


# Royal Oak Clubhouse –November 2023

Mon	Tue	Wed	Thu
	<p>Registration is required for <u>all</u> programs. H= Hybrid Programming Red = New Program!</p> <p>You can give us a call at <b>248.577.0800</b> or register online at <b>www.gildasclubdetroit.org</b></p>	<p><b>1</b> <b>10:00</b> New Member Meeting <b>11:00</b> Cancer, Coffee &amp; Conversations <b>11:30</b> Living with Cancer (H) <b>4:00</b> Noogieland Family Play <b>6:30</b> Leukemia/ Lymphoma Group (H) <b>6:30</b> Men's Gathering (H)</p>	<p><b>2</b> <b>10:30</b> 1:1 Stress Relief Reiki Session <b>11:30</b> 1:1 Stress Relief Reiki Session <b>1:00</b> Restorative Yoga</p>
<p><b>6</b> <b>12:00</b> The Power of Breathwork (H) <b>1:00</b> Yoga (H)</p>	<p><b>7</b> <b>11:00</b> Tranquility Yoga with Susan Jane (H) <b>12:00</b> Open Beading Circle <b>4:00</b> Gilda's Singers &amp; Stringers <b>4:00</b> Metastatic Breast Cancer Social <b>6:00</b> How to set &amp; <b>STICK to a holiday budget (H)</b> <b>6:00</b> How to Tell YOUR story: writing workshop <b>6:30</b> Art Night! (H) <b>6:30</b> Bingo Night!</p>	<p><b>8</b> <b>10:00</b> New Member Meeting <b>11:30</b> Living with Cancer (H) <b>1:00</b> Knitting &amp; Crochet Crafters <b>1:00</b> Book Club <b>3:30</b> Club Red <b>4:00</b> Noogieland Family Play <b>5:00</b> Exploring Emotions Through Art <b>6:00</b> <b>Bosom Buddies: Breast-giving!</b> <b>6:00</b> <b>Head &amp; Neck Cancers Group</b> <b>6:30</b> Ovarian/ Gynecological Group (H)</p>	<p><b>9</b> <b>1:00</b> Restorative Yoga</p>
<p><b>13</b> <b>11:00</b> Angel Pillow Project <b>1:00</b> Yoga (H)</p>	<p><b>14</b> <b>11:00</b> Tranquility Yoga with Susan Jane <b>12:00</b> Open Beading Circle <b>5:00</b> CH Community Dinner <b>5:30</b> Coffee House (Open Mic Night) <b>6:30</b> Caregivers Group <b>6:30</b> Spouses Bereavement</p>	<p><b>15</b> <b>10:00</b> New Member Meeting <b>10:00</b> <b>Mindful Movement (H)</b> <b>11:30</b> Living with Cancer Group <b>4:00</b> Noogieland Family Play <b>6:00</b> Improv! <b>6:00</b> Thriving &amp; Surviving After Cancer <b>6:30</b> <b>Hope for the Holidays: Grieving in the Midst</b> <b>7:00</b> Clubhouse intenSati &amp; Snacks!</p>	<p><b>16</b> <b>1:00</b> Restorative Yoga</p>
<p><b>20</b> <b>1:00</b> Yoga (H)</p>	<p><b>21</b> <b>11:00</b> Tranquility Yoga with Susan Jane <b>12:00</b> Open Beading Circle <b>4:00</b> Gilda's Stringers &amp; Singers <b>6:30</b> Art Night! (H)</p>	<p><b>22</b> <b>10:00</b> New Member Meeting <b>11:30</b> Living with Cancer Group <b>4:00</b> Noogieland Family Play <b>4:00</b> Cancer Fighting Smoothies with Ashley <b>5:00</b> Exploring Emotions Through Art <b>6:00</b> Family Bereavement <b>6:30</b> Breast Group (H) <b>6:30</b> Chair Yoga (H)</p>	<p><b>23</b> <b>Closed.</b></p> 
<p><b>27</b> <b>1:00</b> Yoga (H)</p>	<p><b>28</b> <b>11:00</b> Tranquility Yoga with Susan Jane <b>12:00</b> Open Beading Circle <b>4:00</b> Gilda's Singers &amp; Stringers <b>5:00</b> Parenting With Cancer (H) <b>6:00</b> <b>Multiple Myeloma (H) - Special Guest: Triage Cancer Center</b> <b>6:30</b> Life After Loss Gathering <b>6:30</b> Women of Color Group (H)</p>	<p><b>29</b> <b>10:00</b> New Member Meeting <b>11:30</b> Living with Cancer Group <b>4:00</b> Noogieland Family Play</p>	<p><b>30</b> <b>10:30</b> 1:1 Stress Relief Reiki Session <b>11:30</b> 1:1 Stress Relief Reiki Session <b>1:00</b> Restorative Yoga</p>