

MAY 2025 ROYAL OAK

3517 Rochester Road
Royal Oak MI, 48073
(248) 577-0800



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

MON	TUE	WED	THU	FRI	SAT	SUN
			1 	2	3	4
5 12 PM: CINCO DE MAYO LUNCH WITH GILDA'S CLUB 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING 3:30PM: CLUB RED	6 11 AM: TRANQUILITY YOGA (H) 12 PM: FORK AND FELLOWSHIP 4 PM: SINGERS & STRINGERS 4 PM: METASTATIC BREAST CANCER SOCIAL 5:30 PM: YOUNG ADULTS GROUP (H) 6:30 PM: ART NIGHT 6:30 PM: BINGO!	7 10:30 AM: SELF LED BEADING 11:00 AM: COFFEE, CANCER & CONVERSATION 11:30 AM: LIVING W/CANCER 4 PM: NOOGIELAND PLAY 5PM: POLYMER CLAY WORKSHOP 6 PM: GILDA'S GARDENING CLUB 6:30 PM: MEN'S MEETING (H)	8 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 12 PM: FARM TO TABLE 1 PM: PAINT BY NUMBERS SOCIAL 4 PM: ONE TO ONE OVARIAN CANCER SUPPORT GROUP	9 6 PM: PARENT'S NIGHT OUT	10	11
12 10 AM: ANGEL PILLOW 12:30 PM: QUILTING GROUP 1 PM: SLOW FLOW YOGA WITH CAREY(H) 2 PM: DIAMOND PAINTING	13 11 AM: TRANQUILITY YOGA (H) 5:30 PM: COFFEE HOUSE: OPEN MIC NIGHT AND POTLUCK! 6:30 PM: PARTNERS BEREAVEMENT 6:30 PM: CAREGIVERS GROUP	14 10:30 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 1:30 PM: CLUBHOUSE BOOK CLUB 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THORUGH ART 6 PM: BOSOM BUDDIES 6 PM: LOVING SOMEONE THROUGH CANCER SUPPORT GROUP 6 PM: HEAD & NECK GROUP	15 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 10:30 AM, 11:15AM, 12PM, 12:45PM: STRESS RELIEF REIKI 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINT BY NUMBERS SOCIAL	16	17	18
19 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING	20 11 AM: TRANQUILITY YOGA (H) 4 PM: SINGERS & STRINGERS 5 PM: PIZZA ON THE PORCH 6:30 PM: LGBTQ+ & CANCER GROUP 6:30 PM: ART NIGHT	21 10:30 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 2:15 PM: BEADED BIRD HOUSE WORKSHOP 4 PM: NOOGIELAND PLAY 6 PM: GILDA'S GARDENING CLUB 6 PM: IMPROV! 6:30 PM: MEN'S MEETING (H)	22 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINT BY NUMBERS SOCIAL 5:30 PM: SURVIVOR'S DAY	23	24	25
26 	27 11 AM: TRANQUILITY YOGA (H) 12 PM: FORK AND FELLOWSHIP 2 PM: DIAMOND PAINTING 4 PM: SINGERS & STRINGERS 5 PM: LITTLE KIDS BIG FEELINGS 5PM: PARENTING WITH CANCER GROUP 6 PM: MULTIPLE MYELOMA GROUP 6 PM: LIFE AFTER LOSS GROUP 6:30 PM: WOMEN OF COLOR GROUP (H)	28 10:30 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THORUGH ART 6 PM: TRAVEL WITH GILDA- BRAZIL	29 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINT BY NUMBERS SOCIAL	30	31	