



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

# November 2023 — Detroit

Mon	Tue	Wed	Thu
<p>(H) - Indicated this is a 'Hybrid Program.' Members can register to attend in person or virtually.</p> <p>Red = NEW!</p>	<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at <b>313.356.7600</b> or register online at: <b>www.gildasclubdetroit.org</b></p>	1	<p>2</p> <p><b>2:00 (H)</b> Gastrointestinal Cancers Group</p> <p><b>4:00</b> Family Art Time</p> <p><b>5:00</b> New Member Meeting</p> <p><b>6:00</b> Durfee Dinner</p>
6	<p>7</p> <p><b>6:00 (H)</b> Experiencing Chemo Brain or Chemo Neuropathy: Will I Ever Get Better?</p>	8	<p>9</p> <p><b>4:00</b> Board Game Night</p> <p><b>5:00</b> New Member Meeting</p> <p><b>5:30</b> Spin &amp; Spill Social Gathering</p> <p><b>6:00 (H)</b> Women of Color Group</p> <p><b>6:00 (H)</b> Uncomfortable Conversations: Holiday Series</p>
<p>13</p> <p><b>11:00 (H)</b> Living with Cancer Group</p> <p><b>12:30 (H)</b> Coping with Working in Oncology—Lunch Hour Group</p> <p><b>2:00 (H)</b> Love Letters Campaign</p>	<p>14</p> <p><b>6:00 (H)</b> Ovarian and Uterine Cancer: Complimentary Treatment Options</p>	<p>15</p> <p><b>7:00</b> LIVE FROM DETROIT!: intenSati</p>	<p>16</p> <p><b>4:00</b> Family Art Time</p> <p><b>5:00</b> New Member Meeting</p> <p><b>5:30</b> Drop-in Resources Group</p> <p><b>6:00 (H)</b> Uncomfortable Conversations: Holiday Series</p>
20	<p>21</p> <p><b>5:30</b> Cancer Fighting Smoothies with Shelby</p> <p><b>6:00</b> Gilda's @ Durfee Community Zumba</p>	22	<p>23</p> <p><b>2:00 (H)</b> Rare Cancers Group</p> <p><b>5:00</b> New Member Meeting</p> <p><b>6:00 (H)</b> LGBTQIA+ and Cancer</p>
<p>27</p> <p><b>11:00 (H)</b> Living with Cancer Group</p> <p><b>4:00 (H)</b> Coping with Working in Oncology—Evening Group</p>	28	29	30