



# February 2019 Program Calendar

*In This Together... Learn. Share. Laugh.*

## WORKSHOPS

### Angel Pillow Project

Monday, Feb. 11, 12:00-2:00pm

### Beading

Every Tuesday 12:30-3:30 p.m.

### Book Worms

Wednesday, Feb 6 & 20, 4:00-5:00 p.m.

### Colored Pencils RSVP

Wednesday, Feb 13, 12:00 p.m. -2:00 p.m.

### Creative Art RSVP

Thursday, Feb 14 & 28, 6:00- 7:30 p.m.

### Healing Hands RSVP

Saturday Feb 9 , 1:30-2:30 p.m.

### Healthy Start RSVP

Thursday 10:00-11:00 a.m.

### Improv

Mon Feb 4 & Thurs, Feb 21 , 6:00-7:30 p.m.

### Knitting/ Crochet Circle RSVP

Wednesday 12:00 p.m.-2:00 p.m.

### Nia RSVP

Thursday Feb 7 & 21, 2:30-3:30 p.m.

### Pilates RSVP

Thursday Feb 14 & 28, 4:00-5:00 p.m.

### Quilting

Thursdays 12:00-3:00 p.m.

### String Jam RSVP

Thursday, Feb 7 & 14, 1:00-3:00 p.m.

### Ukulele Group

Every Tuesday, 5:30-6:15 p.m.

### Beginners Uke Group RSVP

Every Tuesday, 4:30 p.m.

### Walk to Get Fit!

Every Thursday 1:00-2:00 p.m.

### Yoga

Every Monday 1:00-2:00 p.m.

Every Tuesday 1:00-2:00 p.m.

Every Wednesday 1:00-2:00 p.m.

Every Thursday 11:00 -12:00 p.m. , 6:00-7:15 p.m.

Every Saturday 12:00-1:00 p.m.

### Zumba RSVP

Saturday, Feb. 16 1:30-2:30 p.m.

### New Member Meetings

Tuesdays at 10 a.m.

Thursday at 6:30 p.m. &

Saturdays at 12 p.m.

Please RSVP 248.577.0800.

For more info, visit

[www.gildasclubdetroit.org](http://www.gildasclubdetroit.org)

## LECTURES & SPECIAL EVENTS

### Movie Matinee

**Saturday, February 2nd, 1:00-3:00 p.m. RSVP**

This month's movie is *Invincible*, a story about the ultimate football fan, Vince Papale defying the odds and becoming one of the oldest rookies in NFL history who never played college football. A feel good story for all! Snacks provided.

### Bunny Bunny Breakfast!

**Friday, February 1st, 10:00 a.m.-11:00 a.m.**

Join us for breakfast, at the beginning of every month. You can check out all the new monthly updates too! As Gilda said 'Bunny Bunny!'

### World Cancer Day

**Monday, February 4th 5:30-7:30 p.m. RSVP**

This is a special evening of restoration and wellness for all. We'll start with an essential oils workshops, followed by a relaxing yoga session set to live music and of course a light dinner.

### Cancer Transitions RSVP

**Wednesdays, February 6th—20th, 10:00 a.m. -12:30 p.m.**

This six-week workshop is designed to help cancer survivors (within 2 years of completing treatment) make the transition from active treatment to post-treatment care. You must commit to all 6 meetings.

### Mindfulness Based Stress Reduction RSVP

**Wednesdays, February 6th- 27th, 6:00-8:30 p.m. RSVP**

A wide range of practices, including meditation and simple yoga stretches, are designed to teach participants how to manage their stress and take responsibility for their own health and well-being. Through group practice, discussions, and daily practice at home, you'll learn how to apply the formal practice of mindfulness to your daily life. The eight-week MBSR program is based on the groundbreaking work of the Stress Reduction Clinic at the Center for Mind

fulness at the University of Massachusetts Medical Center. The mandatory Orientation session on January 23rd will outline the commitment needed to complete the course. Registration is required.

### Cancer Fighting Foods w/Bethany Monday, February 11th, 6:00-7:30 p.m. RSVP

Bethany will be discussing the Top 10 Cancer Fighting Foods that support your immune system, reduce free radicals, promote healing in the body and what foods to avoid.

### NEW! Camp Snowflake

**February 18th & 19th 8:30 a.m.- 12:30 p.m.**

It's Midwinter break! Join us for some super cool science projects, a magic show and lessons from a real magician to perform your own magic at home! Pizza lunch included.

### NEW! Kids Creative Art

**Every 2nd and 4th Thursday, 6:30-8:00 p.m. RSVP**

Art Therapists from Karmanos will now be joining us during the Family/Friends/ Caregivers Group for adults, for a special creative segment for kids.

### NEW! Sarcoma Cancers Group

**4th Monday of Every Month, 6:30-8:00 p.m. RSVP**

### New! Neuropathy Support Group

**3rd Saturday of Every Month, 2:00-3:00 p.m. RSVP**

### Family Fun Day!

**Saturday, February 23rd 1:00-3:00 p.m. RSVP**

Join us for a heart-filled art activity with Andi, an Art Therapist from Karmanos, coupled with Valentine's Day games and sweets! Snacks provided.

### Save The Date

#### Caregivers Retreat

**Saturday, March 30th 9:00 a.m. -12:30 p.m. RSVP**

A special morning of rest and relaxation for our wonderful caregivers and those they care for. Stay tuned for details!



# February 2019

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
	<p>10:00 Bunny Bunny Breakfast!</p> <p><b>Will be on Friday, February 1st!</b></p>			<p><b>2</b></p> <p>12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Movie: <b>Invincible</b> <b>2:00-3:00 Teen Support Group (age 13-17) RSVP</b></p>
<p><b>4</b></p> <p>10:00-11:30 Life After Treatment Group <b>RSVP</b> 5:30-7:45 <b>World Cancer Day RSVP</b> 6:30-8:00 Young Adult Group <b>RSVP</b></p>	<p><b>5</b></p> <p>10:00 <b>New Member Meeting RSVP</b> 11:00-12:30 Living With Cancer Group <b>RSVP</b> 3:30-5:00 Peer to Peer Post Treatment Support 6:30-8:00 <b>Family Bereavement</b> 6:30-8:00 <b>Coffeehouse</b></p>	<p><b>6</b></p> <p>10:00-12:30 <b>Cancer Transitions RSVP</b> 6:00-8:30 <b>Mindfulness Based Stress Reduction RSVP</b> 6:30-8:00 <b>Pancreatic Group</b> 6:30-8:00 <b>Leukemia/Lymphoma Group</b> <b>6:00-7:30 Kids Creative Art RSVP</b></p>	<p><b>7</b></p> <p>6:00-7:30 Life After Treatment Group 6:30-8:00 Ovarian/Gynecological Group 6:30 <b>New Member Meeting RSVP</b> <b>6:00-7:30 Teen Grief Group (age 13-17) RSVP</b></p>	<p><b>9</b></p> <p>12:00 <b>New Member Meeting RSVP</b> 12:00-1:00 Yoga 1:30-2:30 <b>Healing Hands RSVP</b></p>
<p><b>11</b></p> <p>6:00-7:30 <b>Cancer Fighting Foods w/Bethany RSVP</b> 6:30-8:00 <b>Brain Group</b></p>	<p><b>12</b></p> <p>10:00 <b>New Member Meeting RSVP</b> 11:00-12:30 Living with Cancer Group <b>RSVP</b> 6:30-8:00 <b>Rack Pack: w/Sharing &amp; Caring RSVP</b> 6:30-8:00 <b>Spouses Bereavement RSVP</b></p>	<p><b>13</b></p> <p>10:00-12:30 <b>Cancer Transitions RSVP</b> 6:00-8:30 <b>Mindfulness Based Stress Reduction RSVP</b> 6:00-7:30 <b>Parents of a Child Diagnosed Group RSVP</b> 6:30-8:00 <b>Men's Group RSVP</b> <b>6:00-7:30 Kid Support Groups RSVP</b> <b>6:00-7:30 Toddler Play Group (age 1-4) RSVP</b></p>	<p><b>14</b></p> <p>6:00-7:30 Life After Treatment Group 6:30-8:00 <b>Family/Friends/Caregivers Group RSVP</b> 6:30 <b>New Member Meeting RSVP</b> <b>6:30-8:30 Kid's Creative Art RSVP</b></p>	<p><b>16</b></p> <p>12:00 <b>New Member Meeting RSVP</b> 12:00-1:00 Yoga 1:30-2:30 <b>Zumba RSVP</b> 2:00-3:00 <b>Neuropathy Group RSVP</b></p>
<p><b>18</b></p> <p><b>8:30 -12:30 Camp Snowflake! (ages 5-12) RSVP</b></p> <p>10:00-11:30 Life After Treatment Group <b>RSVP</b> 6:00-7:00 <b>Gentle Yoga with David RSVP</b> 6:30-8:00 <b>Lung Group RSVP</b> 6:30-8:00 <b>Young Adult Group RSVP</b></p>	<p><b>19</b></p> <p><b>8:30 -12:30 Camp Snowflake! (ages 5-12) RSVP</b></p> <p>10:00 <b>New Member Meeting RSVP</b> 11:00-12:30 Living With Cancer Group <b>RSVP</b> 3:30-5:00 Peer to Peer Post Treatment Support 6:30-8:00 <b>Family Bereavement Group</b></p>	<p><b>20</b></p> <p>10:00-12:30 <b>Cancer Transitions RSVP</b> 6:00-8:30 <b>Mindfulness Based Stress Reduction RSVP</b> 6:30-8:00 <b>Women of Color Group</b> <b>6:00-7:30 Kids Grief Group (age 5-12) RSVP</b> <b>6:30-7:30 Club Red</b></p>	<p><b>21</b></p> <p>6:00-7:30 Life After Treatment Group 6:30 <b>New Member Meeting RSVP</b></p>	<p><b>23</b></p> <p>12:00 <b>New Member Meeting RSVP</b> 12:00-1:00 Yoga 1:00-3:00 <b>Family Fun Day! RSVP</b></p>
<p><b>25</b></p> <p>6:00-7:30 <b>Board Game Night! RSVP</b> 6:30-8:00 <b>Sarcoma Group RSVP</b> 6:30-8:00 <b>G.I. Group RSVP</b></p>	<p><b>26</b></p> <p>10:00 <b>New Member Meeting RSVP</b> 11:00-12:30 Living With Cancer Group <b>RSVP</b> 6:00-7:30 <b>Multiple Myeloma Group</b> 6:30-8:00 <b>Spouses Bereavement RSVP</b></p>	<p><b>27</b></p> <p>6:00-8:30 <b>Mindfulness Based Stress Reduction RSVP</b> 6-7:30 <b>Parents Who've Lost a Child to Pediatric Cancer Group RSVP</b> 6:30-8:00 <b>Head &amp; Neck Group</b> 6:30-8:00 <b>Men's Group RSVP</b> 6:30-8:00 <b>Breast Group</b> <b>6:00-7:30 Toddler Expressive Art Group (age 1-4) RSVP</b></p>	<p><b>28</b></p> <p>6:00-7:30 Life After Treatment Group 6:00 <b>Family/Friends/Caregivers Dinner RSVP</b> 6:30-8:00 <b>Family/Friends/Caregivers Group RSVP</b> 6:30 <b>New Member Meeting RSVP</b> <b>6:30-8:30 Kid's Creative Art RSVP</b></p>	



# Information & Events

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## OFFSITE GILDA'S CLUB PROGRAMS & LOCATIONS

**Art Therapy: Beaumont Farmington Hills**  
**Every Thursday, 12:00-1:30 p.m.**  
 Art Therapy is held every Thursday afternoon, in The Cancer Center of Beaumont Farmington Hills, upstairs in suite 230.

**Life After Treatment Group: Beaumont Farmington Hills**  
**Every Tuesday, 5:30-7:30 p.m.**  
 A support group for adults who are post treatment, offered every Tuesday evening, in The Cancer Center of Beaumont Farmington Hills.

**Yoga: Beaumont Farmington Hills**  
**Every Tuesday, 4:30-5:30 p.m.**  
 Yoga is held every Tuesday afternoon, in the Cancer Center of Beaumont Farmington Hills.

**Art Therapy: Beaumont Dearborn**  
**Tuesday, February 12th, 2:00-3:30 p.m.**  
 Art therapy is held every 2nd Tuesday of the month at Beaumont Hospital in the Radiation Oncology Mainwaring Conference Room (West Entrance-Basement). Located at 18101 Oakwood Blvd., Dearborn, 48124.

**Gentle Yoga: Beaumont Dearborn**  
**Tuesday, February 19th, 5:00-6:30 p.m. RSVP**  
 Gentle Yoga is offered every 1st and 3rd Tuesday of the month at Beaumont Commons in the Rotunda Room, located at 16351 Rotunda Drive, Dearborn, MI 48120. (Canceled New Year's Day)

**Tai Chi: Beaumont Dearborn**  
**Tuesday, February 26th, 5:00-6:30 p.m.**  
 Tai Chi is held every 4th Tuesday of the month at Beaumont Commons in the Rotunda Room, located at 16351 Rotunda Drive, Dearborn, MI 48120.

### Our Program Partners:

**Beaumont**

**Genentech**  
*A Member of the Roche Group*



**RALPH C. WILSON, JR.**  
 FOUNDATION



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3517 Rochester Road, Royal Oak, MI 48073 | 248.577.0800 | [www.gildasclubdetroit.org](http://www.gildasclubdetroit.org)