

# FEBRUARY 2025

## 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 |
|---|--|---|---|-----|-----|-----|
|   |  |   |   |     | 1   | 2   |
| <p>3</p> <p><b>12:30 PM:</b> QUILTING GROUP<br/><b>1 PM:</b> AB BLASTERS FOR BEGINNERS!<br/><b>2 PM:</b> DIAMOND PAINTING<br/><b>3:30 PM:</b> CLUB RED</p>    | <p>4</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)<br/><b>12 PM:</b> FORK AND FELLOWSHIP<br/><b>4 PM:</b> SINGERS &amp; STRINGERS<br/><b>4 PM:</b> METASTATIC BREAST CANCER SOCIAL (H)<br/><b>5:30 PM:</b> YOUNG ADULTS GROUP (H)<br/><b>6:30 PM:</b> ART NIGHT<br/><b>6:30 PM:</b> BINGO!</p>   | <p>5</p> <p><b>10:00 AM:</b> CHAIR YOGA (H)<br/><b>10:00 AM:</b> SELF LED BEADING<br/><b>10:30 AM:</b> COFFEE, CANCER &amp; CONVERSATION<br/><b>11:30 AM:</b> LIVING W/CANCER<br/><b>4 PM:</b> NOOGIELAND PLAY<br/><b>5 PM:</b> <u>KIDS VALENTINES DAY CRAFTING</u><br/><b>6:30 PM:</b> MEN'S MEETING (H)</p>   | <p>6</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!<br/><b>10:30 AM:</b> NEW MEMBER MEETING<br/><b>10:30 AM, 11:15AM, 12PM, 12:45PM:</b> STRESS RELIEF REIKI<br/><b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS<br/><b>1 PM:</b> PAINT BY NUMBERS SOCIAL<br/><b>2PM:</b> <u>EXPLORING WOMEN'S SEXUAL HEALTH AND INTIMACY</u></p>  | 7   | 8   | 9   |
| <p>10</p> <p><b>10 AM:</b> ANGEL PILLOW<br/><b>12:30 PM:</b> QUILTING GROUP<br/><b>1 PM:</b> AB BLASTERS FOR BEGINNERS!<br/><b>2 PM:</b> DIAMOND PAINTING</p> | <p>11</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)<br/><b>12:30 PM:</b> <u>GILDA'S VALENTINES DAY LUNCH</u><br/><b>2PM:</b> <u>VALENTINE GNOME CANDY JAR CLASS</u><br/><b>5:30 PM:</b> COFFEE HOUSE: OPEN MIC NIGHT<br/><b>6:30 PM:</b> PARTNERS BEREAVEMENT<br/><b>6:30 PM:</b> CAREGIVERS GROUP</p>   | <p>12</p> <p><b>10:30 AM:</b> SELF LED BEADING<br/><b>11:30 AM:</b> LIVING W/CANCER<br/><b>1:30 PM:</b> CLUBHOUSE BOOK CLUB<br/><b>4 PM:</b> NOOGIELAND PLAY<br/><b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART<br/><b>6 PM:</b> BOSOM BUDDIES<br/><b>6 PM:</b> <u>LOVING SOMEONE THROUGH CANCER SUPPORT GROUP</u><br/><b>6 PM:</b> HEAD &amp; NECK GROUP</p> | <p>13</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!<br/><b>10:30 AM:</b> NEW MEMBER MEETING<br/><b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS<br/><b>12 PM:</b> FARM TO TABLE<br/><b>1 PM:</b> PAINT BY NUMBERS SOCIAL<br/><b>1 PM:</b> <u>WINTER WELLNESS FOR CANCER WARRIORS: NUTRITION (H)</u><br/><b>1:30PM:</b> <u>SWEATER KNITTING WORKSHOP</u><br/><b>4 PM:</b> ONE TO ONE OVARIAN CANCER SUPPORT GROUP<br/><b>5 PM:</b> <u>PARENTS NIGHT OUT</u></p>        | 14  | 15  | 16  |
| <p>17</p> <p><b>12:30 PM:</b> QUILTING GROUP<br/><b>1 PM:</b> SLOW FLOW YOGA W/CAREY (H)<br/><b>2 PM:</b> DIAMOND PAINTING</p>                                | <p>18</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)<br/><b>4 PM:</b> SINGERS &amp; STRINGERS<br/><b>5PM:</b> <u>WICKED MOVIE NIGHT!</u><br/><b>6:30 PM:</b> LGBTQ+ &amp; CANCER GROUP<br/><b>6:30 PM:</b> ART NIGHT</p>  | <p>19</p> <p><b>10:00 AM:</b> CHAIR YOGA (H)<br/><b>10:00 AM:</b> SELF LED BEADING<br/><b>11:30 AM:</b> LIVING W/CANCER<br/><b>4 PM:</b> NOOGIELAND PLAY<br/><b>6 PM:</b> IMPROV!<br/><b>6:30 PM:</b> MEN'S MEETING (H)</p>   | <p>20</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!<br/><b>10:30 AM:</b> NEW MEMBER MEETING<br/><b>10:30 AM:</b> STRESS RELIEF REIKI<br/><b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS<br/><b>1 PM:</b> PAINT BY NUMBERS SOCIAL<br/><b>1PM:</b> <u>THE HEALING PAUSE: BREATH &amp; DEEP REST PRACTICES TO RESTORE CALM</u><br/><b>1:30PM:</b> <u>SWEATER KNITTING WORKSHOP</u><br/><b>6 PM:</b> <u>WINTER WELLNESS FOR CANCER WARRIORS: STAYING HEALTHY (H)</u></p> | 21  | 22  | 23  |
| <p>24</p> <p><b>12:30 PM:</b> QUILTING GROUP<br/><b>1 PM:</b> AB BLASTERS FOR BEGINNERS!<br/><b>2 PM:</b> DIAMOND PAINTING</p>                                | <p>25</p> <p><b>10 AM:</b> REIKI SESSION<br/><b>11 AM:</b> TRANQUILITY YOGA (H)<br/><b>11 AM:</b> REIKI SESSION<br/><b>12 PM:</b> FORK AND FELLOWSHIP<br/><b>12 PM:</b> REIKI SESSION<br/><b>4 PM:</b> SINGERS &amp; STRINGERS<br/><b>5 PM:</b> LITTLE KIDS BIG FEELINGS<br/><b>6 PM:</b> MULTIPLE MYELOMA GROUP<br/><b>6 PM:</b> LIFE AFTER LOSS GROUP<br/><b>6:30 PM:</b> WOMEN OF COLOR GROUP (H)</p> | <p>26</p> <p><b>10:00 AM:</b> SELF LED BEADING<br/><b>11:30 AM:</b> LIVING W/CANCER<br/><b>4 PM:</b> NOOGIELAND PLAY<br/><b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART<br/><b>6 PM:</b> TRAVEL WITH GILDA- EAST AFRICA!</p>  | <p>27</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!<br/><b>10:30 AM:</b> NEW MEMBER MEETING<br/><b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS<br/><b>1 PM:</b> PAINT BY NUMBERS SOCIAL<br/><b>1 PM:</b> <u>WINTER WELLNESS FOR CANCER WARRIORS: STRENGTH (H)</u><br/><b>1:30PM:</b> <u>SWEATER KNITTING WORKSHOP</u></p>  | 28  |     |     |