



March 2019 Program Calendar

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

WORKSHOPS

Angel Pillow Project

Monday, March 11, 12:00-2:00pm

Beading

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

Book Worms

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

Colored Pencils RSVP

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

Creative Art RSVP

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

Healthy Start RSVP

Thursday 10:00-11:00 a.m. (Canceled March 7th)

Improv

Mon March 4 & 18 & Thurs, March 21, 6:00-7:30 p.m.

Knitting/ Crochet Circle RSVP

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

Nia

Every Wednesday 2:30-3:30 p.m.

Quilting

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

String Jam RSVP

Thursday, March 7 & 21, 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!

Friday, March 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!'

Movie Matinee

Saturday, March 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.

Family Bereavement Group

Tuesday, March 5th & 19th, 6:30-8:00 p.m.

A group for those looking for support, after the death of a family member or friend to cancer. This month only on March 5th, art therapist Erin Shahly will be joining the group to lead them in some reflective exercises.

Cancer Transitions RSVP

Wednesdays, 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. Due to previous weather related cancelations, this series is extending into March. Please contact Liz Femminineo for further details.

Healthy Crock Pot Ideas

Monday, March 11th, 6:00-7:30 p.m.

RSVP

Join Professional Chef, Kirsten in the kitchen as she shares some of her favorite 'go-to' crock pot recipes for those cold winter days. Because let's be honest, this winter has been rough! Space in the kitchen is limited, please RSVP.

Survivorship with Dr. Roy

Saturday, March 16th, 1:30-3:00 p.m.

Dr. Sheba Roy, ND, FABNO, will be here to discuss some key components of healthy survivorship through nutrition and promotion of overall wellness.

Breast Reconstruction Workshop

Saturday, March 23rd, 1:00-3:00 p.m.

RSVP

This workshop is for anyone who is looking at breast reconstruction. Whether it is using your own tissue or implants, you are welcome to join us for this 2 hour workshop. We will discuss self-help skills and everything that might happen after you leave the hospital.

NEW! Sarcoma Cancers Group

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

A group for those looking for support through a Sarcoma diagnosis, whether diagnosed yourself or a family member or friends diagnosed.

New! Neuropathy Support Group

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

A group for those looking for support through the challenges of cancer related neuropathy.

Family Fun Day!

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

Join us for a book-filled Family Fun Day! Don't forget to wear your pj's or cozy attire as we welcome a special guest to read us a story! Andi, an art therapist from Karmanos, will have a special project too. Snacks provided.

Caregivers Retreat

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

Join us for our very first Caregivers Retreat, for our wonderful caregivers and those they care for! It will be a morning of relaxation as we partake in Gong Meditation with Christopher, a special art therapy project with Erin and a 'Healthier Take on Comfort Foods' demo with Mitch. Lunch will be provided.

SAVE THE DATE

Smoking Cessation Workshop

Wednesday, April 3rd, 6:00-7:30 p.m. RSVP

A welcoming and informative presentation about smoking, both for those who smoke as well as those who have a loved one that smokes, including the most effective tips and tricks for those interested in quitting. JUDGMENT FREE ZONE! Dinner provided



March 2019

Clubhouse Closed Fridays and Sundays

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



Information & Events

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

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, March 5th & 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)

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
Monday, March 11th, 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, March 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:

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