

# OCTOBER 2024 ROYAL OAK

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

MON	TUE	WED	THU	FRI	SAT	SUN
	<p>1</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H) <b>4 PM:</b> SINGERS &amp; STRINGERS <b>4 PM:</b> METASTATIC BREAST CANCER SOCIAL <b>5:30 PM:</b> YOUNG ADULTS GROUP (H) <b>6:30 PM:</b> ART NIGHT <b>6:30 PM:</b> BINGO! <b>6:30 PM:</b> SPOUSES BEREAVEMENT POTLUCK DINNER</p>	<p>2</p> <p><b>10:00 AM:</b> CHAIR YOGA (H) <b>10:30 AM:</b> BEGINNERS BEADING <b>11 AM:</b> COFFEE, CANCER &amp; CONVERSATION <b>11:30 AM:</b> LIVING W/CANCER <b>4 PM:</b> NOOGIELAND PLAY <b>5 PM:</b> POLYMER CLAY <b>6:30 PM:</b> MEN'S MEETING (H)</p>	<p>3</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>10:30 AM:</b> STRESS RELIEF REIKI <b>11:30 PM:</b> STRESS RELIEF REIKI <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS <b>12:30 PM:</b> STRESS RELIEF REIKI <b>1 PM:</b> PAINTING &amp; TUNES</p>	4	<p>5</p> <p><b>BRAS FOR A CAUSE!</b></p>	6
<p>7</p> <p><b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> AB BLASTERS FOR BEGINNERS! <b>2 PM:</b> DIAMOND PAINTING</p>	<p>8</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H) <b>5:30 PM:</b> COFFEE HOUSE! -OPEN MIC <b>6:30 PM:</b> SPOUSES BEREAVEMENT <b>6:30 PM:</b> CAREGIVERS GROUP <b>6:30 PM:</b> VISUAL JOURNALING</p>	<p>9</p> <p><b>10:30 AM:</b> BEGINNERS BEADING <b>11:30 AM:</b> LIVING W/CANCER <b>1:30 PM:</b> CLUBHOUSE BOOK CLUB <b>4 PM:</b> NOOGIELAND PLAY <b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART <b>6 PM:</b> BOSOM BUDDIES <b>6 PM:</b> HEAD &amp; NECK GROUP <b>6:30 PM:</b> POETRY &amp; PASTRIES</p>	<p>10</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>10:30 AM:</b> STRESS RELIEF REIKI <b>11:30 PM:</b> STRESS RELIEF REIKI <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS <b>12 PM:</b> FARM TO TABLE <b>1 PM:</b> PAINTING &amp; TUNES <b>4 PM:</b> ONE TO ONE OVARIAN CANCER SUPPORT GROUP</p>	11	12	<p>13</p> <p><b>10AM:</b> <b><u>FOREST BATHING RETREAT</u></b></p>
<p>14</p> <p><b>10 AM:</b> ANGEL PILLOW <b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> SLOW FLOW YOGA <b>2 PM:</b> DIAMOND PAINTING</p>	<p>15</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H) <b>4 PM:</b> SINGERS &amp; STRINGERS <b>5:30 PM:</b> DANCE/MOVEMENT THERAPY <b>6 PM:</b> LGBTQ+ &amp; CANCERS GROUP <b>6 PM:</b> ART NIGHT <b>6:30 PM:</b> <b><u>SOUP POTLUCK!</u></b></p>	<p>16</p> <p><b>10:30 AM:</b> BEGINNERS BEADING <b>11:30 AM:</b> LIVING W/CANCER <b>1:30 PM:</b> BEGINNERS TAP DANCE! <b>4 PM:</b> NOOGIELAND PLAY <b>6 PM:</b> IMPROV! <b>6PM:</b> <b><u>HALLOWEEN JEOPARDY!</u></b> <b>6:30 PM:</b> MEN'S MEETING</p>	<p>17</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS <b>1 PM:</b> PAINTING &amp; TUNES</p>	18	19	20
<p>21</p> <p><b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> AB BLASTERS FOR BEGINNERS! <b>2 PM:</b> DIAMOND PAINTING</p>	<p>22</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H) <b>4 PM:</b> SINGERS &amp; STRINGERS <b>5 PM:</b> <b><u>THE POWER OF LEGACY SERIES</u></b> <b>5 PM:</b> LITTLE KIDS, BIG FEELINGS <b>5 PM:</b> PARENTING &amp; CANCER GROUP <b>6 PM:</b> MULTIPLE MYELOMA GROUP (H) <b>6 PM:</b> LIFE AFTER LOSS GATHERING <b>6:30 PM:</b> WOMEN OF COLOR GROUP (H)</p>	<p>23</p> <p><b>10:30 AM:</b> BEGINNERS BEADING <b>11:30 AM:</b> LIVING W/CANCER <b>1:30 PM:</b> BEGINNERS TAP DANCE! <b>4 PM:</b> NOOGIELAND PLAY <b>5 PM:</b> EXPLORING EMOTIONS THROUGH ART <b>6PM:</b> <b><u>RADIANT WOMEN</u></b> <b>6PM:</b> TRAVEL WITH GILDA!</p>	<p>24</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS <b>1 PM:</b> PAINTING &amp; TUNES</p>	25	26	27
<p>28</p> <p><b>12:30 PM:</b> QUILTING GROUP <b>1 PM:</b> AB BLASTERS FOR BEGINNERS! <b>2 PM:</b> DIAMOND PAINTING <b>5 PM:</b> <b><u>NOOGIEFEST HALLOWEEN PARTY!</u></b></p>	<p>29</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H) <b>4 PM:</b> SINGERS &amp; STRINGERS <b>5 PM:</b> <b><u>THE POWER OF LEGACY SERIES</u></b> <b>6 PM:</b> <b><u>MANDALA ROCKS</u></b></p>	<p>30</p> <p><b>10:30 AM:</b> BEGINNERS BEADING <b>11:30 AM:</b> LIVING W/ CANCER <b>1:30 PM:</b> BEGINNERS TAP DANCE! <b>4 PM:</b> NOOGIELAND PLAY <b>5:30 PM:</b> DANCE/MOVEMENT THERAPY</p>	<p>31</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS! <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS <b>1 PM:</b> PAINTING &amp; TUNES</p>			