

Return Service Requested

OCTOBER

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



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

**October is
breast cancer
awareness
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 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-cost programs are made possible by generous partners, donors, and grant funders. Every dollar raised stays local, helping us provide essential support to those impacted by cancer.

A warm meal. A place to breathe. A place to belong

For the past two and a half years, Jackie and her family have made an 80-mile round trip every three weeks for her husband's cancer treatments. Long appointments can mean six or seven hours at the hospital, sometimes with their 14-year old son along for the day.

One treatment day, money was tight and Jackie and her son arrived without anything to eat. They turned to Gilda's Club, where staff warmed up a freezer meal for them. Together, they sat down to a warm bowl of goulash.

It may have seemed like a small thing, but to Jackie, it meant one less thing to worry about on an already difficult day. "Gilda's has always been there for us. Here, it's like we're family."

Your support makes moments like this possible. It provides meals, comfort and a welcoming place for families to step away from the hospital and feel a little less alone.

A special thank you to Jackie and her family for sharing their story and kind words. We're grateful to be part of their journey. ❤️



Want to help provide meals for families like Jackie's?

Scan the QR code to make a donation. Your support helps ensure families impacted by cancer have access to a warm meal when they need it most. ❤️



UPCOMING FUNDRAISING EVENTS:

PAINT THE TOWN PINK THIS OCTOBER! ❤️



All October long, local businesses and first responders are helping us Paint the Town Pink in support of Breast Cancer Awareness Month and Cancer Support Community!

Be sure to support Moline Police Department, Brick & Motor, Coal Valley Police Department, Silvis Police Department, Colona Fire Department, and Raygun who are creating special Breast Cancer Awareness shirts to help give back.

And mark your calendar for October 13th! Bad Boyz Pizza is hosting a fundraiser at both the Moline and Utica Ridge Locations. Order food, purchase merchandise or gift cards, and simply mention Cancer Support Community - 20% of the days sales will be donated back to us!



Want to purchase a shirt and support the cause? 🎀

Keep an eye on our Facebook page for details and instructions on how to purchase from participating businesses and organizations!

Email ashley@csciowaillinois.org for more information about our fundraising events

Save the Date for our 2026 Events

Blessing Tree | December 1st | Be The Light Park

October Youth & Family Programs

Special Programs for Children & Teens

Family Event: Pumpkin Carving: Join us in Moline for pumpkin carving (or painting, if you prefer) and dinner! Bring the whole family! We understand that "family" looks different for everyone and welcome anyone you would consider to be part of your family. Kids and teens are welcome to bring a friend.

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

Special Healthy Lifestyle Activities

Creative Session: Bringing Colors To Life: No prior art experience is necessary, only an open mind and a willingness to have fun. Use a reference, an object or photograph, to paint. A photo of sunflowers, sailboat or beach scene etc. The session is designed to offer a relaxing environment where participants can be artistic and have some fun.

Off the Hook: Knit, Crochet, & Sew Social: Join other yarn enthusiasts to socialize while you work. Bring your projects and share tips and tricks! No supplies or formal instruction provided, please bring your own materials.

Yin Yoga: In Yin Yoga we will remain in the poses longer than in a typical yoga class, but in a less strenuous position. By lingering in relative stillness in the poses:

- Nurture the deep tissues of our bodies including the fascia. By reaching the fascia you will bring oxygen & nutrients to the body, as well as release toxins that have been stored. In turn, this helps to support our immune system
- Stimulate the flow of energy (chi) through acupressure & actively stress and stimulate your bones, creating stronger bones

Let's Dance: This dance class is design for everyone to have fun and learn a new dance like the Cupid Shuffle and more. No dance experience required.

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.

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.

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

Sound Bath: Sound baths are an immersive auditory experience that promote relaxation and sound healing. Come experience one!

Educational Workshops

The Hidden Weight of Cancer: Emotional Health and Survivorship: This workshop will be about the impacts of cancer and survivorship on mental and emotional health. We will focus on ways to cope with distress, encourage positive healing, and the different ways in which cancer affects the emotional health of individuals.

Featured Speaker: Emma Nelson, Program Manager for NAMI Greater Mississippi Valley

Cooking With Heart For Cancer: This series of cooking classes is an interactive experience relaying the components of a flavorful cancer prevention eating pattern. The class is offered for four weeks at no charge and is targeted to those who have been touched by cancer: survivors, caregivers and loved ones. Dishes emphasize how nutrition can help reduce the risk of cancer or recurrence. Participants learn 8+ dishes and the steps to prepare the. Each class is an hour long with two dishes demonstrated (one dish taking less than 15 minutes to prepare).

The class takes into consideration limited financial means and time, and little to no experience cooking. This series is held at Trinity Heart Center, 2701 17th Street, Rock Island, IL 61201. RSVP required at the QR code!



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.

NEW! Chess Club: Learn, connect, and enjoy a friendly game of chess. All levels welcome.

October Special Programs

VIRTUAL: Let's Talk About It: Who Am I Now? Finding Your Identity After Cancer: A cancer diagnosis—and the whirlwind of treatment—can turn life upside down, leaving you questioning: Who am I now? Can I return to my old goals? What truly matters to me? These shifts in identity and purpose are common among survivors, yet grieving what's changed while embracing new possibilities can feel daunting. How do you rebuild when it feels uncertain—or even scary—to dream again? Join us on Thursday October 15th, as we unpack these questions, support one another, and explore small yet meaningful steps to help you regain your sense of self. Let's Talk About It.

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



NOOGIEFEST

NoogieFest is family-friendly event, free, and open to the whole community! Head to Gilda's Club Davenport for indoor trick or treating, snacks, raffles, entertainment, therapy dogs and more! Costumes are highly encouraged! Children must be accompanied by an adult.

Questions about the event, contact:
program@csciovaillinois.org or (563)-326-7504.



Program Highlights

Cancer Transition Full Day Retreat in Davenport - Friday, November 6th

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!*

October 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
			1	2
 CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB Quad City Symphony Orchestra 10/3 & 10/4: Symphonie Fantastique 10/24: Disney's The Lion King			12:00-1:00 Connecting Through Cancer 1:00-2:00 Off the Hook 6:00-7:30 Living with Loss 10:00-11:30 Cooking with Heart for Cancer	Clubhouses CLOSED
5	6	7	8	9
1:00-1:45 Chair Yoga	3:00-4:30 Connecting Through Cancer 4:30-5:30 Group Dinner - Breakfast 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club	10:30-11:15 Balanced Being Class	12:00-1:00 Connecting Through Cancer 1:00-2:00 Off the Hook 5:30-6:30 Post-Treatment Connect	
			12:00 Walk & Talk	
12	13	14	15	16
6:30-7:30 Teen Yoga Fairmont Library		3:00-4:00 Moline Walking Club Kate	12:00-1:00 Connecting Through Cancer 1:00-1:30 Coffee & Canines 1:00-2:00 Off the Hook 6:00-8:00 Prostate Group	
12:00-12:45 Let's Dance 1:00-1:45 Chair Yoga	3:00-4:30 Connecting Through Cancer 4:30-5:30 Welcome Meeting 4:30-5:30 Group Dinner - Taco Bar 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club	10:30-11:15 Cancer Exercise Class 11:30-1:00 Therapeutic Art Club 2:00-3:00 Chess Club	5:30-6:00 Coffee & Canines 6:00-7:30 Living with Loss	11:00-12:00 Spice Club
			12:00 Walk & Talk 12:00-1:30 Let's Talk About It: Who Am I Now? Finding Your Identity After Cancer	17 SATURDAY 3:00-5:00 NOOGIEFEST 
19	20	21	22	23
6:00-8:00 Creative Session: Bringing Colors To Life - Acrylics			12:00-1:00 Connecting Through Cancer 1:00-2:00 Off the Hook	
	3:00-4:30 Connecting Through Cancer 4:30-5:30 Welcome Meeting 4:30-5:30 Group Dinner - Steel Plow 5:30-7:00 Connecting Through Cancer 5:30-7:00 Friends and Family Group 5:30-7:00 Kids Club Tween/Teen Art	10:30-11:15 Yin Yoga		
	11:00-12:00 Clinton Support Group		12:00 Walk & Talk	
26	27	28	29	30
		4:00-5:00 Welcome Meeting 3:00-4:00 Moline Walking Club	12:00-1:00 Connecting Through Cancer 1:00-2:00 Off the Hook 5:30-7:00 Family Event: Pumpkin Carving	10:00-10:45 Moline Chair Yoga
1:00-1:45 Chair Yoga 2:00-3:00 Chess Club 2:30-3:30 Sound Bath 5:30-6:30 Davenport Education: The Hidden Weight of Cancer: Emotional Health and Survivorship	3:00-4:30 Connecting Through Cancer 4:30-5:30 Dinner - Cafe Express 5:30-7:00 Connecting Through Cancer 5:30-7:00 Kids' Club 5:30-7:00 Friends & Family 5:30-6:30 Book Club	10:30-11:15 Cancer Exercise Class		HAPPY HALLOWEEN 
	12:00-12:30 Mindfulness Meditation 7:00-8:30 YA Game Night (CSCLA)		12:00 Walk & Talk	