



MON	TUE	WED	THU	FRI	SAT	SUN
<p>4</p> <p><b>12:30 PM:</b> QUILTING GROUP</p> <p><b>1 PM:</b> AB BLASTERS FOR BEGINNERS!</p> <p><b>2 PM:</b> DIAMOND PAINTING</p>	<p>5</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)</p> <p><b>4 PM:</b> SINGERS &amp; STRINGERS</p> <p><b>4 PM:</b> <u>ORCHARD OFFERINGS FROM FRANKLIN CIDER MILL</u></p> <p><b>5 PM:</b> THE POWER OF LEGACY SERIES</p> <p><b>5:30 PM:</b> YOUNG ADULTS GROUP (H)</p> <p><b>5:30 PM:</b> CLUB RED</p> <p><b>6:30 PM:</b> ART NIGHT</p> <p><b>6:30 PM:</b> BINGO!</p> 	<p>6</p> <p><b>10:00 AM:</b> CHAIR YOGA (H)</p> <p><b>10:30 AM:</b> SELF LED BEADING WORKSHOP</p> <p><b>11 AM:</b> COFFEE, CANCER &amp; CONVERSATION</p> <p><b>11:30 AM:</b> LIVING W/CANCER</p> <p><b>1:30 PM:</b> BEGINNERS TAP DANCE!</p> <p><b>4 PM:</b> NOOGIELAND PLAY</p> <p><b>5 PM:</b> POLYMER CLAY WORKSHOP</p> <p><b>5:30 PM:</b> <u>PAIN YOUR PARTNER FAMILY FUN DAY!</u></p> <p><b>6:30 PM:</b> MEN'S MEETING (H)</p>	<p>7</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!</p> <p><b>10:30 AM:</b> NEW MEMBER MEETING</p> <p><b>10:30 AM:</b> STRESS RELIEF REIKI</p> <p><b>11:30 PM:</b> STRESS RELIEF REIKI</p> <p><b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS</p> <p><b>12:30 PM:</b> STRESS RELIEF REIKI</p> <p><b>1 PM:</b> PAINT BY NUMBERS SOCIAL</p> <p><b>4 PM:</b> METASTATIC BREAST CANCER SOCIAL</p>	<p>8</p> <p><b>5:30 PM:</b> <u>PARENT'S NIGHT OUT!</u></p>	<p>9</p> <p><b>8:30 AM:</b> <u>DAY OF HEALING: MEN'S RETREAT</u></p>	<p>10</p>
<p>11</p> <p><b>10 AM:</b> ANGEL PILLOW PROJECT</p> <p><b>12:30 PM:</b> QUILTING GROUP</p> <p><b>1PM:</b> SLOW FLOW YOGA WITH CAREY</p> <p><b>2 PM:</b> DIAMOND PAINTING</p>	<p>12</p> <p><b>10 AM:</b> <u>REIKI SESSION</u></p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)</p> <p><b>11 AM:</b> <u>REIKI SESSION</u></p> <p><b>12 PM:</b> <u>REIKI SESSION</u></p> <p><b>2PM:</b> <u>WOMEN &amp; AGING WORKSHOP</u></p> <p><b>5:30 PM:</b> <u>COFFEE HOUSE! -OPEN MIC</u></p> <p><b>5:30 PM:</b> <u>DANCE/MOVEMENT THERAPY: FINDING JOY</u></p> <p><b>6:30 PM:</b> PARTNERS BEREAVEMENT GROUP</p> <p><b>6:30 PM:</b> CAREGIVERS GROUP</p>	<p>13</p> <p><b>10:30 AM:</b> SELF LED BEADING WORKSHOP</p> <p><b>11:30 AM:</b> LIVING W/CANCER</p> <p><b>1:30 PM:</b> BEGINNERS TAP DANCE</p> <p><b>4 PM:</b> NOOGIELAND PLAY</p> <p><b>5 PM:</b> EXPLORING EMOTIONS THOROUGH ART</p> <p><b>6 PM:</b> BOSOM BUDDIES</p> <p><b>6 PM:</b> HEAD &amp; NECK GROUP</p> <p><b>6:30 PM:</b> <u>EMBRACING TRANSITIONS: LOVING, DYING AND LETTING GO</u></p>	<p>14</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!</p> <p><b>10:30 AM:</b> NEW MEMBER MEETING</p> <p><b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS</p> <p><b>12 PM:</b> FARM TO TABLE</p> <p><b>1 PM:</b> PAINT BY NUMBERS SOCIAL</p> <p><b>4:30 PM:</b> <u>FALL WELCOME MAT CRAFTING</u></p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>18</p> <p><b>9 AM:</b> <u>MOBILE MAMMOGRAPHY SCREENING</u></p> <p><b>12:30 PM:</b> QUILTING GROUP</p> <p><b>1 PM:</b> AB BLASTERS FOR BEGINNERS!</p> <p><b>2 PM:</b> DIAMOND PAINTING</p>	<p>19</p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)</p> <p><b>4 PM:</b> SINGERS &amp; STRINGERS</p> <p><b>5PM:</b> <u>FLANNEL FRIENDSGIVING</u></p> <p><b>6 PM:</b> LGBTQ+ &amp; CANCERS GROUP</p> <p><b>6 PM:</b> <u>STARTING CHEMOTHERAPY: WHAT ARE THE SIDE EFFECTS AND HOW DO I PREVENT THEM? (H)</u></p> <p><b>6:30 PM:</b> ART NIGHT</p>	<p>20</p> <p><b>10:00 AM:</b> SLOW FLOW YOGA</p> <p><b>10:30 AM:</b> SELF LED BEADING WORKSHOP</p> <p><b>11:30 AM:</b> LIVING W/CANCER</p> <p><b>1:30 PM:</b> BEGINNERS TAP DANCE!</p> <p><b>1:30 PM:</b> CLUBHOUSE BOOK CLUB</p> <p><b>3:30 PM:</b> <u>FRANKLY SPEAKING: LIVER CANCER</u></p> <p><b>4 PM:</b> NOOGIELAND PLAY</p> <p><b>5:30 PM:</b> <u>DANCE/MOVEMENT THERAPY: PAIN MANAGEMENT</u></p> <p><b>5 PM:</b> <u>ACRYLIC POUR WORKSHOP</u></p> <p><b>6 PM:</b> IMPROV!</p> <p><b>6:30 PM:</b> MEN'S MEETING</p> <p><b>6PM:</b> TRAVEL WITH GILDA!</p>	<p>21</p> <p><b>10:15 AM:</b> GILDA'S INDOOR WALKERS!</p> <p><b>10:30 AM:</b> NEW MEMBER MEETING</p> <p><b>10:30 AM:</b> STRESS RELIEF REIKI</p> <p><b>11:30 PM:</b> STRESS RELIEF REIKI</p> <p><b>12 PM:</b> KNITTING &amp; CROCHET CRAFTERS</p> <p><b>1 PM:</b> PAINT BY NUMBERS SOCIAL</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25</p> <p><b>12:30 PM:</b> QUILTING GROUP</p> <p><b>1 PM:</b> AB BLASTERS FOR BEGINNERS!</p> <p><b>2 PM:</b> DIAMOND PAINTING</p>	<p>26</p> <p><b>10 AM:</b> <u>REIKI SESSION</u></p> <p><b>11 AM:</b> TRANQUILITY YOGA (H)</p> <p><b>11 AM:</b> <u>REIKI SESSION</u></p> <p><b>12 PM:</b> <u>REIKI SESSION</u></p> <p><b>4 PM:</b> SINGERS &amp; STRINGERS</p> <p><b>5 PM:</b> <u>SOUP FOR THE SOUL</u></p> <p><b>5 PM:</b> LITTLE KIDS, BIG FEELINGS</p> <p><b>5 PM:</b> PARENTING &amp; CANCER GROUP</p> <p><b>6 PM:</b> MULTIPLE MYELOMA GROUP (H)</p> <p><b>6 PM:</b> LIFE AFTER LOSS GATHERING</p> <p><b>6:30 PM:</b> WOMEN OF COLOR GROUP (H)</p>	<p>27</p> <p><b>10:30 AM:</b> SELF LED BEADING WORKSHOP</p> <p><b>11:30 AM:</b> LIVING W/CANCER</p> <p><b>1:30 PM:</b> BEGINNERS TAP DANCE!</p> <p><b>4 PM:</b> NOOGIELAND PLAY</p> <p><b>5 PM:</b> EXPLORING EMOTIONS THROUGH ART</p>	<p>28</p> <p><b>THANKSGIVING DAY</b></p> 	<p>29</p>	<p>30</p>	

# NOVEMBER 2024 ROYAL OAK

3517 Rochester Road  
Royal Oak MI, 48073  
(248) 577-0800



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