

MON	TUE	WED	THU	FRI	SAT	SUN
	<p>1</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)  <b>12 PM:</b> FORK AND FELLOWSHIP  <b>4 PM:</b> SINGERS &amp; STRINGERS  <b>4 PM:</b> METASTATIC BREAST CANCER SOCIAL  <b>5:30 PM:</b> YOUNG ADULTS GROUP (H)  <b>5:30 PM:</b> <u>FOOLS MAGIC- FAMILY MAGIC SHOW!</u>  <b>6:30 PM:</b> ART NIGHT  <b>6:30 PM:</b> BINGO!</p>	<p>2</p> <p><b>10:00 AM:</b> CHAIR YOGA (H)  <b>10:00 AM:</b> SELF LED BEADING  <b>10:30 AM:</b> COFFEE, CANCER &amp; CONVERSATION  <b>11:30 AM:</b> LIVING W/CANCER (H)  <b>2 PM:</b> <u>FITNESS FOR EVERYONE AT EVERY LEVEL!</u>  <b>4 PM:</b> NOOGIELAND PLAY  <b>6:30 PM:</b> MEN'S GROUP (H)</p>	<p>3</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!  <b>10:30 AM:</b> NEW MEMBER MEETING  <b>10:30 AM, 11:15AM, 12PM, 12:45PM:</b> STRESS RELIEF REIKI  <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS  <b>1 PM:</b> PAINT BY NUMBERS SOCIAL</p>	4	5	6
<p>7</p> <p><b>12:30 PM:</b> QUILTING GROUP  <b>1 PM:</b> AB BLASTERS FOR BEGINNERS!  <b>2 PM:</b> DIAMOND PAINTING  <b>3:30PM:</b> CLUB RED</p>	<p>8</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)  <b>1PM:</b> <u>PYSANKY EASTER EGG WORKSHOP</u>  <b>5:30 PM:</b> COFFEE HOUSE: OPEN MIC NIGHT AND POTLUCK!  <b>6 PM:</b> <u>EXPLORING WOMEN'S SEXUAL HEALTH &amp; INTIMACY WORKSHOP</u>  <b>6:30 PM:</b> PARTNERS BEREAVEMENT  <b>6:30 PM:</b> CAREGIVERS GROUP</p>	<p>9</p> <p><b>10:30 AM:</b> SELF LED BEADING  <b>11:30 AM:</b> LIVING W/CANCER (H)  <b>1:30 PM:</b> CLUBHOUSE BOOK CLUB  <b>4 PM:</b> NOOGIELAND PLAY  <b>5PM:</b> POLYMER CLAY WORKSHOP  <b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART  <b>6 PM:</b> BOSOM BUDDIES  <b>6 PM:</b> LOVING SOMEONE THROUGH CANCER SUPPORT GROUP  <b>6 PM:</b> HEAD &amp; NECK GROUP</p>	<p>10</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!  <b>10:30 AM:</b> NEW MEMBER MEETING  <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS  <b>12 PM:</b> FARM TO TABLE  <b>1 PM:</b> PAINT BY NUMBERS SOCIAL  <b>4 PM:</b> ONE TO ONE OVARIAN CANCER SUPPORT GROUP</p>	11	12	13
<p>14</p> <p><b>10 AM:</b> ANGEL PILLOW  <b>12:30 PM:</b> QUILTING GROUP  <b>1 PM:</b> SLOW FLOW YOGA WITH CAREY(H)  <b>2 PM:</b> DIAMOND PAINTING</p>	<p>15</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)  <b>12 PM:</b> FORK AND FELLOWSHIP  <b>4 PM:</b> SINGERS &amp; STRINGERS  <b>5 PM:</b> <u>SPRING EGG DYING PARTY</u>  <b>6:30 PM:</b> LGBTQ+ &amp; CANCER GROUP (H)  <b>6:30 PM:</b> ART NIGHT</p>	<p>16</p> <p><b>10:00 AM:</b> SELF LED BEADING  <b>11:30 AM:</b> LIVING W/CANCER (H)  <b>4 PM:</b> NOOGIELAND PLAY  <b>6 PM:</b> IMPROV!  <b>6:30 PM:</b> MEN'S GROUP(H)</p>	<p>17</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!  <b>10:30 AM:</b> NEW MEMBER MEETING  <b>10:30 AM, 11:15AM, 12PM, 12:45PM:</b> STRESS RELIEF REIKI  <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS  <b>1 PM:</b> PAINT BY NUMBERS SOCIAL</p>	18	19	20
<p>21</p> <p><b>12:30 PM:</b> QUILTING GROUP  <b>1 PM:</b> AB BLASTERS FOR BEGINNERS!  <b>2 PM:</b> DIAMOND PAINTING</p>	<p>22</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)  <b>4 PM:</b> SINGERS &amp; STRINGERS  <b>5 PM:</b> LITTLE KIDS BIG FEELINGS  <b>6 PM:</b> MULTIPLE MYELOMA GROUP  <b>6 PM:</b> LIFE AFTER LOSS GROUP  <b>6:30 PM:</b> WOMEN OF COLOR GROUP (H)</p>	<p>23</p> <p><b>10:00 AM:</b> SELF LED BEADING  <b>11:30 AM:</b> LIVING W/CANCER (H)  <b>4 PM:</b> NOOGIELAND PLAY  <b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART  <b>6 PM:</b> TRAVEL WITH GILDA- THE PHILIPPINES</p>	<p>24</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!  <b>10:30 AM:</b> NEW MEMBER MEETING  <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS  <b>1 PM:</b> PAINT BY NUMBERS SOCIAL  <b>1:30PM:</b> <u>MELT METHOD INTRODUCTION- HEALING FITNESS</u></p>	25	26	27
<p>28</p> <p><b>12:30 PM:</b> QUILTING GROUP  <b>1 PM:</b> AB BLASTERS FOR BEGINNERS!  <b>2 PM:</b> DIAMOND PAINTING</p>	<p>29</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)  <b>12 PM:</b> FORK AND FELLOWSHIP  <b>4 PM:</b> SINGERS &amp; STRINGERS</p>	<p>30</p> <p><b>10:00 AM:</b> SELF LED BEADING  <b>11:30 AM:</b> LIVING W/CANCER (H)  <b>4 PM:</b> NOOGIELAND PLAY  <b>6PM:</b> <u>GILDA'S GARDENING CLUB</u></p>				

**APRIL 2025**  
**ROYAL OAK**

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**GILDA'S CLUB**  
**METRO DETROIT**  
An Affiliate of the  
**CANCER SUPPORT COMMUNITY**