



# December 2018 Program Calendar

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

## WORKSHOPS

### Angel Pillow Project

Monday, Dec 10, 12:00-2:00pm

### Beading

Every Tuesday 12:30-3:30 p.m.

### Evening Beading RSVP

Thursday, Dec 6, 5:30-8:00 p.m.

### Book Worms

Wednesday, Dec 5 & 19, 4:00-5:00 p.m.

### Healthy Start

Thursdays, 10:00-11:00 a.m.

### Creative Art RSVP

Thursday, Dec 20, 6:00- 7:30 p.m.

### Improv

Mon, Dec 3 & 20, 6:00-7:30 p.m.

### Knitting/ Crochet Circle

Wednesdays, 12:00 p.m.-2:00 p.m.

### Nia

Thursday, Dec 6, 2:30-3:30 p.m.

### Pilates RSVP

Thursday, Dec 20, 4:00-5:00 p.m.

### Quilting

Thursdays 12:00-3:00 p.m.

### String Jam RSVP

Thursday, Dec 6 & 20, 1:00-3:00 p.m.

### Ukulele Group

Tuesday, Dec 18, 5:30-6:15 p.m.

### Beginners Uke Group RSVP

Tuesday, Dec 18 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 11:00 -12:00 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!

**Saturday, December 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!'

### Movie Matinee

**Saturday, December 1st, 1:00-3:00 p.m.  
RSVP**

This month's movie is *Cool Runnings*.

Starring actors Doug E. Doug and John Candy, it's loosely based on the Jamaican bobsled team that made their debut during the 1988 Winter Olympics. A comedy classic for sure! Snacks provided.

### NEW! Life After Treatment Group

**Mondays, December 3rd & 17th, 10:00-  
11:30 a.m. RSVP**

A group for those post treatment and looking for support from others who share similar experiences after a cancer diagnosis. This group will meet the 1st and 3rd Monday of every month.

### Tree Decorating!

**Tuesday, December 4th, 3:00 p.m.**

Join us for the start of this month's festivities by decorating our tree! Of course we'll have some sweet treats as well, followed by our monthly **Coffeehouse!**

### Evening Beading Workshop

**Thursday, December 6th, 5:30-8:00 p.m.**

Join us in the art room for some creative beading projects!

### Healthy Start!

**Every Thursday, 10:00 a.m. RSVP**

Join our very own Beth Sinclair in the kitchen, as she shares a variety of 'Healthy Start' options for your day! Whether she's juicing, sharing smoothies or 'feel good snacks,' she's bound to get you off to a good start!

### NEW! Thursday Morning Yoga!

**Every Thursday, 11:00 a.m.**

All skill levels welcome.

### Asian Medicine Therapies

**Monday, December 10th, 6:00-7:30 p.m.  
RSVP**

Mathew Kulas and Ruth Lehmann, acupuncturists with Henry Ford Health System, will give an in depth overview of what acupuncture is and how it works, as well as other complementary Asian Medicine therapies. They'll share how these ancient therapies can help with modern diseases and symptoms such as musculoskeletal pain conditions, insomnia, anxiety and side effects from chemo and radiation therapies. Light refreshments provided.

### Holiday Party

**Thursday, December 13th. 5:30-7:30  
p.m. RSVP**

Celebrate the Holidays with us! Enjoy entertainment, a strolling dinner and our Gilda's Club family! Please be sure and include any children attending in your RSVP so that Santa can be sure and some special gifts for them!

### NEW! Art Therapy

**Thursday, December 13th, 5:30-7:30  
(During Holiday Party)**

A supportive art series that will focus on mindfulness-based art practices to engage and nurture participants throughout creative practice process. No experience necessary.

### Fresh Juice Tasting

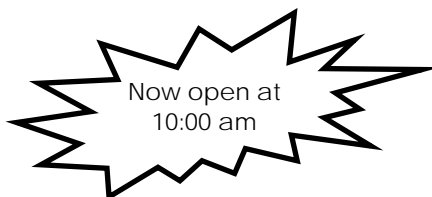
**Monday, December 17th, 5:30-6:30 p.m.**

Stop in to taste test some fresh juices made from our very own recipes provided by Beth Sinclair's **Healthy Start!** program! (While supplies last!)

### After the Holidays Glow

**Thursday, December 27th, 9:00 a.m. -  
12:30 p.m. RSVP**

Join us for a morning of self-care and relaxation to take a break from the hustle and bustle of the holidays! Workshop will include Jackie's Art & Meditation, yoga, and Tibetan Singing Bowl class. Lunch provided!

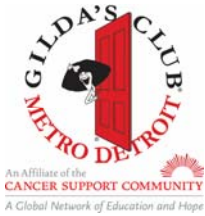




# December 2018

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
				<b>1</b> 10:00-11:00 Bunny Bunny Breakfast! 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Cool Runnings 2:00-3:00 Teen Sup- port Group (age 13- 17) RSVP
<b>3</b> 10:00-11:30 Life After Treat- ment Group RSVP 6:00-7:00 Chair Yoga with David RSVP 6:30-8:00 Young Adult Group RSVP	<b>4</b> 10:00 New Member Meeting RSVP 11:00-12:30 Living With Cancer Group RSVP 3:00 Tree Decorating! 3:30-5:00 Peer to Peer Post Treatment Support 6:30-8:00 Family Bereavement Group 6:30-8:00 Coffeehouse	<b>5</b> 6:30-8:00 Pancreatic Group 6:30-8:00 Leukemia/ Lymphoma Group RSVP 6:00-7:30 Kids Creative Art RSVP	<b>6</b> 6:00-7:30 Life After Treat- ment Group 6:30-8:00 Ovarian/ Gynecological Group 6:30-8:00 Family/Friends/ Caregivers Group RSVP 6:30 New Member Meet- ing RSVP	<b>8</b> 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:30-2:30 Healing Hands RSVP
<b>10</b> 6:00-7:30 Asian Medicine Therapies RSVP 6:30-8:00 Brain Group	<b>11</b> 10:00 New Member Meeting RSVP 11:00-12:30 Living with Cancer Group RSVP 6:30-8:00 Rack Pack: w/Sharing & Caring RSVP 6:30-8:00 Spouses Bereavement RSVP	<b>12</b> 6:00-7:30 Parents of a Child Diagnosed Group RSVP 6:30-8:00 Men's Group RSVP  6:00-7:30 Kid Support Groups RSVP 6:00-7:30 Toddler Play Group (age 1-4) RSVP	<b>13</b> 5:30-7:30 Art Therapy 5:30-7:30 Holiday Party! RSVP	<b>15</b> 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:30-2:30 Zumba RSVP
<b>17</b> 10:00-11:30 Life After Treat- ment Group RSVP 5:30-6:30 Fresh Juice Tasting 6:00-7:00 Gentle Yoga w/ David RSVP 6:00-7:30 Board Game Night! RSVP 6:30-8:00 Lung Group RSVP 6:30-8:00 Young Adult Group RSVP 6:30-8:00 G.I. Group RSVP 6:30-8:00 LGBTQ Group RSVP	<b>18</b> 10:00 New Member Meeting RSVP 11:00-12:30 Living With Cancer Group RSVP 3:30-5:00 Peer to Peer Post Treatment Support 6:30-8:00 Family Bereavement Group 6:00-7:30 Multiple Myeloma Group—Holiday Potluck 6:30-8:00 Spouses Bereavement RSVP	<b>19</b> 6:00-7:30 Parents Who've Lost a Child to Pediatric Cancer Group RSVP 6:30-8:00 Women of Color Group 6:30-8:00 Head & Neck Group 6:30-8:00 Breast Group 6:00-7:30 Toddler Expressive Art Group (age 1-4) RSVP 6:00-7:30 Kids Grief Group (age 5-12) RSVP 6:00-7:30 Teen Grief Group (age 13-17) RSVP 6:30-7:30 Club Red	<b>20</b> 6:00-7:30 Life After Treat- ment Group 6:00 Family/Friends/ Caregivers Dinner RSVP 6:30-8:00 Family/Friends/ Caregivers Group RSVP 6:30 New Member Meet- ing RSVP	<b>22</b> 12:00 New Member Meeting RSVP 12:00-1:00 Yoga
<b>24</b> Closed for the Holidays!	<b>25</b> Closed for the Holidays!	<b>26</b> Closed for the Holidays!	<b>27</b> 9:00-12:30 After the Holi- days Glow RSVP	<b>29</b> Closed for the Holi- days!
<b>31</b> Closed for the Holidays!				



# Information & Events

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## OFFSITE GILDA'S CLUB PROGRAMS & LOCATIONS

**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, December 4th & 18th, 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.

**Life After Treatment Group: Beaumont Farmington Hills**  
**Every Tuesday, 5:30-7:30 p.m.**

A support group for adults who are post treatment, offered every Tuesday evening, in The Cancer Center of Beaumont Farmington Hills.

**Art Therapy: Beaumont Dearborn**  
**Tuesday, December 11th, 2:00-3:30 p.m.**

Art therapy is held every 2nd Tuesday of the month at Beaumont Hospital in the Radiation Oncology Mainwaring Conference Room (West Entrance-Basement). Located at 18101 Oakwood Blvd., Dearborn, 48124.

**Tai Chi: Beaumont Dearborn**  
**Canceled Due to the Holiday**

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*



**Children's Hospital of Michigan**  
**DMC DETROIT MEDICAL CENTER**



**CooperStandard**



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