

DECEMBER 2024 ROYAL OAK

3517 Rochester Road
Royal Oak MI, 48073
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**GILDA'S CLUB
METRO DETROIT**
An Affiliate of the
CANCER SUPPORT COMMUNITY

MON	TUE	WED	THU	FRI	SAT	SUN
<p>2 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING</p>	<p>3 11 AM: TRANQUILITY YOGA (H) <u>2 PM: TREE TRIMMING AND COOKIES</u> 4 PM: SINGERS & STRINGERS 4 PM: METASTATIC BREAST CANCER SOCIAL 5:30 PM: YOUNG ADULTS GROUP (H) <u>6 PM: BEREAVEMENT GROUP HOLIDAY POTLUCK</u> 5:30 PM: CLUB RED 6:30 PM: ART NIGHT 6:30 PM: BINGO!</p>	<p>4 10:00 AM: CHAIR YOGA (H) 10:00 AM: SELF LED BEADING 11 AM: COFFEE, CANCER & CONVERSATION 11:30 AM: LIVING W/CANCER <u>2:30 PM: WHAT'S YOUR BILLBOARD? ART PROJECT</u> 4 PM: NOOGIELAND PLAY <u>5:30 PM: WISE RADIANT WOMEN</u> <u>6 PM: HOLIDAY GNOME CANDY JARS</u></p>	<p>5 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 10:30 AM: STRESS RELIEF REIKI 11:15 AM: STRESS RELIEF REIKI 12 PM: KNITTING & CROCHET CRAFTERS 12 PM: STRESS RELIEF REIKI 12:45 PM: STRESS RELIEF REIKI 1 PM: PAINT BY NUMBERS SOCIAL <u>5PM: SANTAS WORKSHOP & PARENT'S NIGHT OUT!</u></p>	6	7	8
<p>9 10 AM: ANGEL PILLOW 12:30 PM: QUILTING GROUP 1 PM: SLOW FLOW YOGA (H) 2 PM: DIAMOND PAINTING</p>	<p>10 11 AM: TRANQUILITY YOGA (H) <u>5:30 PM: HOLIDAY PARTY COFFEE HOUSE!</u> 6:30 PM: PARTNERS BEREAVEMENT 6:30 PM: CAREGIVERS GROUP</p>	<p>11 10:00 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 1:30 PM: CLUBHOUSE BOOK CLUB 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THOROUGH ART 6 PM: BOSOM BUDDIES 6 PM: HEAD & NECK GROUP</p>	<p>12 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 12 PM: FARM TO TABLE 1 PM: PAINT BY NUMBERS SOCIAL 4 PM: ONE TO ONE OVARIAN CANCER SUPPORT GROUP <u>4 PM: HOLIDAY EMBELISHED CANVAS WORKSHOP</u></p>	<p>13 <u>5:30 PM: COOKIES WITH SANTA!</u></p>	14	15
<p>16 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING</p>	<p>17 10 AM: REIKI SESSION 11 AM: TRANQUILITY YOGA (H) 11 AM: REIKI SESSION 12 PM: REIKI SESSION 4 PM: SINGERS & STRINGERS 6 PM: LIFE AFTER LOSS GROUP 6 PM: LGBTQ+ & CANCERS GROUP 6 PM: MULTIPLE MYELOMA GROUP 6:30 PM: ART NIGHT 6:30 PM: WOMEN OF COLOR GROUP (H)</p>	<p>18 10:00 AM: CHAIR YOGA (H) 10:00 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 4 PM: NOOGIELAND PLAY <u>5 PM: FAMILY FUN DAY: HOLIDAY SNOWGLOBE ORNAMENTS</u> 6 PM: TRAVEL WITH GILDA! 6 PM: IMPROV! 6:30 PM: MEN'S MEETING (H)</p>	<p>19 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 10:30 AM: STRESS RELIEF REIKI 11:15 AM: STRESS RELIEF REIKI 12 PM: KNITTING & CROCHET CRAFTERS 12 PM: STRESS RELIEF REIKI 12:45 PM: STRESS RELIEF REIKI 1 PM: PAINT BY NUMBERS SOCIAL</p>	20	21	22
<p>23 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING</p>	<p>24 CLOSED-NO IN PERSON PROGRAMMING</p>	<p>25 CLOSED-NO IN PERSON PROGRAMMING</p>	<p>26 CLOSED-NO IN PERSON PROGRAMMING</p>	27	28	29
<p>30 <u>11 AM: YOGA INTO THE NEW YEAR</u> <u>12PM: LIFE AFTER LOSS & THE HOLIDAYS LUNCH</u></p>	<p>31 CLOSED-NO IN PERSON PROGRAMMING</p>					