



# April 2019 Program Calendar

*In This Together... Learn. Share. Laugh.*

## WORKSHOPS

- Angel Pillow Project**  
Monday, April 8, 12:00-2:00pm
- Beading**  
Every Tuesday 12:30-3:30 p.m.
- Book Worms**  
Wednesday, April 3 & 17, 4:00-5:00 p.m.
- Colored Pencils RSVP**  
Wednesday, April 10, 12:00 p.m. –2:00 p.m.
- Creative Art RSVP**  
Thursday, April 11 & 25, 6:00– 7:30 p.m..
- Healthy Start RSVP**  
Thursday 10:00-11:00 a.m. (Canceled April 4th)
- Improv**  
Mon April 1, 15 & Thurs, April 18, 6:00-7:30 p.m.
- Knitting/ Crochet Circle RSVP**  
Wednesday 12:00 p.m.-2:00 p.m.
- Nia**  
Every Wednesday 2:30-3:30 p.m.
- Quilting**  
Thursdays 12:00-3:00 p.m.
- String Jam RSVP**  
Thursday, April 4 & 18, 1:00-3:00 p.m.
- Ukulele Group**  
Every Tuesday, 5:30-6:15 p.m.
- Beginners Uke Group RSVP**  
Every Tuesday, 4:30 p.m.
- Walk to Get Fit!**  
Every Thursday 1:00-2:00 p.m.
- Yoga**  
Every Monday 1:00-2:00 p.m.  
Every Tuesday 1:00-2:00 p.m.  
Every Wednesday 1:00-2:00 p.m.  
Every Thursday 11:15 –12:15 p.m., 6:00-7:15 p.m.  
Every Saturday 12:00-1:00 p.m.

### New Member Meetings

Tuesdays at 10 a.m.  
Thursday at 6:30 p.m. &  
Saturdays at 12 p.m.  
Please RSVP 248.577.0800.

For more info, visit  
[www.gildasclubdetroit.org](http://www.gildasclubdetroit.org)

## LECTURES & SPECIAL EVENTS

- Bunny Bunny Breakfast!**  
**Monday, April 1st, 10:00 a.m.-11:00 a.m.**  
Join us for breakfast, at the beginning of every month. You can check out all the new monthly updates too! As Gilda said 'Bunny Bunny!'
- Michigan State vs. Western Michigan Baseball Game!**  
**Tuesday, April 2nd, 6:05 p.m. RSVP (limited tickets)**  
A fun night out for friends & family to enjoy a baseball game at Comerica Park! Tickets are first come first serve, call to reserve yours while supplies last!
- Smoking Cessation Workshop**  
**Wednesday, April 3rd, 6:00-7:30 p.m. RSVP**  
A welcoming and informative presentation about smoking, both for those who smoke as well as those who have a loved one that smokes, including the most effective tips and tricks for those interested in quitting. JUDGMENT FREE ZONE! Dinner provided.
- Leukemia/Lymphoma Support Group**  
**Wednesday, April 3rd 6:30-8:00 p.m. RSVP**  
Special guest and art therapist Erin Shahly will be joining the group, to offer those seeking support through a leukemia or lymphoma cancer diagnosis another avenue of supportive expression.
- Movie Matinee**  
**Saturday, April 6th, 1:15-3:00 p.m. RSVP**  
This month's movie is *Love, Gilda*. A documentary about our beloved Gilda Radner! This funny and brutally honest tribute to the life and career of Gilda Radner even includes actual audio tapes of her telling her own story.  
Snacks provided.
- Navigating Insurance: Medicare & Medicaid Tutorial**  
**Monday, April 8th, 6:00-8:00 p.m. RSVP**  
This lecture is the first in its series that will help you better navigate life with cancer. It will include two breakout sessions regarding Medicare and Medicaid and then transition into a panel discussion on how to navigate insurance. Please RSVP and provide questions for the speakers.  
Lite refreshments provided.
- Rack Pack Group**  
**Tuesday, April 9th, 6:30-7:30 p.m.**  
This is a support group for those young adults (age 18-39) who are seeking support through a breast cancer diagnosis. This month, special guest Julie Silver, MSW, R.Ac. Of Michigan Associates of Acupuncture and Oriental Medicine will be joining the group to discuss anxiety management, early menopause, hormones, fertility and more.
- Detroit Tigers Game!**  
**Wednesday, April 17th, 6:40 p.m. RSVP**  
It's Tiger Season! We are very excited to offer tickets again for our families facing cancer. Please note, if you receive tickets for your family, we do NEED you to guarantee you'll use them. Our continued partnership with the Tigers depends on it! Tickets are first come first serve, call to reserve yours while supplies last!
- Life After Treatment Group**  
**Thursday, April 18th, 6:00-7:30 p.m.**  
This group meets every Thursday evening, however, this particular group, special guest and art therapist Erin Shahly will be joining, to offer those seeking support through post treatment concerns, another avenue of supportive expression.
- Yoga & Meditation for Beginners**  
**Monday, April 22nd, 6:00-7:30 p.m. RSVP**  
This session offered by the Isha Foundation, focuses on enhancing clarity and improved health through a state of peacefulness and joy. It will include a brief synthesis of yoga practices followed by meditation technique. No experience necessary, please arrive wearing comfortable clothing.
- Family Fun Day! - Offsite**  
**Saturday, April 27th, 1:00-3:00 p.m. RSVP**  
Microsoft is inviting Gilda's families to meet at their store in Somerset Mall! They're providing a free, 2-hour workshop geared toward students 8 years and older to use block coding to create a video game with MakeCode Arcade. With parental assistance, younger children can participate and Microsoft will also have Xboxes set up for anyone who would like to play! Parent attendance is required the entire time.



# April 2019

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
<p><b>1</b>  <b>10:00 Bunny Bunny Breakfast!</b>  <b>10:00-11:30</b> Life After Treatment Group <b>RSVP</b>  <b>6:00-7:00</b> Chair Yoga</p>	<p><b>2</b>  <b>10:00 New Member Meeting</b>  <b>RSVP</b>  <b>11:00-12:30</b> Living With Cancer Group <b>RSVP</b>  <b>3:30-5:00</b> Peer to Peer Post Treatment Support  <b>6:30-8:00</b> Family Bereavement  <b>6:30-8:00</b> Coffeehouse</p>	<p><b>3</b>  <b>6:00-7:30 Smoking Cessation Workshop</b>  <b>RSVP</b>  <b>6:30-8:00</b> Pancreatic Group  <b>6:30-8:00</b> Leukemia/Lymphoma Group-  Special Guest  <b>6:00-7:30 Kids Creative Art</b>  <b>RSVP</b></p>	<p><b>4</b>  <b>6:00-7:30</b> Life After Treatment Group  <b>6:30-8:00</b> Ovarian/Gynecological Group  <b>6:30 New Member Meeting</b>  <b>RSVP</b>  <b>6:00-7:30</b> Teen Grief Group (age 13-17) <b>RSVP</b></p>	<p><b>6</b>  <b>12:00 New Member Meeting</b>  <b>RSVP</b>  <b>12:00-1:00</b> Yoga  <b>1:00-3:00</b> Movie: Love, Gilda  <b>2:00-3:00</b> Teen Support Group (age 13-17) <b>RSVP</b></p>
<p><b>8</b>  <b>6:00-8:00</b> Navigating Insurance: Medicare &amp; Medicaid Tutorial <b>RSVP</b>  <b>6:30-8:00</b> Brain Group</p>	<p><b>9</b>  <b>10:00 New Member Meeting</b>  <b>RSVP</b>  <b>11:00-12:30</b> Living with Cancer Group <b>RSVP</b>  <b>6:30-8:00</b> Rack Pack: w/Sharing &amp; Caring <b>RSVP</b>  <b>6:30-8:00</b> Spouses Bereavement <b>RSVP</b></p>	<p><b>10</b>  <b>6:00-7:30</b> Parents of a Child Diagnosed Group <b>RSVP</b>  <b>6:30-8:00</b> Men's Group &amp; Dinner <b>RSVP</b>  <b>6:00-7:30</b> Kid Support Groups <b>RSVP</b>  <b>6:00-7:30</b> Toddler Play Group (age 1-4) <b>RSVP</b></p>	<p><b>11</b>  <b>6:00-7:30</b> Life After Treatment Group  <b>6:30-8:00</b> Family/Friends/Caregivers Group <b>RSVP</b>  <b>6:30 New Member Meeting</b>  <b>RSVP</b>  <b>6:30-8:30</b> Kid's Creative Art <b>RSVP</b></p>	<p><b>13</b>  <b>12:00 New Member Meeting</b>  <b>RSVP</b>  <b>12:00-1:00</b> Yoga</p>
<p><b>15</b>  <b>10:00-11:30</b> Life After Treatment Group <b>RSVP</b>  <b>6:00-7:00</b> Chair Yoga <b>RSVP</b>  <b>6:30-8:00</b> Lung Group <b>RSVP</b>  <b>6:30-8:00</b> Young Adult Group <b>RSVP</b></p>	<p><b>16</b>  <b>10:00 New Member Meeting</b>  <b>RSVP</b>  <b>11:00-12:30</b> Living With Cancer Group <b>RSVP</b>  <b>3:30-5:00</b> Peer to Peer Post Treatment Support  <b>6:30-8:00</b> Family Bereavement Group</p>	<p><b>17</b>  <b>6:30-8:00</b> Women of Color Group  <b>6:00-7:30</b> Kids Grief Group (age 5-12) <b>RSVP</b>  <b>6:30-7:30</b> Club Red</p>	<p><b>18</b>  <b>6:00-7:30</b> Life After Treatment Group-Special Guest  <b>6:30 New Member Meeting</b>  <b>RSVP</b></p>	<p><b>20</b>  <b>12:00 New Member Meeting</b>  <b>RSVP</b>  <b>12:00-1:00</b> Yoga  <b>1:30-2:30</b> Zumba  <b>2:00-3:00</b> Neuropathy Group <b>RSVP</b></p>
<p><b>22</b>  <b>6:00-7:30</b> Board Game Night! <b>RSVP</b>  <b>6:00-7:30</b> Yoga &amp; Meditation for Beginners <b>RSVP</b>  <b>6:30-8:00</b> Sarcoma Group <b>RSVP</b>  <b>6:30-8:00</b> G.I. Group <b>RSVP</b></p>	<p><b>23</b>  <b>10:00 New Member Meeting</b>  <b>RSVP</b>  <b>11:00-12:30</b> Living With Cancer Group <b>RSVP</b>  <b>6:00-7:30</b> Multiple Myeloma Group-Special Guest  <b>6:30-8:00</b> Spouses Bereavement <b>RSVP</b></p>	<p><b>24</b>  <b>6-7:30</b> Parents Who've Lost a Child to Pediatric Cancer Group <b>RSVP</b>  <b>6:30-8:00</b> Head &amp; Neck Group  <b>6:30-8:00</b> Men's Group &amp; Dinner <b>RSVP</b>  <b>6:30-8:00</b> Breast Group  <b>6:00-7:30</b> Toddler Expressive Art Group (age 1-4) <b>RSVP</b></p>	<p><b>25</b>  <b>6:00-7:30</b> Life After Treatment Group  <b>6:00</b> Family/Friends/Caregivers Dinner <b>RSVP</b>  <b>6:30-8:00</b> Family/Friends/Caregivers Group <b>RSVP</b>  <b>6:30</b> New Member Meeting <b>RSVP</b>  <b>6:30-8:30</b> Kid's Creative Art <b>RSVP</b></p>	<p><b>27</b>  <b>12:00 New Member Meeting</b>  <b>RSVP</b>  <b>12:00-1:00</b> Yoga  <b>1:00-3:00</b> Family Fun Day-Offsite at Somerset Mall! <b>RSVP</b></p>
<p><b>29</b></p>	<p><b>30</b>  <b>10:00 New Member Meeting</b>  <b>RSVP</b>  <b>11:00-12:30</b> Living With Cancer Group <b>RSVP</b></p>			



# Information & Events

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## OFFSITE GILDA'S CLUB PROGRAMS & LOCATIONS

Please Check out our new location,  
Gilda's Club Lake House!  
Complete Calendar of events can be found at:  
[milakehouse.org](http://milakehouse.org)

**Art Therapy: Beaumont Farmington Hills**  
**Every Thursday, 12:00-1:30 p.m.**

Art Therapy is held every Thursday afternoon, in The Cancer Center of Beaumont Farmington Hills, upstairs in suite 230.

**Yoga: Beaumont Farmington Hills**  
**Every Tuesday, 4:30-5:30 p.m.**

Yoga is held every Tuesday afternoon, in the Cancer Center of Beaumont Farmington Hills.

**Gentle Yoga: Beaumont Dearborn**  
**Tuesday, April 2nd & 16th, 5:00-6:30 p.m. RSVP**  
Gentle Yoga is offered every 1st and 3rd Tuesday of the month at Beaumont Commons in the Rotunda Room, located at 16351 Rotunda Drive, Dearborn, MI 48120. (Canceled New Year's Day)

**Living with Cancer Group: Beaumont Farmington Hills**  
**Tuesday April 2nd & 16th, 5:30-7:30 p.m.**  
A support group for adults in active cancer treatment, seeking support through a cancer diagnosis, every 1st and 3rd Tuesday evening, in The Cancer Center of Beaumont Farmington Hills.

**Life After Treatment Group: Beaumont Farmington Hills**  
**Tuesday April 9th, 23rd & 30th 5:30-7:30 p.m.**  
A support group for adults seeking support through post cancer treatment concerns, every 2nd and 4th Tuesday evening, in The Cancer Center of Beaumont Farmington Hills.

**Art Therapy: Beaumont Dearborn**  
**Monday, March 8th, 2:00-3:30 p.m.**  
Art therapy is held every 2nd Monday of the month at Beaumont Hospital Cancer Center in the Main Lobby.

**Tai Chi: Beaumont Dearborn**  
**Tuesday, April 23rd, 5:00-6:30 p.m. RSVP**  
Tai Chi is held every 4th Tuesday of the month at Beaumont Commons in the Rotunda Room, located at 16351 Rotunda Drive, Dearborn, MI 48120.

## Our Program Partners:

**Beaumont**

**Genentech**  
*A Member of the Roche Group*



**RALPH C. WILSON, JR.**  
FOUNDATION



**THE JEWISH FUND**  
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