consider participating in a clinical trial, including access to new treatments and contributing to medical research. The session also highlights key questions patients can ask their healthcare providers to make informed decisions about whether a clinical trial is the right option for them.

This program is offered in a hybrid format. Participants can register to attend in-person or virtually via Zoom. Dinner included for all in-person registered attendees. Sponsored by MercyOne.

Featured Speaker: Shannon Benson, RN, MSN

June 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
1	2	3	4	5
			8:15-8:45AM Walk for Hope 12:00-1:00PM Connecting Through Cancer 6:00-7:30PM Living with Loss	
1:00-1:45PM Chair Yoga	10:30-11:00AM Walk for Hope 3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 4:30-5:30PM Group Dinner - Breakfast Casserole 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Balanced Being Class		11:00-12:00 Spice Club
5:00-6:00PM Music Therapy Support Group			12:00PM Walk & Talk	
8	9	10	11	12
5:30-6:30PM Educational Workshop: Clinical Trial Basics and What Matters to Patients <i>sponsored by MercyOne.</i>		12:00-1:00 PM Welcome Meeting	8:15-8:45AM Walk for Hope	
1:00-1:45PM Chair Yoga	10:30-11:00AM Walk for Hope 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 & Family Group 5:30-7:00PM Kids Club 5:30-7:00PM Teen/Tween Art Connect	10:30-11:30AM Cancer Exercise Class 11:30AM-12:30PM Therapeutic Art	5:30-6:30PM Post-Treatment Connect	9:00-4:00 Cancer Transitions Survivor Retreat
6:30-7:30PM Teen Mindful Monday at DPL Fairmont Branch			12:00PM Walk & Talk 7:00PM Music Guild: 1776	<i>Cancer survivor</i>
15 CAMP HOPE	16 CAMP HOPE	17 CAMP HOPE	18 CAMP HOPE	19 CAMP HOPE
			8:15-8:45AM Walk for Hope 12:00-1:00PM 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	10:30-11:00AM Walk for Hope 3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Steel Plow 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Strength & Balance Class	5:30-6:00PM Coffee & Canines 6:00-7:30PM Living with Loss	
1:00-3:00PM Creative Session: Stepping Stones at Isabel Bloom Studio	11:00-12:00PM Clinton Support Group		12:00PM Walk & Talk	
22	23	24	25	26
		4:00-5:00PM Welcome Meeting	8:15-8:45AM Walk for Hope 12:00-1:00PM Connecting Through Cancer	<i>hello SUMMER</i>
1:00-1:45PM Chair Yoga 5:30-6:30PM Book Club	10:30-11:00AM Walk for Hope 3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Welcome Meeting 4:30-5:30PM Group Dinner - Cafe Express 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club - Moments of Magic	10:30-11:15AM Cancer Exercise Class 11:30AM-12:30PM Legacy Stone Painting		
2:30-3:30PM Sound Bath at Illuminate Healing Studio	12:00-12:30PM Mindfulness Meditation 7:00-8:30PM Young Adult Game Night		12:00PM Walk & Talk	
29	30			
11:00AM-1:00PM Gilda's 80 th Birthday Party	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Estes Construction 5:30-6:30PM Music Therapy Night 5:30-6:30PM Kids Club			

Together, Our Community is Stronger Than Cancer

June is National Cancer Survivor Month and we invite you to join us to help raise awareness and funds to support our no charge programs and services. We wanted to share this with you now so if you have a desire to support us for a peer to peer fundraiser you can get started now! *Regardless of whether or not you choose to participate our programs and services will always remain at no cost to you.*

How You Can Get Involved!

There are so many ways to participate and show that our community is stronger than cancer! Here are just a few ideas:

Share your story of hope—tell friends and family how Cancer Support Community has helped you and start a Facebook fundraiser or a fundraiser through our online giving platform. Need help? Our team is happy to assist email events@csciowaillinois.org to get started.



Host a yard sale, bake sale, or lemonade stand—turn your talents and treasures into support for others facing cancer simply by donating proceeds from something you may already be doing.

Shop giveback promotions—like at Necker's Jewelers or The Blackhawk Hotel brunch givebacks, where a portion of your purchase helps our mission.

Plan ahead for the future using our Freewill tool

Your legacy planning today, can provide hope to the cancer survivors of tomorrow.

Consider including us in your will, memorial gifts, or estate plan to ensure that we can continue offering essential support to those in need. You can now create a will at no charge thanks to our Partnership with Freewill, simply scan the qr code to get started or visit csciowaillinois.org/individuals to get started. *Having issues? Give us a call (563) 326-7504*



Your thoughtful gift can transform the lives of cancer patients and their families for future generations.



Partners in Purpose:
Community Is
Stronger Than
Cancer Day 06.28



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

Return Service Requested

JULY 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

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



**July is Sarcoma and
Bone Cancer
Awareness Month! It
is also UV safety
month!**

HOW TO GET STARTED:

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

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

Give Every Month and Make an Impact

Many people assume that making a difference requires a large donation, but some of the most meaningful support comes from small acts of generosity.

At Cancer Support Community, all of our programs and services are provided free of charge, thanks to the generosity of individuals, businesses, foundations, and community partners who believe no one should face cancer alone.

For those who have found comfort, connection, or support through our community and are looking for a way to give back, our Give Every Month program offers a simple option. Whether it's \$3, \$5, or another amount that fits your budget, every monthly gift helps ensure that these services remain available for anyone who needs them.

Giving is never expected, but for those who wish to pay it forward, a monthly gift is a meaningful way to help others find the same support, hope, and community that have meant so much to so many.



Scan to
Make a
Monthly Gift

UPCOMING FUNDRAISING EVENTS:

Mississippi Valley Dragon Boat Festival | Saturday, September 19th | West Lake
Be part of the excitement at our second annual Dragon Boat Festival! Create a team with friends, family, or colleagues and experience the thrill of racing together on the water. No experience is needed as each boat will have an experienced Dragon Boater guiding them through each race. Not ready to paddle? Come support the teams and enjoy a day of community fun- or volunteer! Teams can fundraise to cover their entry fee while supporting an important cause. Stop in and ask us how to get started!

Save the Date for our 2026 Events

Diamonds & Divas | October 1st | Waterfront Convention Center

Blessing Tree | December 1st | Be The Light Park

July Youth & Family Programs

Upcoming Youth & Family Activities

Family Event: Stay-Cation: Who says you need a plane ticket to have a blast? Join us for a morning of free, family friendly fun! We're hosting a "Stay-Cation" themed event to help families impacted by cancer connect and make memories. The itinerary for this stay-cation includes: brunch, ukulele class (11-12pm), therapy dogs, & character visit from the University of Iowa's Moment of Magic team. They come dressed as beloved characters from popular kids movies!

Families are encouraged to participate together, but individuals are also welcome. The definition of "family" is different for everyone, and you're welcome to bring anyone you consider family. All ages are welcome. RSVP for every person in your family who plans to attend.

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 Regularly Scheduled 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 52807

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.

Educational Workshops

Need Extra Care? Understand Your Options Caregiving Panel:

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!

Featured Speakers: Representatives will be present from Friendship Manor, Beacon of Hope Hospice, Angel's Care Home Health, and Visiting Angels Home Care

Introduction to Cancer Biology:

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.

Featured Speaker: Russ Dunn, holds a Bachelor of Science in Chemistry and a Master of Science in Molecular Biology.

July Special Programs

Quad City Music Guild Presents: The Spongebob Musical: When the citizens of Bikini Bottom discover that a volcano will soon erupt and destroy their humble home, SpongeBob and his friends must come together to save the fate of their undersea world. With lives hanging in the balance and all hope lost, a most unexpected hero rises up. The power of optimism really can save the world!

The SpongeBob Musical is based on the beloved animated series created by Stephen Hillenburg and features a book by Kyle Jarrow, with original songs by Yolanda Adams, Steven Tyler and Joe Perry of Aerosmith, Sara Bareilles, Jonathan Coulton, Alexander Ebert of Edward Sharpe & The Magnetic Zeros, The Flaming Lips, Lady A, Cyndi Lauper, John Legend, Panic! At the Disco, Plain White T's, They Might Be Giants and T.I., and songs by David Bowie, Tom Kenny and Andy Paley. Additional lyrics are by Jonathan Coulton, with additional music by Tom Kitt. The musical production was conceived by Tina Landau. Rating: PG

Creative Session: Wired Art: Join local artist Dana Olson to make wire butterflies and dragonflies. No experience needed. All materials are provided.

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.

July 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE/VIRTUAL

MON	TUE	WED	THU	FRI
		1	2	3
		3:00-4:00PM Moline Walking Club	12:00-1:00PM Connecting Through Cancer 6:00-7:30PM Living with Loss	 Closed for 4 th of July
		10:30-11:15AM Balanced Being Class		
6	7	8	9	10
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 - Grinders 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club	12:00-1:00PM Welcome Meeting 3:00-4:00PM Moline Walking Club 10:30-11:30AM Cancer Exercise Class 11:30AM-1:00PM Therapeutic Art	12:00-1:00PM Connecting Through Cancer 5:30-6:30PM Post-Treatment Connect	11:00AM-12:00PM Spice Club
				11 (SATURDAY)
			12:00-1:00PM Walk & Talk 7:00PM Quad City Music Guild Presents: The SpongeBob Musical	10:00-12:00PM Family Event: Stay-Cation
13	14	15	16	17
5:30-6:30PM Need Extra Care? Understand Your Options Caregiver Panel		3:00-4:00PM Moline Walking Club	12:00-1:00PM Connecting Through Cancer 1:00-1:30PM Coffee & Canines 6:00-8:00PM Prostate Cancer Group	
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 & Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Strength & Balance Class	5:30-6:30PM Coffee & Canines 6:00-7:30PM Living with Loss	
			12:00-1:00PM Walk & Talk	
20	21	22	23	24
1:00-1:45PM Chair Yoga 6:00-8:00PM Creative Session: Wired Art	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 & Family Group 5:30-7:00PM Kids Club 5:30-7:00PM Teen/Tween Art Connect	3:00-4:00PM Moline Walking Club 4:00-5:00PM Welcome Meeting 10:30-11:15AM Cancer Exercise Class	12:00-1:00PM Connecting Through Cancer	
	11:00AM-12:00PM Clinton: Support Group		12:00-1:00PM Walk & Talk	
27	28	29	30	31
1:00-1:45PM Chair Yoga 5:30-7:00PM Introduction to Cancer Biology 5:30PM Book Club	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Cafe Express 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club	3:00-4:00PM Moline Walking Club	12:00-1:00PM Connecting Through Cancer	10:00-10:45AM Moline Chair Yoga
2:30-3:30PM Sound Bath at Illuminate Healing Studio	12:00-12:30PM Mindfulness Meditation		12:00-1:00PM Walk & Talk	