

MON	TUE	WED	THU	FRI	SAT	SUN
			<p>1</p> <p>10:15 AM: GILDA'S INDOOR WALKERS! 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES</p>	2	<p>3</p> <p>11 AM: FAMILY FUNDAY!</p>	4
<p>5</p> <p>12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS!</p>	<p>6</p> <p>11 AM: TRANQUILITY YOGA (H) 4 PM: GILDA'S SINGERS & STRINGERS 4 PM: METASTATIC BREAST CANCER SOCIAL 5:30 PM: YOUNG ADULTS GROUP (H) 6:30 PM: ART NIGHT</p>	<p>7</p> <p>10 AM: NEW MEMBER MEETING 10:30 AM: BEGINNERS BEADING 11 AM: COFFEE, CANCER & CONVERSATION 11:30 PM: LIVING W/CANCER 4 PM: NOOGIELAND PLAY 5 PM: POLYMER CLAY 6:30 PM: MEN'S MEETING (H) 6:30 PM: HPV RELATED CANCERS</p>	<p>8</p> <p>CLOSED FOR CLUBHOUSE RENOVATIONS</p>	9	10	11
<p>12</p> <p>10 AM: ANGEL PILLOW 12:30 PM: QUILTING GROUP 1 PM: SLOW FLOW YOGA 1 PM: AB BLASSTERS FOR BEGINNERS!</p>	<p>13</p> <p>11 AM: TRANQUILITY YOGA (H) 5:30 PM: COFFEE HOUSE! -OPEN MIC 6:30 PM: SPOUSES BEREAVEMENT 6:30 PM: CAREGIVERS GROUP 6:30 PM: VISUAL JOURNALING</p>	<p>14</p> <p>10 AM: NEW MEMBER MEETING 10:30 AM: BEGINNERS BEADING 11:30 AM: LIVING W/CANCER 1:30 PM: CLUBHOUSE BOOK CLUB 1:30 PM: BEGINNERS TAP! 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THROUGH ART 6 PM: BOSOM BUDDIES 6 PM: HEAD & NECK GROUP 6:30 PM: POETRY & PASTRIES</p>	<p>15</p> <p>10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: STRESS RELIEF REIKI 11:30 PM: STRESS RELIEF REIKI 12 PM: KNITTING & CROCHET CRAFTERS 12 PM: FARM TO TABLE 12:30 PM: STRESS RELIEF REIKI 1 PM: PAINTING & TUNES 1:30 PM: STRESS RELIEF REIKI 6 PM: BRAS FOR A CAUSE MODEL MINGLE</p>	16	17	18
<p>19</p> <p>12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 1:30 PM: SUMMER ART THERAPY: CHAKRAS 6 PM: SOUND BATH THERAPY</p>	<p>20</p> <p>11 AM: TRANQUILITY YOGA (H) 4 PM: SINGERS & STRINGERS 6 PM: ISHA YOGA 6 PM: LGBTQ+ & CANCERS GROUP 6 PM: ART NIGHT</p>	<p>21</p> <p>10 AM: NEW MEMBER MEETING 10:30 AM: BEGINNERS BEADING 11:30 AM: LIVING W/CANCER 1:30 PM: BEGINNERS TAP! 4 PM: NOOGIELAND PLAY 6 PM: IMPROV! 6 PM: IRIS CARD MAKING WOKSHOP 6:30 PM: MEN'S MEETING 6:30 PM: POETRY & PASTRIES 6:30 PM: WAYS TO GO VEGAN</p>	<p>22</p> <p>10:15 AM: GILDA'S INDOOR WALKERS! 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES 6 PM: ART BRA MAKING NIGHT!</p>	23	24	25
<p>26</p> <p>12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS!</p>	<p>27</p> <p>11 AM: TRANQUILITY YOGA (H) 4 PM: GILDA'S SINGERS & STRINGERS 5 PM: LITTLE KIDS, BIG FEELINGS 5 PM: PARENTING & CANCER GROUP 6 PM: MULTIPLE MYELOMA GROUP (H) 6 PM: LIFE AFTER LOSS GROUP 6:30 PM: WOMEN OF COLOR GROUP (H) 6:30 PM: VISUAL JOURNALING</p>	<p>28</p> <p>10 AM: NEW MEMBER MEETING 10:30 AM: BEGINNERS BEADING 11:30 AM: LIVING W/ CANCER 1:30 PM: BEGINNERS TAP! 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THROUGH ART 5:30 PM: REMEMBRANCE NIGHT</p>	<p>29</p> <p>10:15 AM: GILDA'S INDOOR WALKERS 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES</p>	30	31	

AUGUST 2024 ROYAL OAK

3517 Rochester Road
Royal Oak MI, 48307
(248) 577-0800



GILDA'S CLUB
METRO DETROIT
An Affiliate of the
CANCER SUPPORT COMMUNITY