

Return Service Requested

MAY 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

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 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 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

Attending 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.

NEW 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 and 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.

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.



Scan to
Make a
Monthly Gift

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.

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

May Youth & Family Programs

Upcoming Youth & Family Activities

Family Spa Day

Join us in Moline for brunch and activities to promote relaxation on Saturday, May 9th. This program is open to all ages! What to expect: DIY self-care activities, a mindfulness walk, pet therapy dogs, and brunch with refreshments. *Lunch provided for all participants by Bally's Casino.*

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*

Kids Club Music Therapy

Offered during our regularly scheduled Kids' Club, kids and teens will be engaged in music-making, drumming, and other group activities. This program is open to kids of all ages.

Facilitator: Misty Dais, LPMT, MT-BC, NMT, Owner of Quad Cities Music

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: Create art and 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 *(All Skill Levels Welcome)*



Qigong for Well-Being: A beginner-friendly class using gentle guided movements to activate energy, reduce stress, and support overall well-being.

Cancer Exercise Class: A supportive class for cancer survivors focused on improving strength, balance, and overall health through safe, guided exercise.

Barre for Beginners: A low-impact, full-body workout blending ballet, Pilates, and yoga to build strength, flexibility, and posture.

Nourish & Network: Enjoy a healthy recipe demo and tasting, followed by casual conversation and connection with others.

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.

NEW PROGRAM: Therapeutic Art Club Find your calm in the creative process. Join us for a simple, three-step practice Center, Create, Connect.

SEASONAL RETURNING PROGRAMS: Join us for conversations, walking & wonderful weather

- **Walking Club** (Moline)
- **Walk and Talk** (Location Varies)

Social Events

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

Game Night: Join volunteer Sujay for a game session on May 19th at our Davenport Clubhouse!

NEW Mahjong for Beginners: Mahjong is a captivating, ancient tile-based game of strategy and skill.

May Special Programs

Creative Session: Watercolor Impressions of an Iris

Join local artist Yvette Durkin on Monday, May 18th to learn how to paint an impression of an Iris in Watercolors. No experience necessary. All materials are provided.

Relax, Reset, and Refocus: Guided Meditation in Clinton

Join us for a 30-minute guided meditation on Tuesday, May 19th designed to help you relax, reset, and refocus. This in-person session includes simple mindfulness techniques suitable for all experience levels. Take a break from your day and leave feeling calm, centered, and refreshed.

Program Highlights

Treatment may end, but the feelings don't.



Monthly Post Treatment Connect Group

We are now offering a **survivorship support group**, where the individual has completed treatment and/or is on maintenance drugs. This is a monthly support group that offers a safe, welcoming space to connect with others who understand life after cancer. Share experiences, gain support, and navigate survivorship together. Professionally facilitated with the option of in person or virtual attendance.

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. Camp Shalom June 14th-19th

SAVE THE DATE: CANCER TRANSITIONS SURVIVORSHIP RETREAT JUNE 12TH

This survivorship retreat will be a day full of informative sessions and activities focused on things individuals facing new survivorship may be experiencing.



Educational Workshops

Food & Mood:

From stress-fighting superfoods to meal-timing strategies that keep energy and emotions stable, this session will provide practical tools to help you manage stress naturally. We'll also touch on the gut-brain connection and how nourishing your microbiome can positively impact your mood. Walk away with simple, actionable steps to transform your plate—and your state of mind—for a more balanced, vibrant life.

Featuring: Lindsey McKenzie. Lindsey is a dedicated health and wellness professional with 10 years experience in the fitness industry. She is a Certified Health Coach and a trained Freedom from Smoking Facilitator.

This program is offered in a hybrid format. Participants can register to attend in-person or virtually via Zoom.

Tech Support Workshop at Senior Star:

Need tech support? Join one of our volunteers to get the help you need on May 13th at Senior Star Independent Living! Our tech volunteers can help with all sorts of tech topics, including but not limited to: basic device/internet usage, how to use Zoom for virtual programming, getting your medical records online, how to determine if an online source is reputable, apps, etc.

A New Free Resource Available to You

Planning ahead can feel overwhelming—but you don't have to do it alone.

Through our new partnership with FreeWill, we're offering a free, simple, and secure resource to help you take an important step in your future planning. In just a matter of minutes, you can create a legally valid will at no cost to you.

This tool is designed to make planning more accessible and less stressful, giving you peace of mind as you think about what matters most.

Having issues? Give us a call (563) 326-7504

SCAN ME



May 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE

MON	TUE	WED	THU	FRI
				1
				Clubhouses Closed Golf For Gilda's
4	5	6	7	8
			12:00-1:00PM Connecting Through Cancer 6:00-7:30PM Living with Loss Group	
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 - Taco Bar 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends and Family Group 5:30-7:00PM Kids Club: Music Therapy	10:30-11:30AM Qigong for Well-Being		10:00-11:00AM Mahjong 11:00-12:00PM Spice Club
5:00-6:00PM Music Therapy Support Group				9 (SATURDAY) 10:00-12:00PM Family Event: Spa Day
11	12	13	14	15
5:30-6:30PM Educational Workshop: Food & Mood with dinner provided by Bally's Casino			12:00-1:00PM Connecting Through Cancer	
1:00-1:45PM Chair Yoga	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Tortellini Soup 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends and Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Cancer Exercise Class 11:30-12:30PM Therapeutic Art Club	5:30-6:30PM Post-Treatment Connect	
2:30-3:30PM Sound Bath at Illuminate Healing Studio 6:30-7:30PM Teen Mindful Monday at DPL Fairmont Branch		11:30AM-1:00PM Tech Support Workshop at Senior Star Independent Living	12:00-1:00PM Walk & Talk	
18	19	20	21	
		12:00-1:00 PM Welcome Meeting	12:00-1:00PM Connecting Through Cancer 1:00-1:30PM Coffee & Canines	10:00-10:45AM Moline Chair Yoga
1:00-1:45PM Chair Yoga 1:45-2:15PM Coffee & Canines 6:00-8:00PM Creative Session: Watercolor Impressions	3:00-4:30PM Connecting Through Cancer 4:00-5:00PM Game Night 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 and Family Group 5:30-7:00PM Kids Club Teen/Tween Art Group	10:30-11:15AM Barre Class 11:30-12:30PM Nourish & Network	12:00-1:30PM Volunteer Orientation 5:30-6:00PM Coffee & Canines 6:00-7:30PM Living with Loss 6:00-8:00PM Prostate Cancer Group	10:00-11:00AM Mahjong
	11:00-12:00PM Clinton: Support Group 12:00-12:30PM Clinton: Meditation		12:00-1:00PM Walk & Talk	
25	26	27	28	29
CLUBHOUSE CLOSED 		4:00-5:00PM Welcome Meeting	12:00-1:00PM Connecting Through Cancer	
	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Cafe Express 5:30-6:30PM Book Club 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends and Family Group 5:30-7:00PM Kids Club 12:00-12:30PM Mindfulness Meditation	10:30-11:15AM Cancer Exercise Class		
			12:00-1:00PM Walk & Talk	

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!



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 by simply scanning the QR code to the left. Need help? Our team is happy to assist call (563) 326-7504 or 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 supporting Necker's Jewelers throughout the entire month of June, or attending the brunch giveback at The Blackhawk Hotel on June 7—where a portion of your purchase directly benefits our mission—there are so many easy ways to make an impact. **Even everyday services can give back.** When you contact All Seasons Heating & Cooling for your HVAC needs and mention Cancer Support Community, your service turns into support: we receive a \$250 donation for any furnace AND A/C replacement, or \$100 for a furnace OR A/C replacement.



Gather your crew and have them rally in your honor as we come together to support those impacted by cancer at our Annual Run for Hope on Saturday, June 27th.

- Compete for our Largest Family Team award and earn recognition for top individual, family, and team fundraisers
 - Raise \$100 and receive a refund on your registration
 - Raise \$250 and receive refund on your registration & a shoe wallet
 - Raise \$400 and receive a refund on your registration and hat.

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