

Return Service Requested

AUGUST 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.

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

August Educational Workshops

The Art of Sound Healing: Learn About and Experience a Sound Bath: Sound baths are an immersive auditory experience that promote relaxation and sound healing. Come learn about the benefits of sound baths and experience one yourself!

Featured Speaker: Becky Nakashima Brooke, owner of Illuminate Healing Studio

The Importance of Blood Donation: Did you know that over one quarter of the US blood supply is used by cancer patients? Come learn about the benefits of donating blood! Cheryl from ImpactLife will talk about how blood donations help patients with cancer, why cancer patients need blood products, why blood cannot be manufactured like other treatments, the amount of donated blood cancer patients need, the breakdown of different blood products and their uses, etc.

Featured Speaker: Cheryl Easley, Donor Recruiter for ImpactLife Blood Center

Other Special Programs

Quad City Music Guild Presents: Gypsy: Regarded by many theatre professionals as the finest musical created, Gypsy is the tale of an ambitious stage mother fighting for her daughters' success, while secretly yearning for her own. Set across America in the 1920s and 30s, when vaudeville was dying and burlesque was born, Arthur Laurents' show explores the world of two-bit show business with brass, humor, heart and sophistication. Rated PG. Limited Tickets. RSVP 563-326-7504.

River Bandits Family Event: Join CSC families at the River Bandit's game! RSVP includes a free box ticket. This game includes a firework finale. RSVP required for every person who plans on attending. Tickets limited. Intended for CSCAIL participants and their families, as well as Camp Hope families.

Reclaim Your Strength: Cancer Exercise Class: This exercise 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.

Teen Art Group: Connect with other teens ages 12 and older who have been impacted by cancer while creating art! Bonus: snacks and refreshments will be provided! August's Group: Zentangle

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

Creative Session: Create Your Own One-of-a-Kind Stepping-Stone at Isabel Bloom: Your experience starts with a tour of The Isabel Bloom process. Then, under direction of Isabel Bloom artisans, create a stepping-stone using your own embellishments, or using stones, shells, glass baubles, and tiles provided by Isabel Bloom. Concrete is mixed & poured, then you'll create your design! 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.

Game Night at Gilda's: Join volunteer Sujay for a game session!

Interested in participating? Give us feedback about what games you'd like to play at the QR code to the right!



New Coffee & Canines Offering: Join us after chair yoga on Monday, August 18th to meet our newest canine friend, Breeze, a 1.5-year-old standard poodle, and her human handler, Kristen!

Barre for Beginners: Barre is full-body, low-impact workout that combines elements of ballet, Pilates, and yoga to improve strength, flexibility, and posture.

Nourish & Network: Join us for a nutrition and conversation session. Class leader, Marli will be bringing in no bake energy bites to sample. She will talk about the benefits of the ingredients and encourage general conversation and connection.

Survivors Social: Join other cancer thrivers for our new monthly social hour. Catch up, share tips on keeping active, eating healthy, and enjoy one another's company. Feel free to sign up for Group Dinner following the social.

Save the Date: Cancer Transitions Survivorship Retreat: 9/26 9am-4pm

Join us at Gilda's Club Moline for a retreat for anyone who finished their cancer treatment in the past two years. We will talk about getting back to wellness, emotional health, eating well, staying active, and managing your medical health. Breakfast, lunch, and a yoga session included. RSVP Required. Made possible with funds from UnityPoint - Trinity.



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 CSCAIL 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.

Legislative Open House

Cancer Support Community at Gilda's Club is hosting a legislative open house at Gilda's Club Davenport, and we invite any participants to attend. Iowa legislators have been invited to tour our space to learn more about the no-cost support we provide to anyone impacted by cancer. This is your chance to:

- Meet your legislators face-to-face in a relaxed, welcoming setting
- Share your story and help them understand the real impact of cancer on individuals, families, and communities
- Hear what legislators are doing to support health, wellness, and cancer care in our state

Light refreshments will be served. RSVP required!

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.

Have You Wondered How You Can Support Us?

There are so many ways to make a difference—host a yard sale, donate your birthday, volunteer your time, or even plan a gift in your will. Every act of support helps keep our services 100% free for anyone impacted by cancer.

And whether or not you give, that promise remains. Our support will always be free to you. Because no one should face cancer alone—or have to pay for help. Together, community is stronger than cancer.

Contact Lexi at lexi@csciowaillinois.org for a fundraising toolkit. Together, community is stronger than cancer.

UPCOMING FUNDRAISING EVENTS:

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!

Diamonds & Divas

October 2nd | Waterfront Convention Center – Bettendorf, IA

Our most anticipated event of the year, a fun-filled ladies night out event all for a great cause, raising funds to support those in our community that are impacted by cancer.

Visit csciowaillinois.org/diva 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: A supportive group for individuals if remission is not expected in your future or you have received a terminal diagnosis. This group meets monthly in Davenport with a virtual option.

Parents of Kids with Cancer: Caregiving for a child with cancer is a unique and often isolating experience. This monthly hybrid group 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 & 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

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

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!

Crochet & Knitting Club: On hold until fall.

Walk and Talk: Join others for walking and talking. Check online description for August walking location!

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! **August 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. Teens are welcome.

Teen Art and Snack and Chat: Join other teens 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. All are welcome. See the calendar for dates!

August 2025

LOCATION KEY: **HYBRID**  MOLINE  DAVENPORT  OFFSITE

MON	TUE	WED	THU	FRI
				1
 CANCER SUPPORT COMMUNITY IOWA & NW ILLINOIS AT GILDA'S CLUB	Stop by our table at Party in the Park: Browning Park on August 5th!		Stop by our table at Mercado on Fifth on August 15 th !	
4	5	6	7	8
		10:30AM Walking Club 6-7PM Connecting Through Cancer	6-7:30PM Living with Loss Group	
1:00-1:45PM Chair Yoga	5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club			10:30-11:30AM Spice Club
			11AM-12PM Walk & Talk 7:00PM Quad City Music Guild Presents: Gypsy	6:30PM River Bandits Family Event
11	12	13	14	15
5:30-6:30PM The Art of Sound Healing: Learn About and Experience a Sound Bath		5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family		1-1:45PM Chair Yoga
1:00-1:45PM Chair Yoga	4-5PM Advanced Cancer Group 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club 6-7PM Teen Art Group: Zentangle	10:30-11:30AM Qigong for Well-Being	6-7PM Parents of Kids with Cancer Support Group	
			11AM-12PM Walk & Talk	
18	19	20	21	22
		5:30-6:00PM Coffee & Canines 6-7PM Connecting Through Cancer	6-8PM Prostate Cancer Support Group: Speaker TBD or Open Discussion	
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines	4-5PM Game Night at Gilda's 5-6PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	10:00-10:45AM Barre for Beginners 11:00-11:30AM Nourish & Network 2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	10:00-11:30AM Legislative Open House 5:30-6:00PM Coffee & Canines 6-7:30PM Living with Loss Group	
5:00PM: Create Your Own One-of-a-Kind Stepping Stone @ Isabel Bloom	1-2PM Clinton: Support Group			
25	26	27	28	29
		5-5:30PM Welcome Meeting 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family		
1:00-1:45PM Chair Yoga 5:30-6:30PM The Importance of Blood Donation 5:30PM Book Club	4-5PM Survivors Social 5-6PM Group Dinner 6-7PM Connecting Group + Friends & Family Group 6-7PM Kids Club	2:00-2:45PM Reclaim Your Strength: Cancer Exercise Class	6-7PM Breast & Gynecological Cancer Support Group	
			11AM-12PM Walk & Talk	