



An Affiliate of the  
CANCER SUPPORT COMMUNITY

# Royal Oak Clubhouse - March 2023

Mon	Tue	Wed	Thu
<p>Registration is required for <u>all</u> programs. H= Hybrid Programming Red = New Program!</p> <p>You can give us a call at <b>248.577.0800</b> or register</p>	<p><b>Special March Weekend Programming:</b></p> <p><b>3/18/23 at 6p.m.</b> <b>10 Year Anniversary Show</b></p> <p><b>3/19/23 at 2 p.m.</b> <b>Ovarian &amp; Gynecological Cancers Afternoon Tea</b></p>	<p><b>1</b></p> <p><b>10:00</b> New Member Meeting <b>11:00 Cancer, Coffee &amp; Conversations</b> <b>11:30</b> Living with Cancer <b>4:00 Mindful Coloring</b> <b>4:00 Noogieland Family Play</b> <b>6:30</b> Leukemia/ Lymphoma Group (H) <b>6:30</b> Men's Gathering (H)</p>	<p><b>2</b></p> <p><b>10:30</b> Reiki Healing Circle <b>1:00</b> Restorative Yoga <b>2:00</b> Self Care 101 Group: Boundary Setting</p>
<p><b>6</b></p> <p><b>1:00</b> Yoga (H)</p>	<p><b>7</b></p> <p><b>9:00</b> Early Bird Chair Yoga (H) <b>12:00</b> Open Beading Circle <b>4:00</b> Uke Group <b>6:30</b> Art Night (H) <b>6:30 Better Health through Self-Healing &amp; Relaxation (H)</b></p>	<p><b>8</b></p> <p><b>10:00</b> New Member Meeting <b>11:30</b> Living with Cancer Group <b>4:00 Mindful Coloring</b> <b>4:00 Noogieland Family Play</b> <b>6:30</b> Ovarian/ Gynecological Group</p>	<p><b>9</b></p> <p><b>1:00</b> Restorative Yoga</p>
<p><b>13</b></p> <p><b>11:00</b> Angel Pillow Project <b>1:00</b> Yoga (H)</p>	<p><b>14</b></p> <p><b>9:00</b> Early Bird Chair Yoga (H) <b>12:00</b> Open Beading Circle <b>1:00 Book Club</b> <b>4:00</b> Uke Group <b>6:30</b> Art Night (H) <b>6:30</b> Caregivers Group <b>6:30</b> Spouses Bereavement</p>	<p><b>15</b></p> <p><b>10:00</b> New Member Meeting <b>11:30</b> Living with Cancer Group <b>4:00 Mindful Coloring</b> <b>4:00 Noogieland Family Play</b> <b>6:00</b> Improv!</p>	<p><b>16</b></p> <p><b>10:30</b> Reiki Healing Circle <b>1:00</b> Restorative Yoga</p>
<p><b>20</b></p> <p><b>1:00</b> Yoga (H)</p>	<p><b>21</b></p> <p><b>9:00</b> Early Bird Chair Yoga (H) <b>10:30 Healthy Eating: Cooking Delectable Lentils (H)</b> <b>12:00</b> Open Beading Circle <b>4:00</b> Uke Group <b>6:30</b> Art Night (H)</p>	<p><b>22</b></p> <p><b>10:00</b> New Member Meeting <b>11:30</b> Living with Cancer Group <b>4:00 Mindful Coloring</b> <b>4:00 Noogieland Family Play</b> <b>6:00 5 Pathways of Nutrition: Immune System</b> <b>6:00</b> Family Bereavement <b>6:30</b> Breast Group</p>	<p><b>23</b></p> <p><b>1:00</b> Restorative Yoga</p>
<p><b>27</b></p> <p><b>1:00</b> Yoga (H)</p>	<p><b>28</b></p> <p><b>9:00</b> Early Bird Chair Yoga (H) <b>12:00</b> Open Beading Circle <b>4:00</b> Uke Group <b>6:00</b> Multiple Myeloma <b>6:30 Life After Loss Gathering</b> <b>6:30</b> Women of Color (H)</p>	<p><b>29</b></p> <p><b>10:00</b> New Member Meeting <b>11:30</b> Living with Cancer Group <b>4:00 Mindful Coloring</b> <b>4:00 Noogieland Family Play</b></p>	<p><b>30</b></p> <p><b>1:00</b> Restorative Yoga <b>6:00 Hygge Workshop</b></p>