

SEPTEMBER 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

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 CLOSED FOR LABOR DAY	3 11 AM: TRANQUILITY YOGA (H) 4 PM: SINGERS & STRINGERS 4 PM: METASTATIC BREAST CANCER SOCIAL 5:30 PM: YOUNG ADULTS GROUP (H) 6:30 PM: ART NIGHT	4 10:00 AM: CHAIR YOGA (H) 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	5 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES 5 PM: EMBELISHED TILES ART WORKSHOP	6	7	8
9 10 AM: ANGEL PILLOW 12:30 PM: QUILTING GROUP 1 PM: SLOW FLOW YOGA 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING 4 PM: INTRO TO DANCE THERAPY (H)	10 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	11 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 THOROUGH ART 6 PM: BOSOM BUDDIES 6 PM: HEAD & NECK GROUP 6:30 PM: POETRY & PASTRIES	12 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 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	13	14	15
16 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING	17 11 AM: TRANQUILITY YOGA (H) 2PM: GILDA'S TEA PARTY 4 PM: SINGERS & STRINGERS 5:30PM: BLUEY'S BACK TO SCHOOL BASH 6 PM: ISHA YOGA 6 PM: LGBTQ+ & CANCERS GROUP 6 PM: ART NIGHT	18 10:00 AM: CHAIR YOGA (H) 10:30 AM: BEGINNERS BEADING 11:30 AM: LIVING W/CANCER 1:30 PM: BEGINNERS TAP! 4 PM: NOOGIELAND PLAY 6 PM: IMPROV! 6PM: EUCHRE! 6:30 PM: MEN'S MEETING	19 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES 6 PM: SLOW FLOW MEDITATIVE YOGA (H)	20	21	22
23 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING	24 11 AM: TRANQUILITY YOGA (H) 4 PM: 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	25 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 6PM: TRAVEL WITH GILDA!	26 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES	27	28	29
30 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING						