



January 2019 Program Calendar

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

WORKSHOPS

Angel Pillow Project

Monday, Jan. 14, 12:00-2:00pm

Beading

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

Evening Beading RSVP

Thursday, Jan. 3, 5:30-8:00 p.m.

Book Worms

Wednesday, Jan 2 & 16, 4:00-5:00 p.m.

Healthy Start

Thursdays, 10:00-11:00 a.m.

Creative Art RSVP

Thursday, Jan 10 & 24, 6:00- 7:30 p.m.

Improv

Mon, Jan 7 & Thurs., Jan 24, 6:00-7:30 p.m.

Knitting/ Crochet Circle

Wednesdays, 12:00 p.m.-2:00 p.m.

Nia

Thursday, Jan 3 & 17, 2:30-3:30 p.m.

Pilates RSVP

Thursday, Jan 10 & 24, 4:00-5:00 p.m.

Quilting

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

String Jam RSVP

Thursday, Jan 3 & 17, 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.

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

LECTURES & SPECIAL EVENTS

Bunny Bunny Breakfast!

**Wednesday, January 2nd 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!'

Movie Matinee

**Saturday, January 5th, 1:00-3:00 p.m.
RSVP**

This month's movie is Golden Globe Nominated, *Black Panther*, starring Michael B. Jordan and Lupita Nyong'o. It is a fantasy story set in the Kingdom of Wakanda, about the rise of the Black Panther to protect the fate of his nation and the world. Snacks provided.

Cancer Transitions RSVP

**Wednesdays, January 16th-30th, 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. (meetings go into February as well.)

Evening Beading Workshop

Thursday, January 3rd, 5:30-8:00 p.m.

Join us in the art room for some creative beading projects!

Healthy Start!

Every Thursday, 10:00 a.m. RSVP

Join our very own Beth Sinclair in the kitchen, as she shares a variety of 'Healthy Start' options for your day! Whether she's juicing, sharing smoothies or 'feel good snacks,' she's bound to get you off to a good start!

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**

NEW! Thursday Morning Yoga!

Every Thursday, 11:00 a.m.

All skill levels welcome.

Mindfulness Based Stress Reduction RSVP

**Wednesdays, January 23rd- January
30th, 6:00-8:30 p.m.**

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 Mindfulness 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.

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.

Family Fun Day!

**Saturday, January 26th 1:00-3:00 p.m.
RSVP**

It's winter in the Clubhouse! Join us for some frosty crafts and chilly fun! Snacks provided.

Save The Date!

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.

**The Clubhouse will be closed Monday,
December 24th-Wednesday, January
1st.**





January 2019

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
	1 Closed for New Year's Day!	2 10:00 Bunny Bunny Breakfast! 6:30-8:00 Pancreatic Group 6:30-8:00 Leukemia/Lymphoma Group 6:00-7:30 Kids Creative Art RSVP	3 6:00-7:30 Life After Treatment Group 6:30-8:00 Ovarian/Gynecological Group 6:30 New Member Meeting RSVP	5 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Black Panther 2:00-3:00 Teen Support Group (age 13-17) RSVP
7 10:00-11:30 Life After Treatment Group RSVP 6:00-7:00 Chair Yoga with David RSVP 6:30-8:00 Young Adult Group RSVP	8 10:00 New Member Meeting RSVP 11:00-12:30 Living With Cancer Group RSVP 6:30-8:00 Rack Pack: w/Sharing & Caring RSVP 6:30-8:00 Spouses Bereavement RSVP 6:30-8:00 Coffeehouse	9 6:00-7:30 Parents of a Child Diagnosed Group RSVP 6:30-8:00 Men's Group RSVP 6:00-7:30 Kid Support Groups RSVP 6:00-7:30 Toddler Play Group (age 1-4) RSVP	10 6:00-7:30 Life After Treatment Group 6:30-8:00 Family/Friends/Caregivers Group RSVP 6:30 New Member Meeting RSVP 6:30-8:30 Kid's Creative Art RSVP	12 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:30-2:30 Healing Hands RSVP
14 6:00-7:30 Chinese Nutrition Therapy & Cooking Demo RSVP 6:30-8:00 Brain Group	15 10:00 New Member Meeting RSVP 11:00-12:30 Living with Cancer Group RSVP 3:30-5:00 Peer to Peer Post Treatment Support 6:30-8:00 Family Bereavement Group	16 10:00-12:30 Cancer Transitions RSVP 6:30-8:00 Women of Color Group 6:00-7:30 Kids Grief Group (age 5-12) RSVP 6:00-7:30 Teen Grief Group (age 13-17) RSVP 6:30-7:30 Club Red	17 6:00-7:30 Life After Treatment Group 6:30 New Member Meeting RSVP	19 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:30-2:30 Zumba RSVP 2:00-3:00 Neuropathy Group RSVP
21 Closed in recognition of Martin Luther King Jr. Day	22 10:00 New Member Meeting RSVP 11:00-12:30 Living With Cancer Group RSVP 6:00-7:30 Multiple Myeloma Group 6:30-8:00 Spouses Bereavement RSVP	23 10:00-12:30 Cancer Transitions RSVP 6:00-8:30 Mindfulness Based Stress Reduction RSVP 6:00-7:30 Parents Who've Lost a Child to Pediatric Cancer Group RSVP 6:30-8:00 Head & Neck Group 6:30-8:00 Men's Group RSVP 6:30-8:00 Breast Group 6:00-7:30 Toddler Expressive Art Group (age 1-4) RSVP	24 6:00-7:30 Life After Treatment Group 6:00 Family/Friends/Caregivers Dinner RSVP 6:30-8:00 Family/Friends/Caregivers Group RSVP 6:30 New Member Meeting RSVP	26 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Family Fun Day! RSVP
28 10:00-11:30 Life After Treatment Group RSVP 6:00-7:30 Board Game Night! RSVP 6:00-7:30 Survivorship with Dr. Roy RSVP 6:30-8:00 Sarcoma Group RSVP 6:30-8:00 Lung Group RSVP 6:30-8:00 Young Adult Group RSVP 6:30-8:00 G.I. Group RSVP	29 10:00 New Member Meeting RSVP 11:00-12:30 Living With Cancer Group RSVP	30 10:00-12:30 Cancer Transitions RSVP 6:00-8:30 Mindfulness Based Stress Reduction RSVP	31 6:00-7:30 Life After Treatment Group 6:30 New Member Meeting RSVP	



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.

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.

Gentle Yoga: Beaumont Dearborn
Tuesday, January 15th, 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)

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.

Art Therapy: Beaumont Dearborn
Tuesday, January 8th, 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.

Tai Chi: Beaumont Dearborn
Tuesday, January 22nd, 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



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3517 Rochester Road, Royal Oak, MI 48073 | 248.577.0800 | www.gildasclubdetroit.org