




An Affiliate of the
CANCER SUPPORT COMMUNITY

Royal Oak Clubhouse - September 2023

Mon	Tue	Wed	Thu
<p>4 Closed.</p> 	<p>5 10:00 Cardio Fitness 11:00 Tranquility Yoga with Susan Jane (H) 12:00 Open Beading Circle 4:00 Gilda's Singers & Stringers 4:00 Metastatic Breast Cancer Social 6:30 Art Night! (H) 6:30 Bingo Night!</p>	<p>6 10:00 New Member Meeting 11:00 Cancer, Coffee & Conversations 11:30 Living with Cancer (H) 4:00 Noogieland Family Play 6:30 Leukemia/ Lymphoma Group (H) 6:30 Men's Gathering (H)</p>	<p>7 1:00 Restorative Yoga 2:00 Self Care 101: Mindful Painting</p>
<p>11 10:00 Angel Pillow Project 1:00 Yoga (H)</p>	<p>12 11:00 Tranquility Yoga with Susan Jane (H) 12:00 Open Beading Circle 1:00 Book Club 5:00 Clubhouse Community Dinner 5:30 Coffee House (Open Mic Night) 6:30 Caregivers Group 6:30 Spouses Bereavement</p>	<p>13 10:00 New Member Meeting 11:30 Living with Cancer (H) 1:00 Knitting & Crochet Crafters 4:00 Noogieland Family Play 5:00 Exploring Emotions Through Art 6:00 Bosom Buddies 6:30 Ovarian/ Gynecological Group (H)</p>	<p>14 12:00 Farm to Table 1:00 Restorative Yoga</p>
<p>18 1:00 Yoga (H) 2:00 Drop In: Resources! 5:30 Importance of Dental Health Prior to Chemo</p>	<p>19 11:00 Tranquility Yoga with Susan Jane 12:00 Open Beading Circle 1:30 Stress Relief Reiki (1:1) 2:00 Afternoon Tea Party 2:30 Stress Relief Reiki (1:1) 4:00 Gilda's Singers & Stringers 6:30 Art Night (H)</p>	<p>20 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Noogieland Family Play 6:00 Improv! 6:00 Harvesting Health & Happiness Through Mindfulness 6:00 Thriving & Surviving After Cancer 7:00 Live from Royal Oak: IntenSat!</p>	<p>21 1:00 Restorative Yoga</p>
<p>25 1:00 Yoga (H)</p>	<p>26 11:00 Tranquility Yoga with Susan Jane 12:00 Open Beading Circle 4:00 Gilda's Stringers & Singers 5:00 Parenting With Cancer (H) 6:00 Multiple Myeloma (H) Special Guest Speaker 6:30 Life After Loss Gathering 6:30 Women of Color Group (H)</p>	<p>27 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Noogieland Family Play 4:00 Sipping Smoothies with Ashley 5:00 Exploring Emotions Through Art 6:00 Family Bereavement 6:30 Breast Group (H) 6:30 Finding Your Comfort Seat (H)</p>	<p>28 1:00 Restorative Yoga</p>
		<p>Special Weekend Programs this month: -9/9/23: Gilda's 5k Walk & Family Run Fundraiser at Royal Oak High School at 8 a.m. -9/23/23: Ovarian Cancer Potluck for Caregivers 12-3 p.m.</p>	<p>Registration is required for <u>all</u> programs. H= Hybrid Programming Red = New Program!</p> <p>You can give us a call at 248.577.0800 or register online at www.gildasclubdetroit.org</p>