



September 2019 Program Calendar

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

WORKSHOPS

Angel Pillow Project

Monday, September 9th, 12:00-2:00pm

Beading

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

Book Worms

Wednesday, September 4th & 18th, 4:00-5:00 p.m.

Chair Yoga RSVP

Monday, Sept 9 & 16, 6:00-7:00 p.m.

Colored Pencils RSVP

Wednesday, September 11, 12:00 p.m. – 2:00 p.m.

Creative Art RSVP

Thursday, September 5 & 19, 6:00– 7:30 p.m.

Farm to Table RSVP

Saturday, September 7, 1:00– 2:00 p.m.

Healthy Start RSVP

Thursday 10:00-11:00 a.m. (No group September 5 & 12)

Improv

Mon Sept. 9, 16 & 26, 6-7:30 p.m.

Quilting

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

String Jam RSVP

Thursday, Sept. 5th & 19th 1:00-3:00 p.m.

Tai Chi

Every Tuesday 5:30-6:15 p.m. (No group Sept. 3rd)

Ukulele Group

Every Tuesday, 5:30-6:15 p.m. (No group Sept 3rd)

Beginners Uke Group RSVP

Every Tuesday, 4:30 p.m. (No group Sept 3rd)

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 11:15 –12:15 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

Legislative Advocacy Lecture

Monday, September 9th, 6:00-7:30 p.m. RSVP

Attorney, Clarence M. Dass will be here to discuss advancing cancer research, with a focus on genetic testing, as well as providing access to cancer research to those living with cancer who may be indigent. He himself is a stage 4 colon cancer survivor and is dedicated to advocating and providing legal help to those who need it.

Metastatic Breast Cancer Group—NEW

Monday, September 9th, 6:30-8:00 p.m. RSVP

A support group for women, carrying a metastatic breast cancer diagnosis, looking to connect with others carrying a similar diagnosis. 1st Monday of every month.

Tai Chi is Back!

Beginning Tuesday September 10th, 5:30-6:15

Every Tuesday, certified instructor Martine Salane will walk you through the practices of this ancient mindfulness routine, to strengthen your mind.

Estate Planning 101

Wednesday, September 11th, 6:00-7:30 p.m RSVP

Sue Fabian, Elder Law attorney since 2011 is going to break down the basics of Estate Planning and the 'What to do next...' steps after the loss of a partner or family member.

Recipes for a Reason Soup Tasting

Thursday, September 12th, 5:30 p.m.

Stop by and try 2 different soups from Recipes 4 A Reason, a company that specializes in cuisine for those diagnosed with cancer or other illnesses, that helps make meal choices easier and convenient. The creators will tell you about the research that goes into each recipe.

Magic Whispers Musical

Friday, September 13th, 6:30 p.m. RSVP

A musical fairytale for adults, about rediscovering the wisdom within our own hearts. Presented by Evie Boss.

Gilda's Backyard BBQ!

Tuesday, September 17th, 5:00 p.m.

Who doesn't love hot dogs! Stop by the clubhouse and check out our new grill. Come hungry and stay for some of our evening programming.

1969-The Year of Woodstock Show!

Saturday, September 14th, 1:30-3:30 p.m. RSVP

The Bluesmakers are back! And ready to rock our clubhouse, yet again! This time they'll be performing a special tribute show in honor of the 50th anniversary of Woodstock. Join them as they jam to all of the songs either performed at Woodstock or popular in 1969.

Mindfulness Caregiving

Tuesday September 17th, 6:00-7:30 p.m. RSVP

Annie Lepkowski, LMSW will be enlightening us on how practicing meditation and mindfulness can help family caregivers to become more aware of what they are feeling and bringing into the care giving experience. These tools can help manage their stress and increase their wellbeing, thus allowing for a better caregiver/caree connection.

Frankly Speaking: Clinical Trials

Monday, September 23rd, 5:30-7:30 p.m. RSVP

Dr. Elisabeth Heath M.D., F.A.C.P., a Hematology/Oncology specialist and a professor from Wayne State School of Medicine, will be presenting information on clinical trials. Patients impacted by cancer and their loved ones are invited to join us as we learn how these trials are structured, and how to foster an open dialogue with healthcare teams about the eligibility and viability of clinical trials as a treatment option. Dinner will be served at 5:30 p.m.

Cancer Transitions RSVP

Wednesdays, Sept. 25th-Oct. 30th, 11:00 a.m. -1:30 p.m.

This six-week workshop is designed to help cancer survivors (within 5 years of completing treatment) make the transition from active treatment to post-treatment care. We ask that you commit to all 6 meetings.

Celebration of Ovarian Cancer Survivors!

Saturday, September 28th, 1:00 p.m. RSVP

Calling all Teal Warriors! Please join the One-to-One Ovarian Support Group, at our clubhouse, to honor all of our Ovarian Cancer Survivors. This event will be followed by an "After Glow" of special guests and treats, hosted by Gilda's Club and sponsored by Meridian Health.



September 2019

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
<p>2</p> <p>Closed in observation of Labor Day</p>	<p>3</p> <p>10:00 New Member Meeting RSVP 10:00-12:30 MBSR 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 6:30-8:00 Coffeehouse</p>	<p>4</p> <p>6:30-8:00 Pancreatic Group 6:30-8:00 Leukemia/ Lymphoma Group RSVP 6:00-7:30 Kids Creative Art RSVP</p>	<p>5</p> <p>6:00-7:30 Life After Treatment Group 6:00-7:30 Teen Grief Group (age 13-17) RSVP 6:30-8:00 Ovarian/ Gynecological Group 6:30 New Member Meeting RSVP</p>	<p>7</p> <p>12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00 Movie Matinee: Crazy Rich Asians 1:00-2:00 Farm to Table Workshop RSVP 2:00-3:00 Teen Support Group (age 13-17) RSVP</p>
<p>9</p> <p>10:00-11:30 Life After Treatment Group RSVP 6:00- 7:30 Legislative Advocacy Lecture RSVP 6:00-8:00 Men's Group and Dinner RSVP 6:00-7:00 Chair Yoga RSVP 6:30-8:00 Brain Group 6:30-8:00 Metastatic Breast Group RSVP (Moved due to Labor Day)</p>	<p>10</p> <p>10:00 New Member Meeting RSVP 11:00-12:30 Living With Cancer Group RSVP 6:30-8:00 Spouses Bereavement RSVP 6:30-8:00 Rack Pack: w/ Sharing & Caring RSVP 6:40 Detroit Tigers Game RSVP</p>	<p>11</p> <p>6:00-7:30 Parents of a Child Diagnosed Group RSVP 6:00-7:30 Estate Planning 101 RSVP 6:00-7:30 Kid Support Groups RSVP</p>	<p>12</p> <p>5:30 Recipes for a Reason Soup Tasting 6:00-7:30 Life After Treatment Group 6:30-8:00 Family/Friends/ Caregivers Group RSVP 6:30-8:30 Kid's Creative Art RSVP 6:30 New Member Meeting RSVP</p>	<p>14</p> <p>12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:30-3:30 '1969-The Year of Woodstock' Show! RSVP</p>
<p>16</p> <p>10:00-11:30 Life After Treatment Group RSVP 6:00-7:00 Chair Yoga RSVP 6:30-8:00 Lung Group RSVP</p>	<p>24</p> <p>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 5:00 Gilda's Backyard BBQ! 6:00-7:30 Mindfulness Caregiving Lecture RSVP 6:30-8:00 Family Bereavement</p>	<p>18</p> <p>6:30-8:00 Women of Color Group 6:30-8:00 Young Adults Group RSVP 6:00-7:30 Kids Grief Group (age 5-12) RSVP 6:30-7:30 Club Red & Bring a Friend Pizza Dinner RSVP</p>	<p>19</p> <p>6:00-7:30 Life After Treatment Group 6:30 New Member Meeting RSVP</p>	<p>21</p> <p>Gilda's 5K Family Walk & Run!</p>
<p>23</p> <p>5:30-7:30 Frankly Speaking: Clinical Trials RSVP 6:00-8:00 Men's Group and Dinner RSVP 6:30-8:00 G.I. Group RSVP 6:30-8:00 Sarcoma Group RSVP</p>	<p>24</p> <p>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</p>	<p>25</p> <p>11:00-1:30 Cancer Transitions RSVP 6-7:30 Parents Who've Lost a Child to Pediatric Cancer Group RSVP 6:30-8:00 Head & Neck Group 6:30-8:00 Breast Group 6:00-7:30 Toddler Expressive Art Group (age 1-4) RSVP</p>	<p>26</p> <p>6:00-7:30 Life After Treatment Group 6:00 Family/Friends/ Caregivers Dinner RSVP 6:30-8:00 Family/Friends/ Caregivers Group RSVP 6:30-8:30 Kid's Creative Art RSVP 6:30 New Member Meeting RSVP</p>	<p>28</p> <p>12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Celebration of Ovarian Cancer Survivors Event RSVP</p>
<p>30</p>				

Friday, September 13th 6:30 p.m. Magic Whispers Musical RSVP



Information & Events

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

OFFSITE GILDA'S CLUB PROGRAMS & LOCATIONS

Please check out our new location,
Gilda's Club Lake House!
Detailed daily programming can be found on our
website.
Gildasclubdetroit.org

All new members MUST attend a New Member Meeting prior to taking part in other Gilda's Club activities.
To RSVP for a New Member Meeting at Gilda's Club Lake House Location, please call 586.777.7761

Creative Expressions Program: Beaumont Dearborn
Thursday, September 26th, 1:30-2:30 p.m. RSVP
A new program combining art, music and group therapy to improve the mental health of those living with a cancer diagnosis as well as those caring for them, offered every 4th Thursday. Located in the Mainwaring Cancer Center conference room, South Entrance: Patient/Visitor Parking.

Gentle Yoga: Beaumont Dearborn
Every Tuesday, 5:00-6:00 p.m. RSVP
Gentle Yoga is offered every Tuesday at Beaumont Commons in the Rotunda Room, located at 16351 Rotunda Drive, Dearborn, MI 48120. (except in the case of holidays and the '5th' Tuesday of a month).

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.

Art Therapy: Beaumont Farmington Hills
Every Thursday, 12:00-1:30 p.m. RSVP
Art Therapy is held every Thursday afternoon, in The Cancer Center of Beaumont Farmington Hills, upstairs in suite 230.

Living with Cancer Group: Beaumont Farmington Hills
Tuesday September 3rd & 17th, 5:30-7:30 p.m.
A support group for adults in active cancer treatment, seeking support through a cancer diagnosis, every 1st and 3rd Tuesday evening, in The Cancer Center of Beaumont Farmington Hills.

Life After Treatment Group: Beaumont Farmington Hills
Tuesday September 10th & 24th, 5:30-7:30 p.m.
A support group for adults seeking support through post cancer treatment concerns, every 2nd and 4th Tuesday evening, in The Cancer Center of Beaumont Farmington Hills.

Our Program Partners:

Beaumont

Louise Tuller-Miller

Genentech
A Member of the Roche Group



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