

# MARCH 2025

## ROYAL OAK

3517 Rochester Road  
 Royal Oak MI, 48073  
 (248) 577-0800



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

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 <b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> AB BLASTERS FOR BEGINNERS! <b>2 PM:</b> DIAMOND PAINTING <b>3:30 PM:</b> CLUB RED <b>5 PM: <u>LEPRECHAUN STORYTIME &amp; SCAVENGER HUNT!</u></b>	4 <b>11 AM:</b> TRANQUILITY YOGA (H) <b>12 PM:</b> FORK AND FELLOWSHIP <b>1:30PM: <u>UNDERSTANDING THE MIND, BODY, SPIRIT CONNECTION</u></b> <b>4 PM:</b> SINGERS & STRINGERS <b>4 PM:</b> METASTATIC BREAST CANCER SOCIAL <b>5:30 PM:</b> YOUNG ADULTS GROUP (H) <b>6:30 PM:</b> ART NIGHT <b>6:30 PM:</b> BINGO!	5 <b>10:00 AM:</b> CHAIR YOGA (H) <b>10:00 AM:</b> SELF LED BEADING <b>10:30 AM:</b> COFFEE, CANCER & CONVERSATION <b>11:30 AM:</b> LIVING W/CANCER <b>4 PM:</b> NOOGIELAND PLAY <b>5PM:</b> POLYMER CLAY WORKSHOP <b>6:30 PM:</b> MEN'S MEETING (H)	6 <b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>10:30 AM, 11:15AM, 12PM, 12:45PM:</b> STRESS RELIEF REIKI <b>12 PM:</b> KNITTING & CROCHET CRAFTERS <b>1 PM:</b> PAINT BY NUMBERS SOCIAL <b>1:30PM: <u>SWEATER KNITTING WORKSHOP</u></b>	7	8	9
10 <b>10 AM:</b> ANGEL PILLOW <b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> SLOW FLOW YOGA WITH CAREY(H) <b>2 PM:</b> DIAMOND PAINTING	11 <b>11 AM:</b> TRANQUILITY YOGA (H) <b>5:30 PM:</b> COFFEE HOUSE: OPEN MIC NIGHT AND POTLUCK! <b>6:30 PM:</b> PARTNERS BEREAVEMENT <b>6:30 PM:</b> CAREGIVERS GROUP	12 <b>10:30 AM:</b> SELF LED BEADING <b>11:30 AM:</b> LIVING W/CANCER <b>1:30 PM:</b> CLUBHOUSE BOOK CLUB <b>2 PM: <u>FITNESS FOR EVERYONE AT EVERY LEVEL!</u></b> <b>4 PM:</b> NOOGIELAND PLAY <b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART <b>6 PM:</b> BOSOM BUDDIES <b>6 PM:</b> LOVING SOMEONE THROUGH CANCER SUPPORT GROUP <b>6 PM:</b> HEAD & NECK GROUP	13 <b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> KNITTING & CROCHET CRAFTERS <b>12 PM:</b> FARM TO TABLE <b>1 PM:</b> PAINT BY NUMBERS SOCIAL <b>4 PM:</b> ONE TO ONE OVARIAN CANCER SUPPORT GROUP	14	15	16
17 <b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> AB BLASTERS FOR BEGINNERS! <b>1:30PM <u>FLOWER VASE BASKET WEAVING CLASS</u></b> <b>2 PM:</b> DIAMOND PAINTING	18 <b>11 AM:</b> TRANQUILITY YOGA (H) <b>12 PM:</b> FORK AND FELLOWSHIP <b>4 PM:</b> SINGERS & STRINGERS <b>6:30 PM:</b> LGBTQ+ & CANCER GROUP <b>6:30 PM:</b> ART NIGHT	19 <b>10:00 AM:</b> SELF LED BEADING <b>11:30 AM:</b> LIVING W/CANCER <b>4 PM:</b> NOOGIELAND PLAY <b>6 PM:</b> IMPROV! <b>6:30 PM:</b> MEN'S MEETING (H)	20 <b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>10:30 AM, 11:15AM, 12PM, 12:45PM:</b> STRESS RELIEF REIKI <b>12 PM:</b> KNITTING & CROCHET CRAFTERS <b>1 PM:</b> PAINT BY NUMBERS SOCIAL	21	22	23
24 <b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> AB BLASTERS FOR BEGINNERS! <b>2 PM:</b> DIAMOND PAINTING	25 <b>11 AM:</b> TRANQUILITY YOGA (H) <b>4 PM:</b> SINGERS & STRINGERS <b>5 PM:</b> LITTLE KIDS BIG FEELINGS <b>6 PM:</b> MULTIPLE MYELOMA GROUP <b>6 PM:</b> LIFE AFTER LOSS GROUP <b>6:30 PM:</b> WOMEN OF COLOR GROUP (H)	26 <b>10:00 AM:</b> SELF LED BEADING <b>11:30 AM:</b> LIVING W/CANCER <b>4 PM:</b> NOOGIELAND PLAY <b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART <b>6 PM:</b> TRAVEL WITH GILDA- IRELAND	27 <b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> KNITTING & CROCHET CRAFTERS <b>1 PM:</b> PAINT BY NUMBERS SOCIAL	28	29	30