



June 2019 Program Calendar

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

WORKSHOPS

Angel Pillow Project

Monday, June 10, 12:00-2:00pm

Beading

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

Book Worms

Wednesday, June 5 & 19, 4:00-5:00 p.m.

Colored Pencils RSVP

Wednesday, June 12, 12:00 p.m. -2:00 p.m.

Creative Art RSVP

Thursday, June 13, 6:00-7:30 p.m.. (no class the 27th)

Healthy Start RSVP

Thursday 10:00-11:00 a.m.

Improv

Mon June 3, & Thurs, June 20, 6:00-7:30 p.m.

Knitting/ Crochet Circle RSVP

Wednesday 12:00 p.m.-2:00 p.m.

Quilting

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

String Jam RSVP

Thursday, June 6 & 20, 1:00-3:00 p.m.

Ukulele Group

Every Tuesday, 5:30-6:15 p.m. (No class June 4th)

Beginners Uke Group RSVP

Every Tuesday, 4:30 p.m. (No class June 4th)

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 3:00-4:00 p.m.

Every Thursday 11:15 -12:15 p.m.,

6:00-7:15 p.m. (no pm class the 27th)

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

Movie Matinee

Saturday, June 1st, 1:00-3:00 p.m. RSVP

This month's movie is *Swiss Family Robinson*. A classic adventure film from 1960, Starring Dorothy McGuire and John Mills. It's a heart warming film about one family's adventure after they're shipwrecked on a deserted island. Snacks provided.

Woodstock Coffeehouse

Tuesday, June 4th, 5:30-8:00 p.m.

Join us for an awesome 'throwback' open mic night of music! A potluck dinner will be served at 5:30 with

performances beginning at 6:00. Come dresses in your favorite 60's attire. Good vibes only, please bring a dish to share.

Natural Alternatives to Pain Relief Using Cannabis Lecture

Wednesday, June 5th, 6:00-7:30 p.m.

Julie Barron, from Blue Sage Health Consulting will be here to discuss the Endocannabinoid System and how cannabis can help to activate your body's own natural healing system to alleviate chronic issues such as pain and inflammation. We'll learn the difference between CBD, THC and other cannabinoids, how they work, safety precautions and more.

Family Fun Day—Detroit Tigers Game!

Saturday, June 8th, 4:10 p.m. RSVP

Tickets are first come first serve, call to reserve yours while supplies last! Please note, if you receive tickets for your family, we do NEED you to guarantee you'll use them.

Medical Power of Attorney—'How To' Workshop

Monday, June 10th, 6:00-7:30 p.m. RSVP

Sue Fabian, B.A., M.Ed, J.D. will join us again, this time to walk you through how to set up your own Medical Power of Attorney. She'll bring all of the necessary paperwork, walk you through the process step by step, and you can leave with all of your official documents.

Social Security Lecture

Wednesday, June 19th, 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'll address frequently asked questions about qualifying, the working during a pending application and more. Open Q & A for members will follow. Light refreshments provided.

Teen Ping Pong Tournament!

Saturday, June 22nd, 1:00-3:00 p.m. RSVP

Calling All teens! Stop by the Clubhouse and try your hand at our new ping pong table! You can bring a friend too, just be sure and RSVP. Snacks provided.

Supporting the Immune System Lecture

Monday, June 24th, 6:00-7:30 p.m. RSVP

Dr. Michael Walker, ND, FABNO., specializes in naturopathic oncology, and will be here to discuss how best to support the immune system. Whether you're post treatment or continuing on. Light refreshments provided.

Camp Sparkle!

Mondays & Thursdays

June 24th—July 25th 9:00-12:00 p.m. RSVP

Kids age 5-12 are welcome to the clubhouse this summer for crafts, games, entertainment and special guests! This fun and interactive day camp is perfect for those beautiful summer days and to meet other kids who are living with a cancer diagnosis in their family. Snacks provided.

Multiple Myeloma Support Group—Special Guest

Tuesday, June 25th, 6:00-7:30 p.m. RSVP

Michael Tuohy, a Myeloma survivor and representative of the International Myeloma Foundation (IMF) will speak about updates on Myeloma Resources.

Gilda's Birthday Bash!

Thursday, June 27th, 6:00-7:30 p.m. RSVP

Live! From Gilda's Club Metro Detroit, it's Gilda's birthday! Join us for a celebration in honor of Gilda Radner's birthday and her inspiring vision to make sure no one faces cancer alone. Get ready for lots of laughs! Pizza, salad, and cake will be served. Remember to wear your "Gilda Red!"

Metastatic Breast Cancer Group—NEW

Monday, July 1st, 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.



June 2019

Clubhouse Closed Fridays and Sundays

Mon	Tue	Wed	Thu	Sat
				1 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Movie: Swiss Family Robinson 2:00-3:00 Teen Support Group (age 13-17) RSVP
3 10:00-11:30 Life After Treatment Group RSVP 6:00-7:00 Chair Yoga	4 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 6:30-8:00 Woodstock Coffee-house- Potluck Dinner 6:30-8:00 Family Bereavement	5 6:00-7:30 Natural Alternatives to Pain Relief Using Cannabis Lecture RSVP 6:30-8:00 Pancreatic Group 6:30-8:00 Leukemia/ Lymphoma Group RSVP 6:00-7:30 Kids Creative Art RSVP	6 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	8 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 4:10 Family Fun Day- Detroit Tigers Game! RSVP
10 6:00-8:00 Men's Group and Dinner RSVP 6:00- 7:30 Medical Power of Attorney 'How To' Workshop RSVP 6:30-8:00 Brain Group	11 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	12 6:00-7:30 Parents of a Child Diagnosed Group RSVP 6:00-7:30 Kid Support Groups RSVP 6:00-7:30 Toddler Play Group (age 1-4) RSVP	13 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 New Member Meeting RSVP 6:30-8:30 Kid's Creative Art RSVP	15 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-2:00 Summer Farm to Table Workshop RSVP 1:30-2:30 Zumba 2:00-3:00 Neuropathy Group RSVP
17 10:00-11:30 Life After Treatment Group RSVP 6:30-8:00 Lung Group RSVP	18 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 6:30-8:00 Family Bereavement	19 6:00- 7:30 Social Security Lecture RSVP 6:30-8:00 Women of Color Group 6:00-7:30 Kids Grief Group (age 5-12) RSVP 6:30-7:30 Club Red	20 6:00-7:30 Life After Treatment Group 6:30 New Member Meeting RSVP	22 12:00 New Member Meeting RSVP 12:00-1:00 Yoga 1:00-3:00 Teen Ping Pong Tournament RSVP
24 9:00-12:00 Sparkle Time! RSVP 6:00-8:00 Men's Group and Dinner RSVP 6:00-7:30 Supporting the Immune System Lecture RSVP 6:30-8:00 Sarcoma Group RSVP 6:30-8:00 G.I. Group RSVP	25 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	26 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	27 9:00-12:00 Sparkle Time! RSVP 6:00-7:30 Life After Treatment Group 6:00-7:30 Gilda's Birthday Bash! RSVP 6:30-8:00 Family/Friends/ Caregivers Group RSVP 6:30 New Member Meeting RSVP 6:30-8:30 Kid's Creative Art RSVP	29 12:00 New Member Meeting RSVP 12:00-1:00 Yoga



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!
Complete Calendar of events can be found at:
milakehouse.org

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.

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, June 4th & 18th, 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. (Canceled New Year's Day)

Living with Cancer Group: Beaumont Farmington Hills
Tuesday June 4th & 18th, 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 Beau-
mont Farmington Hills.

Life After Treatment Group: Beaumont Farmington Hills
Tuesday June 11th & 25th, 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.

Art Therapy: Beaumont Dearborn
Monday, June 10th, 2:00-3:30 p.m. RSVP

Art therapy is held every 2nd Monday of the month at
Beaumont Hospital Cancer Center in the Main Lobby.

Tai Chi: Beaumont Dearborn
Tuesday, June 25th, 5:00-6:30 p.m.

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

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