



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

Return Service Requested

JULY 2026 ACTIVITY CALENDAR



View calendar online at
cscio.waillinois.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

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



**July is Sarcoma and
Bone Cancer
Awareness Month! It
is also UV safety
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 csciwaillinois.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-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.

Give Every Month and Make an Impact

Many people assume that making a difference requires a large donation, but some of the most meaningful support comes from small acts of generosity.

At Cancer Support Community, all of our programs and services are provided free of charge, thanks to the generosity of individuals, businesses, foundations, and community partners who believe no one should face cancer alone.

For those who have found comfort, connection, or support through our community and are looking for a way to give back, our Give Every Month program offers a simple option. Whether it's \$3, \$5, or another amount that fits your budget, every monthly gift helps ensure that these services remain available for anyone who needs them.

Giving is never expected, but for those who wish to pay it forward, a monthly gift is a meaningful way to help others find the same support, hope, and community that have meant so much to so many.



Scan to
Make a
Monthly Gift

UPCOMING FUNDRAISING EVENTS:

Mississippi Valley Dragon Boat Festival | Saturday, September 19th | West Lake
Be part of the excitement at our second annual Dragon Boat Festival! Create a team with friends, family, or colleagues and experience the thrill of racing together on the water. No experience is needed as each boat will have an experienced Dragon Boater guiding them through each race. Not ready to paddle? Come support the teams and enjoy a day of community fun- or volunteer! Teams can fundraise to cover their entry fee while supporting an important cause. Stop in and ask us how to get started!

Save the Date for our 2026 Events

Diamonds & Divas | October 1st | Waterfront Convention Center

Blessing Tree | December 1st | Be The Light Park

July Youth & Family Programs

Upcoming Youth & Family Activities

Family Event: Stay-Cation: Who says you need a plane ticket to have a blast? Join us for a morning of free, family friendly fun! We're hosting a "Stay-Cation" themed event to help families impacted by cancer connect and make memories. The itinerary for this stay-cation includes: brunch, ukulele class (11-12pm), therapy dogs, & character visit from the University of Iowa's Moment of Magic team. They come dressed as beloved characters from popular kids movies!

Families are encouraged to participate together, but individuals are also welcome. The definition of "family" is different for everyone, and you're welcome to bring anyone you consider family. All ages are welcome. RSVP for every person in your family who plans to attend.

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

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.

NEW PROGRAM: 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 Regularly Scheduled 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.

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.

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

Educational Workshops

Need Extra Care? Understand Your Options Caregiving Panel:

Join a panel of community organizations to understand the benefits and differences between long term care, hospice, home health, and home care. Come with questions! Dinner is provided!

Featured Speakers: Representatives will be present from Friendship Manor, Beacon of Hope Hospice, Angel's Care Home Health, and Visiting Angels Home Care

Introduction to Cancer Biology:

Join Russ Dunn for a discussion about universal aspects of cancer in the context of how cancer cells differ from healthy cells. Russ will also talk about how cancer cells appropriate normal cellular "machinery" for their growth advantage, and provide interesting examples.

Featured Speaker: Russ Dunn, holds a Bachelor of Science in Chemistry and a Master of Science in Molecular Biology.

July Special Programs

Quad City Music Guild Presents: The Spongebob Musical: When the citizens of Bikini Bottom discover that a volcano will soon erupt and destroy their humble home, SpongeBob and his friends must come together to save the fate of their undersea world. With lives hanging in the balance and all hope lost, a most unexpected hero rises up. The power of optimism really can save the world!

The SpongeBob Musical is based on the beloved animated series created by Stephen Hillenburg and features a book by Kyle Jarrow, with original songs by Yolanda Adams, Steven Tyler and Joe Perry of Aerosmith, Sara Bareilles, Jonathan Coulton, Alexander Ebert of Edward Sharpe & The Magnetic Zeros, The Flaming Lips, Lady A, Cyndi Lauper, John Legend, Panic! At the Disco, Plain White T's, They Might Be Giants and T.I., and songs by David Bowie, Tom Kenny and Andy Paley. Additional lyrics are by Jonathan Coulton, with additional music by Tom Kitt. The musical production was conceived by Tina Landau. Rating: PG

Creative Session: Wired Art: Join local artist Dana Olson to make wire butterflies and dragonflies. No experience needed. All materials are provided.

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.

July 2026

LOCATION KEY:

VIRTUAL

HYBRID



MOLINE



DAVENPORT



OFFSITE/VIRTUAL

MON	TUE	WED	THU	FRI
		1	2	3
		3:00-4:00PM Moline Walking Club	12:00-1:00PM Connecting Through Cancer 6:00-7:30PM Living with Loss	 Closed for 4 th of July
		10:30-11:15AM Balanced Being Class		
6	7	8	9	10
		12:00-1:00PM Welcome Meeting 3:00-4:00PM Moline Walking Club	12:00-1:00PM Connecting Through Cancer	
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 - Grinders 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club	10:30-11:30AM Cancer Exercise Class 11:30AM-1:00PM Therapeutic Art	5:30-6:30PM Post-Treatment Connect	11:00AM-12:00PM Spice Club
				11 (SATURDAY) 10:00-12:00PM Family Event: Stay-Cation
			12:00-1:00PM Walk & Talk 7:00PM Quad City Music Guild Presents: The SpongeBob Musical	
13	14	15	16	17
5:30-6:30PM Need Extra Care? Understand Your Options Caregiver Panel		3:00-4:00PM Moline Walking Club	12:00-1:00PM Connecting Through Cancer 1:00-1:30PM Coffee & Canines 6:00-8:00PM Prostate Cancer Group	
1:00-1:45PM Chair Yoga	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Taco Bar 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club	10:30-11:15AM Strength & Balance Class	5:30-6:30PM Coffee & Canines 6:00-7:30PM Living with Loss	
			12:00-1:00PM Walk & Talk	
20	21	22	23	24
		3:00-4:00PM Moline Walking Club 4:00-5:00PM Welcome Meeting	12:00-1:00PM Connecting Through Cancer	
1:00-1:45PM Chair Yoga 6:00-8:00PM Creative Session: Wired Art	3:00-4:30PM Connecting Through Cancer 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 & Family Group 5:30-7:00PM Kids Club 5:30-7:00PM Teen/Tween Art Connect	10:30-11:15AM Cancer Exercise Class		
	11:00AM-12:00PM Clinton: Support Group		12:00-1:00PM Walk & Talk	
27	28	29	30	31
		3:00-4:00PM Moline Walking Club	12:00-1:00PM Connecting Through Cancer	10:00-10:45AM Moline Chair Yoga
1:00-1:45PM Chair Yoga 5:30-7:00PM Introduction to Cancer Biology 5:30PM Book Club	3:00-4:30PM Connecting Through Cancer 4:30-5:30PM Group Dinner - Cafe Express 5:30-7:00PM Connecting Through Cancer 5:30-7:00PM Friends & Family Group 5:30-7:00PM Kids Club			
2:30-3:30PM Sound Bath at Illuminate Healing Studio	12:00-12:30PM Mindfulness Meditation		12:00-1:00PM Walk & Talk	