Gilda’s Club Chicago at Northwestern University’s  
Robert H. Lurie Comprehensive Cancer Center  
October 2015 Calendar

Free Cancer Support, for the Whole Family the Whole Time

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<th>Location Guide</th>
<th>Tuesdays</th>
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<td><strong>Galter 21st Floor = G21</strong>&lt;br&gt;675 N. St. Clair&lt;br&gt;21st Floor&lt;br&gt;Conference Room or Waiting Area</td>
<td>NEW! Come to one or come to all! Six Senses Meditation focuses on each of our physiological senses: sight, hearing, taste, smell, and touch. The ability to detect other stimuli is often thought of as our sixth sense or our intuition. Each week we focus on one of our senses to better increase our overall awareness and strengthen our intuitive senses and understanding. The meditation groups draw upon the life experience and wisdom of all participants to generate possibilities of experiencing our lives more fully. Facilitator: Constance Sheehan, Ph.D., LCSW</td>
<td>6&lt;br&gt;Yoga 9:30-10:30am G21&lt;br&gt;Knitting 10:30am-12pm G21&lt;br&gt;Crafts 10:30-12pm G21&lt;br&gt;Become a Member 12-1pm P5 by request</td>
<td>1&lt;br&gt;Jewelry Making 9-10:30am P4&lt;br&gt;Chair Yoga 10-11am P4&lt;br&gt;Journaling 11-12pm P5 Room 052109A&lt;br&gt;Spiritual Awakenings 11:15-11:45am P3&lt;br&gt;Afternoon with Music 12-2pm G21</td>
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<td><strong>Prentice 3rd Floor = P3</strong>&lt;br&gt;Prentice Women’s Hospital&lt;br&gt;250 E. Superior&lt;br&gt;3rd Floor - Chapel</td>
<td>7&lt;br&gt;T’ai Chi Chih 9:30-10:30am G21&lt;br&gt;Knitting 10:30am-12pm G21&lt;br&gt;Jewelry Making 10:30am-12pm G21&lt;br&gt;Polish Support Group 12-1p P5</td>
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<td>14&lt;br&gt;T’ai Chi Chih 9:30-10:30am G21&lt;br&gt;Argo ParTea 10:30-11am G21&lt;br&gt;Jewelry Making 10:30am-12pm G21&lt;br&gt;Caregiver Support Group 12-1pm G21</td>
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**Galter Pavilion: 675 N. St. Clair**

“COME AS YOU ARE” YOGA: This class, led by a certified yoga instructor, is designed for beginners and those with physical challenges, or for those who just want a gentle stretching class. This activity may be done seated in a chair or standing. 

**Facilitator:** Jody Butterbach, RN, Certified Yoga Instructor

**T’AI CHI CHIH:** T’ai Chi Chih is a mix of meditation and movement that has been shown to reduce stress. It can be done while sitting or standing and is fun to learn! For all ages and physical conditions. No special clothing required.

**Facilitator:** Deb Sitron, Licensed LMT Board Certified NCBTMB

**CRAFTS:** Relax by engaging in a crafty project. Activities include beading, tracing, and painting. Supplies provided. All skill levels are welcome.

**Facilitators:** Lindsey Newman, BFA & Gosha Thornton, AM, LSW

**KNITTING:** Explore the wonderful world of handcrafted fibers as you learn how to knit in the European style!

**Facilitators:** Lindsey Newman, BFA & Gosha Thornton, AM, LSW

**ART AS RELAXATION:** Learn origami and feel accomplished after making your first paper crane. Other art projects may also be featured.

**Facilitators:** Lindsey Newman, BFA & Gosha Thornton, AM, LSW

**JEWELRY MAKING:** Here you will learn ways to create original accessories like earrings, necklaces, bracelets and more! The classes will offer an atmosphere of learning and support for those seeking to be creative.

**Facilitator:** Lindsey Newman, BFA

**AFTERNOON WITH MUSIC:** Free music concert offered by Caring Arts musicians. First Thursday of the month @ 12pm-2pm, Galter 21

**MUSIC TUESDAYS:** Relax and heal by listening to calming live music offered by Northwestern University medical students and their friends.

Fourth Tuesday of each month from 12-1pm by Music Matters

**CAREGIVER SUPPORT GROUP:** This group offers an opportunity to meet with other family members or caregivers to share experiences and learn from others.

**Second Wednesday of the Month** 12-1pm at Galter 21

**Facilitator:** Gosha Thornton, AM, LSW

**Prentice Women’s Hospital: 250 E. Superior**

**CHAIR YOGA:** Give yourself the benefit of deep breathing and a comfortable stretch. This gentle yoga can be done while seated. It’s your chance to try yoga for the first time or to keep up your practice. 

**Facilitator:** Era Pawlowski, Certified Yoga Instructor Thursday 10am-11am P4

**POLISH SUPPORT GROUP:** Polska Grupa Wsparcia dla Osób z Chorobami Nowotworowymi i ich Bliskich: grupa ta jest stworzona dla osób które przechodzą przez chorobę nowotworową jak również ich rodzin i przyjaciół. To spota- nie jest okazją do współnej rozmowy, wspólnego wsparcia i wzajemnej pomocy pomiędzy osobami które są związane z tą chorobą. First Wednesday of the month 12-1pm 

**Prowadzą: Gosha Thornton, AM, LSW**

**JEWELRY MAKING:** Here you will learn ways to create original accessories like earrings, necklaces, bracelets and more! The classes will offer an atmosphere of learning and support for those seeking to be creative.

**Facilitator:** Lindsey Newman, BFA

**SPIRITUAL AWAKENINGS:** A weekly space for patients, families, and staff to enjoy 30 minutes of music, meditation, or inspirational literary works. Each Thursday holds something special and be sure not to miss the second Thursday of the month when we feature something extra-special! Stop by to rejuvenate, relax, and restore!

**Facilitator:** Barbara Zeman, Pastor

**AFTERNOON WITH MUSIC:** Free music concert offered by Caring Arts musicians. Third Thursday of the month, 12pm-2pm Prentice 4

**NEW! SIX SENSES MEDITATION:** Come to one or come to all! Six Senses Meditation focuses on each of our physiological senses: sight, hearing, taste, smell, and touch. The ability to detect other stimuli is often thought of as our sixth sense or our intuition. Each week we focus on one of our senses to better increase our overall awareness and strengthen our intuitive senses and understanding. The meditation groups draw upon the life experience and wisdom of all participants to generate possibilities of experiencing our lives more fully.

**Facilitator:** Constance Sheehan, Ph.D., LCSW Monday, 12-1pm

**Additional Programs:** We bring the activities to you!

**ART AS RELAXATION:** An art instructor is going from room to room in the infusion clinics with art supplies and suggestions. Learn and be surprised by the sense of accomplishment after making your own art. Check below to find out when we will be on your floor.

**Facilitator:** Lindsey Newman, BFA

**Infusion at Galter, 21st Floor:** TUESDAYS: 3–5:00pm

**Infusion at Prentice, 4th Floor:** TUESDAYS: 12pm-3pm

**Infusion at Arkes, 21st Floor:** TUESDAYS: 9:30-10:30am

**ARTIST-IN-RESIDENCE:** Relax by painting, drawing, and tracing. An art instructor is going from room to room on the inpatient floors with art supplies and suggestions. Check below to find out when we will be on your floor.

**Facilitator:** Lindsey Newman, BFA & Emily Wiss, BA

Prentice Inpatient, 14th Floor: FRIDAYS: 9–10:30am

Prentice Inpatient, 16th Floor: FRIDAYS: 10:30–12pm

Prentice Inpatient, 15th Floor: FRIDAYS: 12–5pm

**WEDNESDAYS: 1:00 –6:00pm**

**Programs by Request:**

**BECOME A MEMBER:** Become a member of Gilda’s Club Chicago to be a part of our community of support. Our free membership is available to any adult or child whose life has been touched by cancer. Contact Gosha Thornton at 312-464-9900 to schedule a Membership Appointment or for more information. Available by request. See the calendar for times and locations.

**LOOK GOOD, FEEL BETTER:** A program to help women in treatment regain confidence and learn techniques to improve the way they look and feel. Call the American Cancer Society at 312-472-5302 to RSVP for an available session. Available by request:

- Wednesday, October 7th @ 4-6pm
- Monday, October 12th @ 10am-12pm

**Support and Networking Groups**

Groups are opportunities to share information and support, and are open to patients, survivors, caregivers, family, and friends, unless otherwise noted.

**MELOMA PATIENT AND CAREGIVER SUPPORT GROUP:** Feinberg Pavilion, 3rd Floor, Conference Room D. Facilitator: Allison Adams. Call 312-695-4523. FIRST MONDAY OF THE MONTH: 3:30 –5:00 PM

**NORTHWESTERN BRAIN TUMOR SUPPORT GROUP:** Location varies. Call 312-926-5351. Facilitators: Jessica Voigts, LCSW, Mary Ellen Maher, APN, Meg Schwartz, APN. THIRD MONDAY OF THE MONTH: 5:00 –6:30 PM

**LIVING WELL with METASTATIC BREAST CANCER:** Open support group for women with metastatic breast cancer. PWH Suite 520. Facilitators: Mary Jo Graden, LCSW & Gina Utley, PA from the Lurie Cancer Center. Call 312-472-5820. THIRD TUESDAY OF THE MONTH: 5–6:30 pm

**It’s a ParTea! October 14th 10:30–11:00am on Galter 21**

Join us for Argo Tea’s fun and informative brewing demonstration where you will taste a variety of teas, and learn about their history and flavors.