

# November 2018 Program Calendar

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

## WORKSHOPS

### Angel Pillow Project

Monday, Nov 12, 12:00-2:00pm

### Beading

Every Tuesday 12:30-4:00 p.m.

### Evening Beading RSVP

Thursday, Nov 1, 5:30-8:00 p.m.

### Book Worms

Wednesday, Nov 7 & 21, 4:00-5:00 p.m.

### Healthy Start

Thursdays, 10:00-11:00 a.m.

### Creative Art RSVP

Thursday, Nov 8 & 29, 6:00- 7:30 p.m.

### Improv

Mon, Nov 12 & Thurs, Nov 29 6:00-7:30 p.m.

### Knitting/ Crochet Circle

Wednesdays, 10:00 a.m.-3:00 p.m.

### Nia

Thursday, Nov 1 & 15, 2:30-3:30 p.m.

### Pilates RSVP

Thursday, Nov 8 & 29, 4:00-5:00 p.m.

### Quilting

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

### String Jam RSVP

Thursday, Nov 1 & 15, 1:00-3:00 p.m.

### Ukulele Group

Tuesdays, Nov 13, 20, & 27, 5:30-6:15 p.m.

### Beginners Uke Group RSVP

Tuesday, Nov 13, 20, & 27, 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 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](http://www.gildasclubdetroit.org)

## LECTURES & SPECIAL EVENTS

### NEW! Bunny Bunny Breakfast!

**Thursday, November 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, November 3rd, 1:00-3:00 p.m. RSVP**

This month's movie is *The Greatest Showman*. Starring actors Hugh Jackman, Michelle Williams and Zac Efron, it's an original musical that tells the story of a visionary who rose from nothing to create a spectacle that came to be known as the birth of show business! Snacks provided.

### NEW! Kids Creative Art

**Thursday, November 15th & 29th, 6:30-8:00 p.m. RSVP**

Art Therapists from Karmanos will now be joining us during the Family/Friends/Caregivers Group for adults, for a special creative segment for kids.

### NEW! Life After Treatment Group

**Mondays, November 5th & 19th, 10:00-11:30 a.m. RSVP**

A group for those post treatment and looking for support from others who share similar experiences after a cancer diagnosis. This group will meet the 1st and 3rd Monday of every month.

### NEW! Art Therapy

**Wednesday, November 7th & 21st, 10:30 a.m.-12:00 RSVP**

A supportive art series that will focus on mindfulness-based art practices to engage and nurture participants throughout creative practice process. No experience necessary. Breakfast snacks provided!

### Social Security Lecture

**Monday, November 12th, 6:00-7:30 p.m. RSVP**

Jessica Kelly, attorney for Levine Benjamin Law Firm will give a broad overview of the Social Security Disability process. She will be addressing frequently asked questions about qualifying, the working during a pending application and more. Open Q & A for members will follow. Light refreshments provided.

### Friendsgiving!

**Wednesday, November 14th, 5:30-7:30 p.m. RSVP**

It's Thanksgiving in the clubhouse! Join us for a wonderful dinner and special entertainment and activities for all of our community. We are thankful for YOU! Dinner provided.

### Healthy Start!

**Every Thursday, 10:00 a.m. RSVP**

Join our very own Beth Sinclair in the kitchen, as she shares a variety of 'Healthy Start' options for your day! Whether she's juicing, sharing smoothies or 'feel good snacks,' she's bound to get you off to a good start!  
(Closed Thanksgiving)

### NEW! Thursday Morning Yoga!

**Every Thursday, 11:00 a.m.**

All skill levels welcome.

### Zumba!

**Saturday, November 17th, 1:30-2:30 p.m. RSVP**

Join us for a fun new exercise class! All skill levels welcome.

### Frankly Speaking about Multiple Myeloma

**Tuesday, November 27th, 6:00-7:30 p.m. RSVP**

Georgia Devries, DNP from Karmanos Cancer Institute, will be joining the Multiple Myeloma group as a special guest speaker. Refreshments provided.

**\* Please note, some of our regularly scheduled programs may have been rescheduled to different days, due to holiday programming. Please be sure and check the calendar!**

### HOLIDAY SAVE THE DATES!

#### Tree Decorating

**Tuesday, December 4th, 3:00 p.m.**

Join us for some holiday fun! Share some laughs, hot cocoa and trim our official Gilad's Club Christmas Tree!

#### Holiday Party

**Thursday, December 13th, 5:30-7:30 p.m. RSVP**

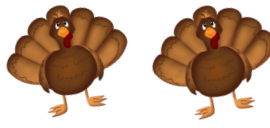

Celebrate the Holidays with us! Enjoy entertainment, a strolling dinner and our Gilda's Club family! Please be sure and include any children attending in your RSVP so that Santa can be sure and some special gifts for them!

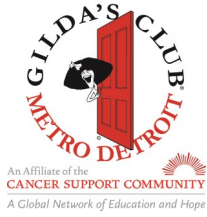




# November 2018

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
			<p>1</p> <p>10:00-11:00 Bunny Bunny Breakfast RSVP</p> <p>6:00-7:30 Life After Treatment Group</p> <p>6:00-8:00 Ovarian &amp; Gynecological Cancers Group</p> <p>6-6:30 New Member Meeting RSVP</p>	<p>3</p> <p>12:00 New Member Meeting RSVP</p> <p>1:00-3:00 The Greatest Showman</p> <p>2:00-3:00 Teen Support Group (age 13-17) RSVP</p>
<p>5</p> <p>10:00-11:30 Life After Treatment Group RSVP</p> <p>6:00-7:00 Chair Yoga with David RSVP</p> <p>6:30-8:00 Young Adult Group RSVP</p>	<p>6</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>6:30-8:00 Coffeehouse</p>	<p>7</p> <p>6:00-7:30 Parents of a Child Diagnosed RSVP</p> <p>6:30-8:00 Pancreatic Group</p> <p>6:30-8:00 Leukemia/Lymphoma Group RSVP</p> <p>6:00-7:30 Kid Support Groups RSVP</p> <p>6:00-7:30 Kids Creative Art RSVP</p> <p>6:00-7:30 Toddler Play Group (age 1-4) RSVP</p>	<p>8</p> <p>6:00-7:30 Life After Treatment Group</p> <p>6:30 New Member Meeting RSVP</p>	<p>10</p> <p>12:00-1:00 Yoga</p> <p>12:00 New Member Meeting RSVP</p>
<p>12</p> <p>6:00-7:30 Social Security Lecture RSVP</p> <p>6:30-8:00 Brain Group</p>	<p>13</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 &amp; Caring RSVP</p> <p>6:30-8:00 Spouses Bereavement RSVP</p>	<p>14</p> <p>5:30-7:30 Friendsgiving! RSVP</p> <p>6:30-8:00 Men's Group RSVP</p> <p>6:30-8:00 Women of Color Group</p> <p>5:30-7:30 Club Red</p>	<p>15</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>6:30-8:00 Kids Creative Art RSVP</p>	<p>17</p> <p>12:00-1:00 Yoga</p> <p>1:30-2:30 Zumba RSVP</p> <p>12:00 New Member Meeting RSVP</p>
<p>19</p> <p>10:00-11:30 Life After Treatment Group RSVP</p> <p>6:00-7:00 Gentle Yoga with David RSVP</p> <p>6:30-8:00 Lung Group RSVP</p> <p>6:30-8:00 Young Adult Group RSVP</p>	<p>20</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>21</p> <p>The Clubhouse will close at 5:00 p.m. for the Thanksgiving Holiday.</p>	<p>22</p> <p>Happy Thanksgiving!</p> 	<p>24</p> <p>Closed for Thanksgiving!</p> 
<p>26</p> <p>1:00-2:00 Yoga</p> <p>6:00-7:30 Board Game Night! RSVP</p> <p>6:30-8:00 G.I. Group RSVP</p> <p>6:30-8:00 LGBTQ Group RSVP</p>	<p>27</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>28</p> <p>6:30-8:00 Men's Group RSVP</p> <p>6:30-8:00 Head &amp; Neck Group</p> <p>6:30-8:00 Breast Group</p> <p>6:00-7:30 Parents Who've Lost a Child to Pediatric Cancer Group RSVP</p> <p>6:00-7:30 Toddler Expressive Art Group (age 1-4) RSVP</p> <p>6:00-7:30 Kids Grief Group (age 5-12) RSVP</p> <p>6:00-7:30 Teen Grief Group</p>	<p>29</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>6:30-8:00 Kids Creative Art RSVP</p>	



# Information & Events

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## 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, November 6th & 20th, 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.

**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**  
**Tuesday, November 13th, 2:00-3:30 p.m.**  
 Art therapy is held every 2nd Tuesday of the month at Beaumont Hospital in the Radiation Oncology Main-waring Conference Room (West Entrance-Basement). Located at 18101 Oakwood Blvd., Dearborn, 48124.

**Tai Chi: Beaumont Dearborn**  
**Tuesday, November 27th, 5:00-6:30 p.m. RSVP**  
 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:

**Beaumont**



**Genentech**  
*A Member of the Roche Group*



**Children's Hospital of Michigan**  
 DMC DETROIT MEDICAL CENTER



**CooperStandard**



3517 Rochester Road, Royal Oak, MI 48073 | 248.577.0800 | [www.gildasclubdetroit.org](http://www.gildasclubdetroit.org)