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 Hours:
Monday 8:00 AM - 5:00 PM
Tuesday-Friday 8:00 AM - Last Scheduled Activity
Saturday/Sunday—Closed
1234 East River Drive
Davenport, IA 52803

Muscatine Office Hours:
Thursdays 9:00 AM - 2:00 PM
1808 Mulberry Avenue, 3rd Floor,
Senior Resources, Muscatine, IA 52761
563-263-7292 x109

Clinton Office Hours:
Tuesday Mornings or By Appt.
Mercy Medical
Radiation Oncology Center
1410 N 4th St., Clinton, IA 52732

July 2019
Member Activity Calendar
Support Groups

Please attend a New Member Meeting before attending a group. Groups are facilitated by a licensed mental health professional.

Wellness Groups:

- Tuesdays 1 – 3 pm; Wednesdays 6 – 8 pm
  Weekly support groups for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

Family Group:

- Wednesdays, 6 – 8 pm
  Weekly support group for family members and friends of those with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. This is separate from the Wellness Group.

Grief Connection:

- 1st & 3rd Tuesday, 8/6 & 8/20, 6 – 8 pm
  An ongoing bi-monthly grief support group.

Gynecological Cancer Group:

- 2nd Thursday, 8/6, 6 – 7:30 pm
  A monthly support group for those diagnosed with gynecological cancers.

Breast Cancer Group:

- 3rd Thursday, 8/15, 6:30 – 8 pm
  A monthly support group for breast cancer patients, survivors and family members.

Children/Teen

Noogieland is for children/teens affected by cancer:

Kid Support:

- Peer group for ages 4-12

Noogie Nights:

- Supervised playtime for young children.

Teen Time:

- A weekly group for teens ages 12 to 18.

Social Events

Breakfast Club:

- Fridays, 8:30 – 10:30 am
  Members will enjoy a potluck style breakfast. Please bring a breakfast item to share.

Educational Programs

Evening of Essential Oils:

- Tuesday, 8/27, 6 – 7:30 pm
  Learn about essential oils! What are essential oils? How can they benefit me? What kinds of essential oils have on my body and mind? Participants will make ‘n’ take their own scent to lift spirits! Facilitated by Rikka Stewart, Wellness Advocate.

Quad Cities Women Outdoor Club (QWCOC) Info Session:

- Wednesday, 8/28, 5 – 6 pm
  Chris Ciestco with QWCOC will have an info table for members to learn more about this fun-loving, adventurous club before support groups.

Frankly Speaking About Cancer: Lung Cancer

- Tuesday, 9/10, Dinner 5:30 – 6 PM, Presentation 5 – 7:30 PM
  This free, workshop featuring Dr. Constantino will cover the latest treatments for lung cancer. Dr. Constantino also discuss side effects, side-effect management. Gilda’s Club Program staff will discuss tools to overcome the social and emotional challenges of the diagnosis. We hope to answer many of your questions about lung cancer to help you (or your loved one) manage the disease more successfully.

Frankly Speaking About Cancer: Chronic Lymphocytic Leukemia

- Tuesday, 10/22, Dinner 5:30 – 6 PM, Presentation 6 – 7:30 PM
  This free workshop led by Amy Ganske, ARNP, FNP-BC from Physicians’ Clinic of Iowa Hematology & Oncology and Kelly Hendershot, LMSW from Gilda’s Club offers information on Chronic Lymphocytic Leukemia (CLL). Discussion will include treatment options, side-effects, cost of care, and navigating life with CLL. In addition, participants will learn about ways to cope with the social and emotional challenges of a CLL diagnosis. The presentation will take place at the Medical Pavilion 202 10th Street SE #285, Cedar Rapids, IA. We will have a live audience viewing at our Davenport Clubhouse. The presentation will also be available to view on Facebook Live.

Enhancing Connections:

- Next Session TBD
  Available to parents within 12 months of diagnosis with early stage cancer (Stage 0-II) and addresses the challenges experienced in communicating to their child during treatment for cancer. Contact us at antina@gildasclubqc.org or 563-326-7504 with questions and to enroll.

Healthy Lifestyle Activities

NOW MONTHLY: Essential Oils with Rikka:

- 1st Thursday, 8/1, 11 am – 12:30 pm
  We will now have essential oils workshop on the first Thursday of each month. Facilitated by Rikka Stewart, Wellness Advocate.

 Yoga 4 Cancer

- Mondays and Thursdays, 1:30 – 2:30 pm
  Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. All poses focus on the management of cancer treatment side effects.

 Group Meditation

- 1st & 3rd Thursday, 8/11 & 8/25, 12:30 – 1:15 pm
  Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.

 Chair Yoga:

- Thursdays, 5:15 – 6 pm
  Get Fit Where You Sit® at by adapting traditional yoga poses to a chair.

 Clear the Clutter Club:

- 2nd Monday, 8/12, 12-1:30 pm
  This is a casual meeting for sharing clutter clearing ideas, resources, and camaraderie.

 Laughter Yoga:

- Tuesday, 8/13, 6 – 7:30 pm
  Laughter Yoga enhances people’s quality of life. It helps reduce depression and stress, promotes relaxation, and produces a general sense of well-being. Laughter also increases circulation and provides an excellent workout. You will discover the physiological and psychological benefits of laughter, practice mindfulness, and learn new ways to add more laughter to your life. Facilitated by Meredith Parker, Program Director at Senior Star.

Fundraising Corner

Bags n’ Brews

- Saturday, 8/8; 2 pm
  Lindsay Park, Village of East Davenport, 1 – 5 pm
  Spend the afternoon playing cornhole and tasting a variety of craft beer supplied by many of our local breweries. Registration for the event is just $35 per player (includes tournament, Famous Dave’s BBQ & beer tasting) or $20 per person includes only the beer tasting and Famous Dave’s BBQ. To register, visit www.bagnsbrews.com.

Wine Walk

- Saturday, 8/17; Village of East Davenport, 3 – 6 pm
  Stroll the Village of East Davenport and sample wine from a variety of their local shops. Admission is $25 per person and 100% of the proceeds will support Gilda’s Club.

QC Cancer Awareness Ride

- Sunday, 8/25; Mississippi Valley Fairgrounds, 9am – 6pm
  Join other bikers in and ride in honor of all those impacted by cancer. Admission is $15 per rider or $25 for rider with passenger. Ride will end at the Mississippi Valley Fairgrounds where we will celebrate with an after party and silent auction. To register, visit www.gildasclubqc.org/ride.

Muscatine

Chair Yoga:

- Thursdays, 10:30 – 11:30 am
  Iowa State University Extension & Outreach (1514 Isett Ave)
  Get Fit Where You Sit® at by adapting traditional yoga poses to a chair. Perfect for those interested in trying yoga for the first time, or individuals who have been practicing yoga for years. Facilitated by Kelly Craft, LVCTY.

Wellness Group:

- 1st Thursday, 8/6, 6 – 8 pm
  First Presbyterian Church (401 Iowa Ave) Please use 4th St. entrance

Healthy Eating on a Budget

- Thursday, 8/15, 6 – 7:30 pm
  First Presbyterian Church (401 Iowa Ave) Please use 4th St. entrance
  Does eating healthy sound great? Does it also sound expensive? It doesn’t have to be! Allison Castle, Holistic Health Coach, will lead a workshop about eating healthy on a budget. Allison will talk about healthy foods that are friendly on your wallet and budget-friendly alternatives to more expensive options.

Clinton

Wellness Group:

- 2nd Tuesday, 8/13, 6:30 pm – 9 pm
  Monthly support group at Zion Lutheran Church (439 3rd Avenue S) for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

Program Manager Anita Shaft provides outreach at Mercy Medical Radiation Oncology Center on Tuesday mornings.

Anita is also available to meet with new members at Mercy Medical Radiation Oncology Center on Tuesday mornings or by appointment.

To receive the latest support group, workshop and activity opportunities provided directly in Clinton, visit gildasclubqc.org/Clinton-mailing.