



**GILDA'S
CLUB
QUAD CITIES**
An Affiliate of the
CANCER SUPPORT COMMUNITY

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

Return Service Requested

MARCH 2024 ACTIVITY CALENDAR



*View calendar online
at gildasclubqc.org*

Gilda's Club Quad Cities uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

Gilda's Club Quad Cities provides support, education and hope to all people impacted by cancer offered at no cost. 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 impacted by cancer.

Davenport Clubhouse

Gilda's Club Quad Cities

1351 West Central Park Avenue, Suite 200

Davenport, IA 52804

Monday - Thursday 8:00 AM - 5:00 PM

Fridays by appointment only, Saturday/Sunday—Closed

Moline Clubhouse

Gilda's Club Quad Cities

600 John Deere Road

Moline, IL 61265

Monday thru Thursday 10:00 AM - 5:00 PM

Fridays by appointment only, Saturday/Sunday—Closed

Clinton Office Hours:

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



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**March is Colon Cancer,
Kidney Cancer and
Multiple Myeloma
Cancer Awareness
Month!**

Non-Profit Org.
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Permit No.
3217

March Special Programs & Events


Bladder Health For All Ages: Did you ever wonder how many times you should urinate in a day, how much fluid do you really need and what are Kegel exercises anyway? Join us for this workshop to learn more!

Beth Shelly DPT is a physical therapist specialized in Pelvic therapy with over 30 years of experience. She lectures internationally and has multiple publications. Beth has a private practice in Moline.

Pre-Need Funeral Planning: Join Trimble Funeral Home for a workshop about pre-need funeral planning. Funeral planning may not be a fun topic, but planning funerals ahead of needing one can provide much-needed peace of mind in a difficult time and can be a gift to a family member who would need to plan a funeral. Trimble will talk about various funeral service options, cremation options, etc.

CREATIVE SESSION: Creative Session: Light of the Word/World to Come – A Writing Workshop for Anyone: In times when we feel farther/further away from ourselves than usual, writing can be a terrific way to return to ourselves and to the world. This workshop will look at some writing tools and techniques we can use to help us find more light, both in the world and in ourselves. We will read and discuss a few short texts, and then do some writing of our own jumping off those texts and some fun writing prompts. Open to anyone, regardless of writing experience.

Luck & Laughter Board Game Day and Grown Up Game Night: Join Gilda's staff for a fun session of board games. This month we'll focus on party games like Apples to Apples, Snake Oil, etc.

 **Family Easter Egg Hunt:** Bring the whole family to Gilda's Club for a clubhouse-wide egg hunt for a hopping good time. This event will also feature a craft for all ages, games, and a group of therapy dogs to help sniff out those eggs!

Buzzer Beaters & Bad Hair Days: Get Styled for Men's Health @ TMBC Lincoln Center Gymnasium: Join us for a health fair and education focusing on men's health! There will be health screening tables staffed with healthcare workers on diabetes, colon screening, lung screening, blood pressures, and prostate education. Food will be provided.

Colorectal Education Workshops: Free, one-hour Educational Workshop. Join us as we share colon cancer risks, the importance of early screening and how a simple at-home test can save your life. Take home a free kit that day. Join us at the following times: Monday, March 11th: Davenport Public Library; 321 N Main St, Davenport, IA 52801 Wednesday, March 13th: Muscatine Musser Library (Room #104); 408 E 2nd Street, Muscatine, IA 52761

NEW TIME: Slow Flow Evening Yoga and Wind-Down Meditation: Yoga will now be held on Wednesdays at 4:30-5:30 and meditation will be held on Wednesdays 5:30-6:00!

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 email gc@gildasclubqc.org to start the process and complete a Participant Form. Process can also be started online: gildasclubqc.org/start
- 2 Attend a Welcome Meeting and complete the CancerSupportSource™ (CSS) on site or online.
- 3 Join us for any support group, program, or activity!

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

Pre-Registration: Please register for activities you want to attend and cancel if you change your mind. Activities may be cancelled if we do not have enough people signed up, so please call ahead of time if you have not reserved a spot.

When you (or your kids) are sick: Please be considerate and stay home until you feel better when you have a contagious cold or flu, as this puts those with compromised immune systems at risk.

Weather: If the weather is bad, please call ahead of time or check our Facebook page to see if the scheduled activity is still being held. Generally, we will follow suit with the community schools.

Open to Options

Are you are facing a cancer treatment decision? Open to Options™ helps you identify important questions about your treatment options based upon your personal needs. Available at no cost, this service will help you to better prepare for your upcoming appointment. Open to Options is a cancer treatment decision-making program. If you have to make a decision regarding your treatment, you can sit down with one of our trained social workers and go over your situation, options, and goals. You will leave the session with a list of questions to bring to your next doctor's appointment. Call us at 563-326-7504 to schedule your free appointment.

Wig Resources

We are excited to offer wig resources at both our Davenport & Moline Clubhouses! Call us to schedule a time to pick out a FREE wig. In Davenport and Moline, peruse our selection of donated wigs and take home the wig(s) that you love for no cost.

FUNDRAISING CORNER

All dollars raised stays right here in the Quad City community.

PROGRAM SUPPORT

Shop our Amazon Wishlist for needed items!

Help us celebrate 25 years of serving the Quad Cities community by helping us check some items off of our wish list. Many of the items on the list are either needed for the Clubhouse or for operation purposes.



Amazon
Wishlist

Sponsor a Group Dinner!

Weekly, we offer our participants dinner at our Davenport Clubhouse before Tuesday evening support groups. Tuesday night we host our Connecting through Cancer and Friends and Family Groups all while our Noogie Nights/Teen Time is happening. Providing dinner is one way to alleviate some of the stress our participants experience while navigating their cancer journey.

Typically we feed around 25 individuals. Donations can be prepared ahead of time with option to serve, a donation of ingredients for volunteers to prepare, or even a monetary donation designated to funding a dinner. A meal donation can be to honor or celebrate a loved one.

UPCOMING FUNDRAISING EVENTS:

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

April 6th | 6PM | Rhythm City

Join us at our signature event and a night to honor Gilda Radner, original cast member on Saturday Night Live who understood that laughter is the best medicine, and the inspiration behind Gilda's Club.

Josh Blue performs over 200 shows a year and is selling out shows across the country, continuing to spread laughter and break down stereotypes of people with disabilities. His stand-up routine is in a constant state of evolution! Your ticket includes heavy hors d'oeuvres, cash bar, comedy show and live music.

Visit Gildasclubqc.org/live to purchase tickets!

Golf Fore Gilda's

May 3 | 8AM | Palmer Golf Course

Our golf outing is getting an overhaul with a new location, new experiences and interactive fun at each hole. Best ball format, golf cart, beverage cart, swag bag, prizes for overall winner and hole contests and a luncheon to follow with burgers on the grill with delicious sides, awards, and more fun!!

Visit Gildasclubqc.org/golf to register.

Save the Dates for 2024 :

June 29th- Run for Hope in the Village of Coal Valley

Sept 21- Save the Date...NEW FUN event coming your way!



Support Groups

Please attend a Welcome Meeting before attending a support group.

Connecting Through Cancer: Weekly support groups for adults w/ any type of cancer diagnosis.

Friends and Family Support Group: Weekly support group for family and friends of those w/ any type of cancer diagnosis.

Gynecological Cancer Group: Monthly support group and networking for those diagnosed w/ gynecological cancers.

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

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

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

Breast Cancer Group: Monthly support group and networking for those diagnosed w/ breast cancer.



Healthy Lifestyle Activities

Walk and Talk: Join Sharon and Lindsay for some walking and talking at various locations around the QCA. This month, the group will meet at Vanderveer Park. Please meet in front of the Botanical Center and start their walk from there. This is a participant-led program.

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

Artful Adventures : Coloring, painting, drawing, and creating anything! We provide the supplies and will have a small craft or activity with instructions as well if you need an idea to get you started!

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

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

Slow Flow Evening Yoga: Join Ayla with Living Yoga for a relaxing yoga session. We will move through a series of gentle yoga poses to help you relax and release tension. No experience required. All equipment provided.

Wind-Down Meditation: Join Ayla with Living Yoga for a relaxing session of meditation. Stay after yoga or come just for meditation. We can't imagine a more relaxing end to the day!



Social Events

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

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

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

Puzzle Party: Come into either of our Clubhouses during our daytime hours and work on a jigsaw puzzle! We have puzzles setup at both locations!

Group Dinners: Dinner will be available at our Davenport Clubhouse before Tuesday evening groups and Noogieland/Teen Time. If you're coming to group, save your energy and time by joining us for dinner first! Please RSVP at least a day in advance!



Kids & Teens

Noogie Nights: Supervised play for our youngest participants, ages 4-12. Play games, make crafts, and hang out with other kids and our wonderful Noogieland volunteers.

Teen Time: A time for participants age 13-17 to hang out together. Our teen space features a pool table, instruments, ping pong, video games, board games, etc.

March 2024

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
				1
<div>   </div> <div> <p>Please remember to RSVP to all programs, even ongoing support groups! You RSVP at gildsaclubqc.org/calendar, or by calling 563-326-7504.</p> </div>				10:30AM Coffee & Conversations
4	5	6	7	8
1:00-1:45PM Chair Yoga	5-5:30PM Welcome Meeting 5-6PM Group Dinner (Sponsored by the Vidmar family) 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group 6-7:30PM Noogie Nights + Teen Time	6-7:30PM Connecting Through Cancer 4:30-5:30PM Slow Flow Evening Yoga 5:30-6:00PM Wind-Down Meditation	6-7:30PM Living with Loss	10:30AM Artful Adventures
		NEW	10AM Walk & Talk @ Vanderveer	
11	12	13	14	15
EDUCATION 6-7PM Bladder Health For All Ages		12:00-1:30PM Luck and Laughter Board Game Day 5-5:30PM Welcome Meeting 6-7:30PM Connecting Through Cancer	6-7:30PM Gynecological Cancer Group	
Did you know that we offer educational workshops the 2nd & 4th Monday of every month!!	5-6PM Group Dinner 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group 6-7:30PM Noogie Nights + Teen Time	4:30-5:30PM Slow Flow Evening Yoga 5:30-6:00PM Wind-Down Meditation		10:30AM Cooking & Conversations: Irish Soda Bread
6:00-7:00PM Colorectal Cancer Workshop		12:00-1:00PM Colorectal Cancer Workshop	10AM Walk & Talk @ Vanderveer	
18	19	20	21	22
6:00-8:00PM Creative Session: Light of the Word/World to Come – A Writing Workshop for Anyone		5:30-6:00PM Coffee & Canines 6-7:30PM Connecting Through Cancer	6-8PM Prostate Cancer Group, Speaker Tracy Cameron with Zero Cancer	
1:00-1:45PM Chair Yoga	4:00PM Quilting Club 5-5:30PM Welcome Meeting 5-6PM Group Dinner (provided by Steel Plow) 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group 6-7:30PM Noogie Nights + Teen Time	4:30-5:30PM Slow Flow Evening Yoga 5:30-6:00PM Wind-Down Meditation	6-7:30PM Living with Loss	10:30AM Artful Adventures
4:00-4:30PM Virtual Welcome Meeting	12:30-1PM Clinton: Welcome Meeting 1-2:30PM Clinton: Support Group		10AM Walk & Talk @ Vanderveer	23 (Saturday) 10AM-12PM Family Easter Egg Hunt!
25	26	27	28	29
		5-5:30PM Welcome Meeting 6-7:30PM Connecting Through Cancer		
1:00-1:45PM Chair Yoga 5:00-6:00PM Book Club 5:30-6:30PM Pre-Need Funeral Planning	5-6PM Group Dinner (provided by Café Express) 6-7:30PM Connecting Through Cancer 6-7:30PM Friends & Family Group 6-7:30PM Noogie Nights + Teen Time	4:30-5:30PM Slow Flow Evening Yoga 5:30-6:00PM Wind-Down Meditation	12:00-1:30PM: Volunteer Orientation 6-7:30PM Breast Cancer Group 6-7:30PM Grown Up Game Night	10:30AM Coffee & Conversations
		12:00-12:30PM Virtual Welcome Meeting	10AM Walk & Talk @ Vanderveer	