



August 2019 Program Calendar

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

WORKSHOPS

Angel Pillow Project

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

Beading

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

Book Worms

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

Colored Pencils RSVP

Wednesday, August 14, 12:00 p.m. -2:00 p.m.

Creative Art RSVP

Thursday, August 8 & 22, 6:00- 7:30 p.m.

Healthy Start RSVP

Thursday 10:00-11:00 a.m. (No group August 1st)

Improv

Mon August 5th & Thurs, August 22, 6:00-7:30 p.m. **Improv Show**-Thursday, August 8th 6-7:30 p.m.

Quilting

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

String Jam RSVP

Thursday, August 1st & 15th 1:00-3:00 p.m.

Ukulele Group

Every Tuesday, 5:30-6:15 p.m. (No group August 6th)

Beginners Uke Group RSVP

Every Tuesday, 4:30 p.m. (No group August 6th)

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

Family Health History & Your Future Health

Thursday, August 1st, 6:00-7:30 p.m. RSVP

Understanding your family health history may help protect your health, as well as that of other family members and future generations. Hosted by InheRET, whose mission is to empower individuals to identify, understand, and manage the risks of hereditary conditions. Presenters include InheRET staff: David Keren, MD Professor of Pathology at the University of Michigan. Sofia Merajver, MD, PhD, a Professor of Internal Medicine and Epidemiology at the University of Michigan, Scientific Director of the Breast Oncology Program and Director of the Breast and Ovarian Cancer Risk Evaluation Clinic at the Rogel Cancer Center. Lynn McCain, MSHA, PMP, a graduate of the University of Michigan School of Public Health Executive Master's Program in Health Management and Policy complemented by a graduate certificate in Health Informatics. Kara Milliron, MS, CGC, a board-certified genetic counselor who specializes in counseling patients who are at risk for inherited susceptibility to cancer. Light refreshments provided.

Frankly Speaking: Immunotherapy

Monday, August 5th, 5:30-7:30 p.m. RSVP

Dr. Ulka Vaishampayan, M.D. of Karmanos Cancer Institute and Wayne State School of Medicine will be presenting information on one of the most exciting new discoveries and treatments for cancer, immunotherapy. Patients and their loved ones are invited to join us as we learn how the immune system interacts with cancer, treatment options and tips to manage common side effects. Dinner will be served at 5:30 p.m.

Metastatic Breast Cancer Group—NEW

Monday, August 5th, 6:30-8:00 p.m. RSVP

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

Caregiving & Advocacy

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

Sue Fabian, Elder law attorney since 2001, will be here to make sure as a caregiver, you know how to coordinate care providers that typically don't talk with each other, translate and advocate your loved one's wishes, as well as how to investigate and evaluate health care programs and providers. Handouts included.

Improv Show—Feat. Detroit Improv Fest Performers!

Thursday, August 8th, 6:00-7:30 p.m. RSVP

Please join us for our annual free improv show featuring actors and actresses from across North America in town for the Detroit Improv Festival (8/7-11). Don't miss this hilarious annual event that benefits Gilda's Club Metro Detroit. Pizza dinner provided.

Farmer Gilda's Market & Square Dance!

Saturday, August 10th, 1:00-3:00 p.m. RSVP

Stop by for some fresh produce from the garden and a fun square dance! Walt will once again be our special guest 'caller,' so you won't want to miss this good time!

Remembrance Night

Monday, August 12th 5:30-7:30 p.m. RSVP

A special event for members of Gilda's Club and anyone from the community who has lost someone to cancer. This is a time to come together to remember, honor, and celebrate their lives. Family and friends are welcome.

SUMMER Farm to Table Workshop RSVP

Saturday, August 17th, 1:00 p.m.-2:00 p.m. RSVP

Join Mary Bowler as we pick fresh herbs and vegetables from Gilda's garden and incorporate them into recipes.

Family Fun Day!

Saturday, August 24th, 1:00-3:00 p.m. RSVP

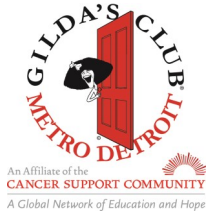
Summer is in full swing! Join us for an afternoon of summer crafts and snacks! We will be making wind chimes and decorating planting pots to add to your family garden.



August 2019

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
			<p>1 6:00-7:30 Life After Treatment Group 6:00-7:30 Teen Grief Group (age 13-17) RSVP 6:00-7:30 Family Health History & Your Future Health RSVP 6:30-8:00 Ovarian/ Gynecological Group 6:30 New Member Meeting RSVP</p>	<p>3 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:15 Movie Matinee : The Pursuit of Happiness 2:00-3:00 Teen Support Group (age 13-17) RSVP</p>
<p>5 10:00-11:30 Life After Treatment Group RSVP 5:30-7:30 Frankly Speaking: Immunotherapy RSVP 6:00-7:00 Chair Yoga RSVP 6:30-8:00 Metastatic Breast Group RSVP</p>	<p>6 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>7 6:00-7:30 Caregiving & Advocacy RSVP 6:30-8:00 Pancreatic Group 6:30-8:00 Leukemia/ Lymphoma Group RSVP 6:00-7:30 Kids Creative Art RSVP</p>	<p>8 6:00-7:30 Improv Show 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>10 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Farmer Gilda's Market & Square Dance RSVP</p>
<p>12 5:30-7:30 Remembrance Night RSVP</p>	<p>13 10:00 New Member Meeting RSVP 10:00-12:30 MBSR 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</p>	<p>14 6:00-7:30 Parents of a Child Diagnosed Group RSVP 6:00-7:30 Kid Support Groups RSVP</p>	<p>15 6:00-7:30 Life After Treatment Group 6:30 New Member Meeting RSVP</p>	<p>17 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-2:00 Summer Farm to Table Workshop RSVP 2:00-3:00 Neuropathy Group RSVP</p>
<p>19 10:00-11:30 Life After Treatment Group RSVP 6:00-7:00 Chair Yoga RSVP 6:30-8:00 Brain Group (Moved due to Remembrance Night) 6:30-8:00 Lung Group RSVP</p>	<p>20 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</p>	<p>21 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</p>	<p>22 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>24 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Family Fun Day RSVP</p>
<p>26 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>27 10:00 New Member Meeting RSVP 10:00-12:30 MBSR 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>28 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>29 6:00-7:30 Life After Treatment Group 6:30 New Member Meeting RSVP</p>	<p>31 Closed due to Labor Day Holiday</p>



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, August 22nd, 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.

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 August 6th & 20th, 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 August 13th & 27th, 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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