


# Royal Oak Clubhouse –December 2023

Mon	Tue	Wed	Thu
<p><b>4</b> <b>10:30 Healthy Holiday Eating</b> 1:00 Yoga (H)</p>	<p><b>5</b> 11:00 Tranquility Yoga with Susan Jane (H) 4:00 Gilda's Singers &amp; Stringers 4:00 Metastatic Breast Cancer Social 6:30 Art Night! (H) 6:30 Bingo Night!</p>	<p><b>6</b> 10:00 New Member Meeting 11:00 Cancer, Coffee &amp; Conversations 11:30 Living with Cancer (H) 4:00 Noogieland Family Play 6:30 Leukemia/ Lymphoma Group (H) 6:30 Men's Gathering (H)</p>	<p><b>7</b> 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session 12:30 1:1 Stress Relief Reiki Session</p>
<p><b>11</b> 1:00 Yoga (H)</p>	<p><b>12</b> 11:00 Tranquility Yoga with Susan Jane <b>5:30 Holiday Party– Coffeehouse Style!</b> 6:30 Caregivers Group 6:30 Spouses Bereavement</p>	<p><b>13</b> 10:00 New Member Meeting 11:30 Living with Cancer (H) 1:00 Knitting &amp; Crochet Crafters 3:30 Club Red 4:00 Noogieland Family Play 5:00 Exploring Emotions Through Art 6:00 Bosom Buddies 6:00 Head &amp; Neck Cancers Group <b>6:30 Hope for the Holidays: Mental Health Check In</b> 6:30 Ovarian/ Gynecological Group (H)</p>	<p><b>14</b> 2:00 Self Care 101: The Gift of Self-Forgiveness</p>
<p><b>18</b> 1:00 Yoga (H)</p>	<p><b>19</b> 11:00 Tranquility Yoga with Susan Jane 12:00 Open Beading Circle <b>6:00 Make Your Own Earrings Workshop</b> <b>6:00 Kids Holiday Ornament Workshop</b> 6:00 Multiple Myeloma 6:30 Art Night 6:30 Women of Color (H)</p>	<p><b>20</b> 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Noogieland Family Play 6:00 Improv! 6:00 Thriving &amp; Surviving After Cancer</p>	<p><b>21</b> 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session <b>6:00 A Mindful &amp; Calm Holiday: Create a 2024 Vision Board of Your Life as you envision it!</b></p>
<p><b>25</b> Closed.</p> 	<p><b>26</b> CH Closed for the Holidays. Please explore our virtual programming!</p>	<p><b>27</b> <b>10:00 Hello 2024, Spa Day!</b></p>	<p><b>28</b> CH Closed for the Holidays. Please explore our virtual programming!</p>
		<p><b>Special Weekend Programming:</b></p> <ul style="list-style-type: none"> <li><b>Sunday 12/3/23</b> Detroit Lions Pre-Game Tailgate 11:00 a/m.– 12:30 p.m.</li> <li><b>Saturday 12/9/23</b> 11:00 a.m. Santa on the Porch</li> </ul>	<p>Registration is required for <u>all</u> programs. H= Hybrid Programming Red = New Program!</p> <p>You can give us a call at <b>248.577.0800</b> or register online at <b>www.gildasclubdetroit.org</b></p>