



**GILDA'S  
CLUB  
QUAD CITIES**

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

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

**Return Service Requested**

# **JANUARY 2023 MEMBER ACTIVITY CALENDAR**



*View calendar online  
at [gildasclubqc.org](http://gildasclubqc.org)*

Non-Profit Org.  
U.S Postage  
**PAID**  
Davenport, IA  
Permit No.  
3217

**The mission of Gilda's Club Quad Cities is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.**

Free of charge, Gilda's Club Quad Cities provides support, education and hope to all people affected by cancer. 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.

#### **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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**January is Cervical  
Cancer Awareness  
Month!**

# January Special Programs & Events

**Cooking with Heart for Cancer:** Enjoy this free 4-week course to learn tips and tricks to boost your healthy cooking skills. Designed with cancer in mind, these flavor-filled, healthy dishes are affordable and on your table in 15 minutes. Offered both in-person at UnityPoint - Trinity ROCK ISLAND or online via Microsoft Teams. Spots are limited.

**Why Do Yoga?:** It's a new year! Let's get together and talk about yoga! Yoga can have a lot of physical, mental, and emotional benefits. Join our Chair Yoga instructor, Kelly Craft, LVCYT to talk about the various benefits of yoga, what to expect from Gilda's yoga sessions, see what a couple of the poses look like, and ask any questions you have. Yoga is for everyone, and we are trained to tailor the poses to anyone's comfort and ability level.

**Wig Wednesdays:** We are excited to offer Wig Wednesdays in both our Davenport and Moline Clubhouses! If joining in Moline, you can peruse our selection of donated wigs. If joining in Davenport, staff will escort you to Genesis's Resource Room full of wigs and other resources.

**Group Dinners:** Twice per month, we will have dinner 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! We have spaghetti planned for January!!

**Remembrance Night:** Join our Social Work Intern, Kayla, for a night remembering the members who have died in recent years. This is our first remembrance night since the pandemic started, so any member who died since March of 2020 will be honored and remembered. Come together to make memory jars, and tell stories about the loved ones we are remembering.

**Quilting Club:** Calling all quilters! Join Bobbi for the first meeting of our quilting club! Get to know other Gilda's Club quilters and plan the future of the group.

**Oats To Go: Overnight Oats Tutorial:** Join our Social Work Intern, Kayla, for a tutorial on how to make this delicious and surprisingly easy on-the-go breakfast!

**Cancer and Aging: Coping with the Challenges of Being an Older Adult with Cancer:** Join us at our Moline Clubhouse to watch a webinar and have conversation regarding having cancer as an older adult. The speaker will be remote. If you're interested in joining virtually, reach out to us and we can get you the link to join.

**Book Club:** Join Meredith Mercer of Senior Star to discuss *The Girl Who Survived* by Ellie Midwood.

Based on a true story, this powerful novel shows that love is stronger than terror, and that when life takes everything from you, death is not to be feared...

**Clay Hearts with Bonnie:** Join member and volunteer Bonnie to make a beautiful heart project out of clay. All materials are provided.

**Zoom 101:** Have you wanted to learn to use Zoom? Do you want to join in a future hybrid program or support group, but don't know how to navigate the technology? Join us to learn all about Zoom basics, steps to sign up for and join a hybrid program, and get your questions answered!

**Game Night: Codenames:** Join Kelly Craft for a night of playing a fast and fun word game: Codenames. Work together to contact all of your agents before the other team! Make connections between your words and give clues to your teammates!

**Clinton: New Years Intentions:** The New Year is a time for new beginnings, new chances, and new opportunities but the word "resolution" can be off-putting to some people. "Resolution" can imply that there is something wrong with us and we need to change. Rather than making New Years resolutions that seem so hard to achieve, let's come together to create and set new intentions to meet your goals. Learn how to be mindful when setting intentions and create plans on how to accomplish them! This will take place at the Clinton Public Library: 306 8th Ave S, Clinton, IA 52732.

## HOW TO BECOME A MEMBER:

*Anyone impacted by cancer is eligible for membership.*

*It's free and easy to join:*

- 1 Call 563-326-7504 or email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org) to start the process and complete a Membership Form.
- 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 (previously named New Member Orientation):** Required for all new members to attend. One-time meeting to learn more about what Gilda's Club offers and sign up for free membership. Please call 563-326-7504 to schedule. See calendar for dates/times.

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**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.

### Save the Date: Valentine's Day Noogieland Lock-In

We want to give our Noogieland parents a chance to have a date-night for Valentines Day. Drop the kids off with us from 6-8 on 2/14 and grab dinner together! Kids and teens will engage in a variety of Valentine's Day themed activities with our staff and background-checked volunteers. The kids are sure to have an amazing time!

# FUNDRAISING CORNER

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

Live from QC... it's  
**SATURDAY NITE!** 4.1.2023

Presented by... **GENESIS**  
Cancer Care Institute

Featuring Impractical Jokers...  
**JAMES "MURR" MURRAY!**

With Musical Guest...  
**SOUL STORM**

**SATURDAY, APRIL 1ST, 2023 AT 6:30PM**  
**AT THE RHYTHM CITY CASINO IN DAVENPORT**

**GILDA'S CLUB QUAD CITIES**  
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CANCER SUPPORT COMMUNITY

## Live from QC...It's Saturday Nite! April 1st, 2023 at Rhythm City Casino and Hotel, Davenport.

You never know what's going to happen when James "Murr" Murray is in the house! Come out to laugh and dance to local fan favorite, Soul Storm. New this year: We have 24 VIP Tickets available for an add-on of \$75 each, this includes a one hour Meet and Greet with Murr, early access to view the silent auction items plus one drink ticket.

Doors open for VIP Tickets at 5:30p with regular event beginning at 6:30p. Heavy hors d'oeuvres, cash bar, fund-a-need, and silent auction. Dressy casual attire.

Doors open and event begins at 6:30pm.

Below are the ticket options for this year's event:

- Individual tickets | \$75
- Gala Table of 8 | \$500

Visit [www.gildasclubqc.org/live](http://www.gildasclubqc.org/live)

### Save the Dates for 2023:

**Golf Fore Gilda's:** June 2nd at Glynn's Creek Golf Course, Eldridge

**Gilda's Run for Hope:** June 10th in Veteran's Memorial Park, Bettendorf  
Red Door Ride, TBD

**Diamonds and Divas:** October 5th, Rhythm City Casino, Davenport

**Grow Your Mo:** November 1 - 30th, Finale at The Ridge, Davenport

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**Breast Cancer Group:** Monthly support group and networking for those diagnosed w/ breast cancer. *Thank you to our sponsor:*



## Healthy Lifestyle Activities

**Slow Flow Yoga:** Using Yoga4Cancer principles, focus on connecting breath to movement allowing participants to adjust to suit their body.

**Meditation:** Join Allison Castle of Allison Castle Coaching & Meditation for a relaxing session of meditation via Zoom the 4th Tuesday of each month.

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**Walking Club:** On hold until Spring when the weather warms up!!



## Social Events

**Coffee & Canines:** Join some furry friends to help you relax and experience the benefits of pet therapy. You'll most likely walk away smiling! Participants are invited to interact with the dogs if they choose to. Coffee optional.

**Breakfast Club:** Members come together for a social potluck breakfast. Bring prepared breakfast items or cook breakfast at our clubhouse. We have a microwave, air fryer, and oven. This program is member-led, so staff will be in the clubhouse if members need anything, but will not be present at the program. Food not provided.



## Kids & Teens

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

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

# January 2023

LOCATION KEY: TRINITY GENESIS CLINTON & MUSCATINE **VIRTUAL** **HYBRID**

MON	TUE	WED	THU	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<div style="background-color: red; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <b>Gilda's Club is Closed on 1/2 in Observance of New Years.</b> </div>	<b>12-1PM</b> Cooking with Heart for Cancer (UnityPoint - Trinity Rock Island) <b>5-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time	<b>5:30-6PM</b> Coffee & Canines <b>6-7:30PM</b> Connecting Through Cancer  <b>1:30-2:30PM</b> Slow Flow Yoga	<b>5:30-6PM</b> Coffee & Canines <b>6-7:30PM</b> Living with Loss	<b>9:00-10:00AM</b> Breakfast Club
	<b>Welcome Back and Happy New Year!</b>			
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>1:00-1:45PM</b> Chair Yoga	<b>12-1PM</b> Cooking with Heart for Cancer (UnityPoint - Trinity Rock Island) <b>5-6PM</b> Group Dinner: Spaghetti <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time <b>6-7PM</b> Why Do Yoga? Educational Workshop and Demonstration	<b>2-3PM</b> Wig Wednesday <b>5-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer	<b>6-7:30PM</b> Gynecological Cancer Group  <b>1-2PM</b> Open to Options Session <b>6-7:30PM</b> Remembrance Night	<b>9:00-10:00AM</b> Breakfast Club
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>1:00-1:45PM</b> Chair Yoga	<b>12-1PM</b> Cooking with Heart for Cancer (UnityPoint - Trinity Rock Island) <b>1:30-2:30PM</b> Quilting Club <b>5:00-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time	<b>6-7:30PM</b> Connecting Through Cancer  <b>1:30-2:30PM</b> Slow Flow Yoga <b>6:00-7:00PM</b> Oats on the Go: Overnight Oats Workshop	<b>6-7:30PM</b> Living with Loss <b>6-7:30PM</b> Zoom 101: Learn How to Join a Hybrid Group	<b>9:00-10:00AM</b> Breakfast Club
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>3-4PM</b> Open to Options Session  <b>1:00-1:45PM</b> Chair Yoga <b>5-6PM</b> Book Club	<b>12-1PM</b> Cooking with Heart for Cancer (UnityPoint - Trinity Rock Island) <b>6:00-7:30PM</b> Game Night: Codenames  <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time  <b>9:00-9:45PM</b> Meditation	<b>1:30-2:30PM</b> Cancer & Aging: Coping with the Challenges of Being an Older Adult with Cancer <b>5-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer  <b>1:30-2:30PM</b> Slow Flow Yoga <b>2:30-3PM</b> Coffee & Canines <b>3-4PM</b> Wig Wednesday  <b>10-11AM</b> Clinton: New Years Intentions @ Clinton Public Library	<b>6-7:30PM</b> Breast Cancer Group <b>6-7:30PM</b> Remembrance Night (back-up date in case of weather)	<b>9:00-10:00AM</b> Breakfast Club
<b>30</b>	<b>31</b>			
<b>1:00-1:45PM</b> Chair Yoga	<b>1-2:30PM</b> Clay Hearts with Bonnie  <b>5-6PM</b> Group Dinner: Spaghetti <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time			



Scan to view the calendar online or to register for an event.  
**RSVP REQUIRED FOR ALL PROGRAMS.**



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**February is  
Gallbladder & Bile  
Duct Cancer  
Awareness Month.**

# Februrary Special Programs & Events

**Palliative Care Info Session:** Join Krista Adamson, Nurse Practitioner at ProMedica Palliative Care for information about palliative care. Do you want to know more about palliative care and how it can benefit you during your or a loved ones cancer treatment?

**Wig Wednesdays:** We are excited to offer Wig Wednesdays in both our Davenport and Moline Clubhouses! If joining in Moline, you can peruse our selection of donated wigs. If joining in Davenport, staff will escort you to Genesis's Resource Room full of wigs and other resources.

**Group Dinners:** Twice per month, we will have dinner 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! We have Maid Rite sandwiches, fruit & chips planned for 2/14 and soups and bread planned for 2/28. February dinners are made possible by the Lingle Family of Clinton, IA.

**Open to Options Sessions:** Open to Options is our free cancer treatment decision-making program. If you have to make a decision regarding your cancer 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.

**Colon Cancer Educational Workshop:** Join us at Davenport Main Library Meeting Room C Lower Level; 321 N Main Street, Davenport, IA 52801 for an educational workshop about colon cancer and colon cancer prevention. We will discuss colon cancer screenings and participants can recieve a FREE at-home screening kit!

**Quilting Club:** Calling all quilters! Join Bobbi for quilting club and get to know other Gilda's Club quilters.

**Cooking and Conversations:** Join our Program Director, Kelsey Allen for an adventure in kitchen. Kelsey will bring the recipe and ingredients, while she and members who attend will learn to prepare the recipe together. Cook, laugh, and learn with us and bring your cooking tips and tricks! We will be making hummus on 2/10 and falafel on 2/17.

**University of Iowa's Mini Medical School: On The Brink Of More Effective Cancer**

**Treatments: Combatting Cancer With Vitamin C:** Physician scientists at the University of Iowa Holden Comprehensive Cancer Center are on the brink of delivering a more effective treatment for the deadliest cancers. From the lab bench to the patient's bedside, the team is testing the effectiveness of adding high-dose intravenous (IV) vitamin C to standard cancer treatments for three of the deadliest cancers affecting Americans.

Hear from Drs. Bryan Allen and Joseph Cullen about how the University of Iowa has pioneered research through scientific discovery and multiple cancer clinical trials to take this new cancer treatment from the lab to the clinic and what this means for Iowans. Located at Waterfront Convention Center, 2021 State St., Bettendorf. Gilda's Club will be there to share resources. Featuring Bryan Allen, MD, PhD, Associate Professor of Radiation Oncology, University of Iowa Carver College of Medicine and Joseph Cullen, MD, FACS, Professor of Surgery-Gastrointestinal, Minimally Invasive, and Bariatric Surgery, University of Iowa Carver College of Medicine.

**Book Club:** Join Meredith Mercer of Senior Star to discuss Spare by Prince Harry The Duke of Sussex. For the first time, Prince Harry tells his own story, chronicling his journey with raw, unflinching honesty. A landmark publication, Spare is full of insight, revelation, self-examination, and hard-won wisdom about the eternal power of love over grief.

**Evening Chair Yoga Session:** Join Kelly Craft, LVCYT for a chair yoga session in the evening at our Moline Clubhouse. Come stretch, move, and breath for an hour and feel great when you leave. Have questions about yoga or are unsure what to expect? Call or email Kelly at 563-326-7504 or [kcraft@gildasclubqc.org](mailto:kcraft@gildasclubqc.org).

**MUSCATINE: Zoom 101:** Have you wanted to learn to use Zoom? Do you want to join in a future hybrid program or support group, but don't know how to navigate the technology? Join us at the Musser Public Library (408 East 2nd St. Room 301) to learn all about Zoom basics, steps to sign up for and join a hybrid program, and get your questions answered!

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- Individual tickets | \$75
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**Paint the Ice for Hockey Fights Cancer Night:** Paint the Ice in honor of those who have had cancer or currently have cancer. Paint the name of your loved ones on Monday, January 30th from 9 am to 7 pm, at Vibrant Arena.

**Save the Dates for 2023:**

**Golf Fore Gilda's:** June 2nd at Glynns Creek Golf Course, Eldridge

**Gilda's Run for Hope:** June 10th in Veteran's Memorial Park, Bettendorf  
Red Door Ride, TBD

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		<b>1</b>	<b>2</b>	<b>3</b>
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		<h3>Saturday, February 4th is World Cancer Day!</h3>		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>5-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time	<b>5-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer	<b>6-7:30PM</b> Gynecological Cancer Group	<b>10:30-11:30AM</b> Cooking & Conversations: Hummus <b>9:00-10:00AM</b> Breakfast Club
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<b>11AM-12PM</b> Open to Options Session	<b>2-3PM</b> Wig Wednesday <b>6-7:30PM</b> Connecting Through Cancer		
<b>1:00-1:45PM</b> Chair Yoga	<b>5-6PM</b> Group Dinner <b>5-8PM</b> Youth Valentines Day Lock-In <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group	<b>1:30-2:30PM</b> Slow Flow Yoga	<b>6-7:30PM</b> Living with Loss	<b>9:00-10:00AM</b> Breakfast Club <b>10:30-11:30AM</b> Cooking & Conversations: Falafel
			<b>12:00-1:30</b> Muscatine Zoom 101: Musser Public Library <b>6-7PM</b> Colon Cancer Educational Workshop: Davenport Public Library	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>6-7PM</b> Palliative Care Info Session	<b>5-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer		
<b>1:00-1:45PM</b> Chair Yoga	<b>4:00PM</b> Quilting Club <b>5:00-5:30PM</b> Welcome Meeting <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time	<b>10-11AM</b> Open to Options Session <b>1:30-2:30PM</b> Slow Flow Yoga <b>2:30-3:00PM</b> Coffee & Canines <b>3-4PM</b> Wig Wednesday	<b>6-7:30PM</b> Breast Cancer Group	<b>9:00-10:00AM</b> Breakfast Club 
	<b>12:30-1PM</b> Clinton Welcome Meeting <b>1-2:30PM</b> Clinton Support Group		<b>6:30-8:00PM</b> Mini Medical School: On The Brink of More Effective Cancer Treatments: Combatting Cancer With Vitamin C: Waterfront Convention Center	
<b>27</b>	<b>28</b>			
	<b>6-7PM</b> Chair Yoga Session			
<b>1:00-1:45PM</b> Chair Yoga <b>5-6PM</b> Book Club	<b>5-6PM</b> Group Dinner <b>6-7:30PM</b> Connecting Through Cancer <b>6-7:30PM</b> Friends & Family Group <b>6-7:30PM</b> Noogie Nights + Teen Time <b>9:00-9:45AM</b> Meditation			



Scan to view the calendar online or to register for an event.  
**RSVP REQUIRED FOR ALL PROGRAMS.**