

JANUARY 2025

ROYAL OAK

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 Royal Oak MI, 48073
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GILDA'S CLUB
METRO DETROIT
 An Affiliate of the
CANCER SUPPORT COMMUNITY

MON	TUE	WED	THU	FRI	SAT	SUN
		1 HAPPY NEW YEAR! CLOSED-NO IN PERSON PROGRAMMING	2 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 10:30 AM, 11:15AM, 12PM, 12:45PM: STRESS RELIEF REIKI 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINT BY NUMBERS SOCIAL	3	4	5
6 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING	7 11 AM: TRANQUILITY YOGA (H) 12 PM: <u>FORK AND FELLOWSHIP</u> 4 PM: SINGERS & STRINGERS 4 PM: METASTATIC BREAST CANCER SOCIAL 5:30 PM: YOUNG ADULTS GROUP (H) 5:30 PM: CLUB RED 6:30 PM: ART NIGHT 6:30 PM: BINGO!	8 10:00 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 1:30 PM: CLUBHOUSE BOOK CLUB 2PM: <u>WHAT'S YOUR BILLBOARD? ART PROJECT</u> 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THORUGH ART 6 PM: BOSOM BUDDIES 6 PM: <u>LOVING SOMEONE THROUGH CANCER SUPPORT GROUP</u> 6 PM: HEAD & NECK GROUP	9 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 12 PM: FARM TO TABLE 1 PM: PAINT BY NUMBERS SOCIAL 4 PM: ONE TO ONE OVARIAN CANCER SUPPORT GROUP	10 5 PM: <u>PARENT'S NIGHT OUT: DANCE PARTY!</u>	11	12
13 10 AM: ANGEL PILLOW 12:30 PM: QUILTING GROUP 1 PM: SLOW FLOW YOGA WITH CAREY(H) 2 PM: DIAMOND PAINTING	14 11 AM: TRANQUILITY YOGA (H) 5:30 PM: COFFEE HOUSE: OPEN MIC NIGHT 6:30 PM: PARTNERS BEREAVEMENT 6:30 PM: CAREGIVERS GROUP	15 10:00 AM: CHAIR YOGA (H) 10:00 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 4 PM: NOOGIELAND PLAY 6 PM: <u>GILDA'S GLOW INTO THE NEW YEAR FAMILY FUN NIGHT</u> 6 PM: IMPROV! 6:30 PM: MEN'S MEETING (H)	16 10:30 AM: NEW MEMBER MEETING 10:30 AM: STRESS RELIEF REIKI 11:15 AM: STRESS RELIEF REIKI 12 PM: KNITTING & CROCHET CRAFTERS 12 PM: STRESS RELIEF REIKI 12:45 PM: STRESS RELIEF REIKI 1 PM: PAINT BY NUMBERS SOCIAL	17	18	19
20 MARTIN LUTHER KING JR DAY CLOSED-NO IN PERSON PROGRAMMING	21 11 AM: TRANQUILITY YOGA (H) 4 PM: SINGERS & STRINGERS 6 PM: LGBTQ+ & CANCERS GROUP 6:30 PM: ART NIGHT	22 10:00 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 4 PM: NOOGIELAND PLAY 5 PM: EXPLORING EMOTIONS THORUGH ART	23 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINT BY NUMBERS SOCIAL	24	25	26
27 12:30 PM: QUILTING GROUP 1 PM: AB BLASTERS FOR BEGINNERS! 2 PM: DIAMOND PAINTING	28 10 AM: REIKI SESSION 11 AM: TRANQUILITY YOGA (H) 11 AM: REIKI SESSION 12 PM: <u>FORK AND FELLOWSHIP</u> 12 PM: REIKI SESSION 4 PM: SINGERS & STRINGERS 5 PM: LITTLE KIDS BIG FEELINGS 5 PM: PARENTING WITH CANCER 6 PM: MULTIPLE MYELOMA GROUP 6 PM: LIFE AFTER LOSS GROUP 6:30 PM: WOMEN OF COLOR GROUP (H)	29 10:00 AM: SELF LED BEADING 11:30 AM: LIVING W/CANCER 1PM: <u>HEALING RADIANT WOMEN</u> 1:30 PM: <u>NAPKIN BASKET WEAVING WORKSHOP</u> 4 PM: NOOGIELAND PLAY 6 PM: TRAVEL WITH GILDA- ITALY!	30 10:15 AM: GILDA'S INDOOR WALKERS! 10:30 AM: NEW MEMBER MEETING 12 PM: KNITTING & CROCHET CRAFTERS 1 PM: PAINT BY NUMBERS SOCIAL	31		