

JULY 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
<p>1 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS!</p>	<p>2 11 AM: TRANQUILITY YOGA (H) 4 PM: GILDA'S SINGERS & STRINGERS 4 PM: METASTATIC BREAST CANCER 5 PM: GILDA'S BACKYARD BBQS 6:30 PM: ART NIGHT 6:30 PM: BINGO!</p>	<p>3 10 AM: NEW MEMBER MEETING 11 AM: COFFEE, CANCER & CONVERSATION 11:30 AM: LIVING W/CANCER 1:30: BEGINNERS TAP! 6:30 PM: MEN'S MEETING</p>	<p>4 CLOSED FOR THE 4TH OF JULY</p>	5	6	7
<p>8 9 AM: KIDS CONNECT! 10 AM: ANGEL PILLOW GROUP 12:30 PM: QUILTING GROUP 1 PM: SLOW FLOW YOGA 1 PM: AB BLASTERS FOR BEGINNERS!</p>	<p>9 11 AM: TRANQUILITY YOGA (H) 1 PM: CLUB RED 1 PM: KIDS MUSIC AND NUTRICIOUS SNACKS! 5:30 PM: COFFEE HOUSE! (OPEN MIC NIGHT) 6:30 PM: SPOUSES BEREAVEMENT GROUP 6:30 PM: CAREGIVERS GROUP 6:30 PM: VISUAL JOURNALING</p>	<p>10 9 AM: KIDS CONNECT! 10 AM: NEW MEMBER MEETING 11:30 PM: LIVING W/CANCER 11:30 PM: BOOK CLUB 1:30 PM: BEGINNERS TAP! 4 PM: NOOGIELAND PLAY 5 PM: POLYMER CLAY 6 PM: BOSOM BUDDIES 6 PM: HEAD & NECK GROUP</p>	<p>11 10:15 AM: GILDA'S INDOOR WALKERS! 11:30 AM: DIG INTO GARDENING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES</p>	12	13	14
<p>15 9 AM: KIDS CONNECT! 12:30 PM: QUILTING GROUP 1 PM: AB BLASSTERS FOR BEGINNERS! 1:30 PM: SUMMER ART THERAPY: SPIRIT ANIMALS</p>	<p>16 11 AM: TRANQUILITY YOGA (H) 1 PM: CLUB RED 1 PM: KIDS MUSIC AND NUTRICIOUS SNACKS! 4 PM: GILDA'S SINGERS & STRINGERS 6 PM: ISHA YOGA 6:30 PM: ART NIGHT</p>	<p>17 9 AM: KIDS CONNECT! 10 AM: NEW MEMBER MEETING 11:30 AM: LIVING W/CANCER 1 PM: CANNABIS FOR CHRONIC PAIN 1:30 PM: BEGINNERS TAP! 4 PM: NOOGIELAND PLAY 6 PM: IMPROV! 6:30 PM: MEN'S MEETING</p>	<p>18 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: STRESS RELIEF REIKI 11:30 AM: STRESS RELIEF REIKI 11:30 PM: DIG INTO GARDENING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINTING & TUNES</p>	19	<p>20 2 PM: PICNIC FORE GOOD</p>	21
<p>22 9 AM: KIDS CPNNECT! 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS!</p>	<p>23 11 AM: TRANQUILITY YOGA (H) 1 PM: CLUB RED 1 PM: KIDS MUSIC & NUTRICIOUS SNACKS! 4 PM: SINGERS & STRINGERS 5 PM: LITTLE KIDS, BIG FEELINGS 5 PM: PARENTING WITH CANCER (H) 6 PM: MULTIPLE MYELOMA 6 PM: LIFE AFTER LOSS 6:30 PM: WOMEN OF COLOR GROUP (H) 6:30 PM: VISUAL JOURNALING</p>	<p>24 9 AM: KIDS CONNECT! 10 AM: NEW MEMBER MEETING 11:30 AM: LIVING W/CANCER 1:30 PM: BEGINNERS TAP! 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THROUGH ART</p>	<p>25 10:15 AM: GILDA'S INDOOR WALKERS! 11:30 AM: DIG INTO GARDENING 12 PM: KNITTING & CROCHET CRAFTERS</p>	26	27	28
<p>29 9 AM: KIDS CONNECT! 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS!</p>	<p>30 11 AM: TRANQUILITY YOGA (H) 1 PM: CLUB RED 1 PM: KIDS MUSIC & NUTRIOUS SNACKS! 4 PM: SINGERS & STRINGERS 5:30 PM: NAVIGATING THE HEALTHCARE SYSTEM AS A QUEER INDIVIDUAL</p>	<p>31 9 AM: KIDS CONNECT! 10 AM: NEW MEMBER MEETING 11:30 AM: LIVING W/ CANCER 1:30 PM: BEGINNERS TAP! 2 PM: BLOOD DRIVE 4 PM: NOOGIELAND PLAY</p>				