

Return Service Requested

MAY 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.

NEW HOURS: Gilda's Club Davenport

1351 West Central Park Avenue, Suite 200

Davenport, IA 52804

Mondays, Tuesdays, and Thursdays 8:00 AM - 4:00 PM

Tuesdays 8:00 AM - 6:00 PM

Fridays 8:00AM - 12:00PM

Saturday/Sunday—Closed

NEW HOURS: 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 Radiation Oncology
Center 1410 N 4th St, Clinton, IA 52732



**May is Brain Cancer,
Bladder Cancer, and
Melanoma & Skin
Cancer Awareness
Month!**

May Educational Workshops

Offered In-Person and Virtually

Inflammation, Diet, and Cancer: You might be wondering what does inflammation have to do with cancer? Chronic inflammation is associated with damage to our body's cells and cancer risk. The good news is that our food choices can help tip the scales and reduce inflammation. Learn what food choices matter and strategies to integrate them into your lifestyle.

Featured Speaker: Lori Bumbaco, MS, RDN, CSO, LDN. Lori is a Board Certified Specialist in Oncology Nutrition for over 20 years. Currently, she works in medical oncology, non-profit wellness, and private practice to assist clients and caregivers through nutrition care planning to optimize their outcomes.

****Please note, Lori will be joining us virtually but you are welcome to join us in the Clubhouse for a watchparty.**

This program is also made possible by the Iowa Cancer Consortium & the Iowa Department of Health and Human Services. We acknowledge the Centers for Disease Control and Prevention, for its support of the (IA) staff, and the printing and distribution of the monograph under cooperative agreement NU58DP07103 awarded to (IA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. You can learn more about the Consortium by visiting: <http://www.canceriowa.org>

Other Special Programs & Events

Reclaim Your Strength: Cancer Survivor 6-Week Balance, Strength, & Wellness Series: This 6-week program is designed for cancer survivors seeking to improve their balance, build strength, and achieve personal health goals. Through targeted exercises and supportive guidance, you'll enhance your physical function, boost your energy levels, and cultivate a sense of well-being. Join us to take positive steps towards a healthier, more active life after cancer. Limited to the first 6 registrants. A 15 minute evaluation will be required before April 25th with Cancer Exercise Specialist Ashley Baxter

Qigong for Well-Being: Join us for a beginners qigong class. Participant's will be guided through a practice to activate, strengthen, and build their wellbeing in body, mind, and spirit.

Family Event: Drum Circle: Family members of all ages are welcome to participate in group drumming and music-making where everyone is able to participate at their own level. Engage in music games, free play, movement, and more under the guidance of a board certified music therapist.

Kid + Caregiver Support: This is a 4 week series that focuses on cancer education, identifying emotions, and coping skills. This program is open to kids impacted by cancer (ages 6-12) and their caregiver(s).

Creative Session: Caricature Drawing: We'll discover how to use line, shape, and space to begin drawing caricatures of a famous person, a family member, or even ourselves. Bill will share stories and address questions about his career as a caricature artist and show works from his portfolio.

Vibrant Voices Workshop: Cancer Stories of Struggle, Strength & Spirit: Lead by volunteer, Anthony, participants will contribute their stories to a community newsletter dedicated to sharing the real and resilient stories of those walking the cancer journey—both those currently in treatment and those who have emerged on the other side. Through personal narratives, poetry, humor, and heartfelt advice, "Vibrant Voices" wishes to create a tapestry of shared experiences that comfort, inspire, and connect us all. Join this workshop to tell your story!

Blind Date with a Book: To welcome in National Cancer Survivorship Day on June 1st, drop into one of our clubhouses anytime on the last week of May (5/27-5/30) to pick up a Blind Date with a Book. Don't judge a book by its cover! Books have been wrapped so you cannot see the cover or description. Books will come with some vague information, like genre.

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.

Applications Still Open! Camp Hope! June 15-20 @ Camp Shalom

Camp Hope offers kids affected by cancer a free overnight week of fun at Camp Shalom in Maquoketa, IA. Thanks to MercyOne Genesis Davenport Cancer and the MercyOne Genesis Foundation, kids entering 4th-9th grade can enjoy activities like archery and swimming, connect with others facing similar challenges, and participate in cancer support groups led by CSC at Gilda's Club staff. They'll also tour the MercyOne Genesis Davenport Cancer Center, meeting doctors and learning about treatment. *Spots are limited and priority given to 1st time campers and those most recently impacted.*

Contact program@csciowaillinois.org or (563) 326-7504 with questions. Applications are due by May 16th. Families will be notified of their camp acceptance the week of May 20th.



IMPORTANT: Please look at ALL groups you plan to attend. We have made a LOT of changes recently. Davenport Friends & Family Group is now 2x per month. **ALL** Connecting Through Cancer, Friends & Family, and Breast/Gynecological Group are now 60 minutes instead of 90 minutes. Look at your start and end times!

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.



Join our Gilda's Gang Ambassador Program!

June 28 is Community is Stronger than Cancer Day—and Gilda Radner's birthday. Join us this May and June by starting a personal fundraiser for Cancer Support Community at Gilda's Club.

This May and June, honor Gilda's birthday on June 28 by fundraising for our free services. Whether you raise \$5 or \$500, every dollar makes an impact. Fundraise your way: tell your story, mow lawns, host a dinner party, donate your birthday, or get creative! Contact Lexi at lexi@csciowaillinois.org for fundraising toolkit. Together, community is stronger than cancer.

UPCOMING FUNDRAISING EVENTS:

Golf Fore Gilda's

May 2nd 2025 | Palmer Hills Golf Course, Bettendorf, IA

Join us at Palmer Hills, to enjoy a 18 hole golf outing to support those in our community that are living with cancer. 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 csciowaillinois.org/golf to purchase tickets!

Run for Hope 5K and 1 Mile

June 28th | The Rock, Coal Valley, IL

5K race and 1 mile Fun Run runs through the scenic neighborhoods of Coal Valley and is about honoring and celebrating everyone in our community that is impacted by cancer. Bring the whole family, neighborhood friends, or a group of co-workers. There is even a spot for your pup. Visit csciowaillinois.org/run to register!

NEW: Mississippi Valley Dragon Boat Festival

September 20th | West Lake, Davenport, IA

The Dragon Boat Festival will feature thrilling dragon boat races, delicious food and refreshments, live entertainment, and plenty of family-friendly activities. It's an opportunity for our community to come together, honor loved ones, and celebrate life.

Visit csciowaillinois.org/dragon to register!

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.

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.

Advanced Cancer Support Group: This support group offers a space for individuals facing the unique challenges of living with advanced cancer. We understand that this stage of a cancer journey brings its own set of emotional, physical, and practical considerations. This group is designed to provide mutual support, shared experiences, and practical information to help participants navigate this complex landscape. The group will meet 2x/month, once in Davenport, and the other in Moline.

Parents of Kids with Cancer: Caregiving for a child with cancer is a unique and often isolating experience. This hybrid group takes place on the 2nd Thursday of the month and 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.

Breast and Gynecological Cancer Support Group: Monthly support group and networking for those diagnosed or in survivorship. Sponsored by MercyOne Genesis Davenport Cancer Center. Offered in-person.

Healthy Lifestyle Activities

Walk and Talk: Join others for walking & talking. In May, we will walk at Sylvan Island. Venue has a dirt path, so you may want to wear hiking or trail shoes. Sharon will wear a Gilda's Club shirt. Participants may choose to wear a color in recognition of Brain Cancer (gray) and/or Bladder Cancer Awareness (yellow, blue or purple). All abilities welcome!

Walking Club: Join volunteer Aimee for a walk around the pond behind our Moline Clubhouse! Meet inside the Clubhouse.

Crochet & Knitting Club: Join other yarn enthusiasts to visit while you work. Bring projects and share tips! Beginner crochet help available. This is participant-led.

Slow Flow Yoga: Join staff from 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. **Now 2x/Month.**

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.

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

NEW: Additional Chair Yoga session added once per month in Moline!

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.

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

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! **May dinners are sponsored by Centennial Home Improvement, LLC, Steel Plow, Cafe Express, and Shannon Lane.**

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.

Teen Time: This program is on pause due to low attendance. If you have a teen interested in receiving support, please complete the survey linked in the QR code to provide feedback on your teen's interest.



May 2025

LOCATION KEY: **HYBRID**



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI	SAT		
			1	2	3		
 <p>CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB</p>			<p>NEW OPEN HOURS: Gilda's Club Davenport now open Mon, Wed, & Thurs 8am-4pm, Tuesdays 8am-6pm and Fri 8am-12pm. Gilda's Club Moline now open Mon-Thurs 9am-4pm, Fri Closed.</p>		<p>6-7:30PM Living with Loss Group</p> <p>9:15-10AM Reclaim Your Strength: Cancer Survivor 6-Week Balance, Strength, & Wellness Series Week 1</p> <p>11AM-12PM Walk & Talk</p>	<p>Clubhouses Closed for Golf For Gilda's</p>	<p>9:00-10:00 Slow Flow Yoga</p>
5	6	7	8	9	10		
<p>1:00-1:45PM Chair Yoga</p> <p>2:00-4:00PM Vibrant Voices Workshop: Cancer Stories of Struggle, Strength & Spirit</p>	<p>4-5PM Connecting Group</p> <p>5-5:30PM Welcome Meeting 5-6PM Group Dinner</p> <p>6-7PM Connecting Group + Friends & Family Group</p> <p>6-7PM Kids Club</p>	<p>6-7PM Connecting Group</p> <p>4-5 Kid + Caregiver Support</p>	<p>5:00PM Crochet & Knitting Club</p> <p>9:15-10AM Reclaim Your Strength Wk 2</p> <p>10:30-11:30AM Qigong for Well-Being</p> <p>6-7PM Parents of Kids with Cancer Support Group</p> <p>11AM-12PM Walk & Talk</p>	<p>11:30-12:30 Spice Club</p>			
12	13	14	15	16	17		
<p>5:30-6:30PM Diet, Inflammation, and Cancer Watch Party</p> <p>1:00-1:45PM Chair Yoga</p>	<p>Therapy dogs in Wilder Lounge 5-6 PM</p> <p>4-5PM Connecting Group</p> <p>4-5PM Advanced Cancer Group</p> <p>5-6PM Group Dinner</p> <p>6-7PM Connecting Group</p> <p>6-7PM Kids Club</p>	<p>10:30AM Walking Club</p> <p>5-5:30PM Welcome Meeting</p> <p>5-6PM Group Dinner</p> <p>6-7PM Connecting Group + Friends & Family</p> <p>4-5 Kid + Caregiver Support</p>	<p>6-8PM Prostate Cancer Support Group w/Ryan Tulon: Traditional Chinese Medicine</p> <p>9:15-10AM Reclaim Your Strength Wk 3</p> <p>5:30-6PM Coffee & Canines</p> <p>6-7:30PM Living with Loss Group</p> <p>11AM-12PM Walk & Talk</p>		<p>9:00-10:00 Slow Flow Yoga</p> <p>10-11:30am Family Event: Drum Circle</p>		
19	20	21	22	23	24		
<p>1:00-1:45PM Chair Yoga</p> <p>6:30-8:30PM Creative Session: Caricature Drawing</p>	<p>4-5PM Connecting Group</p> <p>5-5:30PM Welcome Meeting 5-6PM Group Dinner</p> <p>6-7PM Connecting Group + Friends & Family Group</p> <p>6-7PM Kids Club</p> <p>1-2PM Clinton: Support Group</p>	<p>5:30-6:00PM Coffee & Canines</p> <p>6-7PM Connecting Through Cancer</p> <p>4-5 Kid + Caregiver Support</p>	<p>9:15-10AM Reclaim Your Strength Wk 4</p> <p>12:00-1:30PM Volunteer Orientation</p> <p>6-7PM Breast & Gynecological Cancer Support Group</p>	<p>1-1:45PM Chair Yoga</p>			
26	27	28	29	30	31		
<p>Clubhouses Closed in Observance of Memorial Day</p>	<p>4-5PM Connecting Group</p> <p>5-6PM Group Dinner</p> <p>6-7PM Connecting Group</p> <p>6-7PM Kids Club</p>	<p>4-5PM Advanced Cancer Group</p> <p>5-5:30PM Welcome Meeting</p> <p>5-6PM Group Dinner</p> <p>6-7PM Connecting Group + Friends & Family</p> <p>4-5 Kid + Caregiver Support</p>	<p>9:15-10AM Reclaim Your Strength Wk 5</p> <p>11AM-12PM Walk & Talk</p>				
<p>Drop in to Gilda's Club Davenport or Moline to pick up a Blind Date with a Book. More info in program descriptions!</p>							