



Clubhouse Calendar



An Affiliate of the **CANCER SUPPORT COMMUNITY**

March 2010 * 3517 Rochester Road * Royal Oak, MI 48073 * 248-577-0800

WORKSHOPS!

- Beading**
Tuesdays, 1:00-4:00 pm
- Book Worms**
Wed., 4:00-5:00 pm, weeks 1&3
- Chair Yoga**
Mondays, 1:00-2:00 pm
- Colored Pencil Drawing**
Wednesdays, 12:30-3:30 pm
- Flute Circle (Native American)**
1st & 3rd Thurs., 3:00-4:00 pm
- Gilda's Singers**
March 9,16,23,30, 7:00-8:00 pm
- Guitar Club RSVP**
1st & 3rd Thursdays, 4:00-5:00 pm
- Learn to Knit & Crochet**
Mondays, 12:00-2:00 pm &
Thursdays, 6:00-7:30 pm
- Photography RSVP**
Wed., Mar. 10, 6:00-8:00 pm
Mon., Mar. 22, 2:00-4:00 pm
- Qi Gong**
Thursdays, March 4 & 11,
7:00-8:00 pm **RSVP**
- Quilting**
Thursdays 12:00-3:00 pm
- Scrapbooking & More!!! RSVP**
Thurs., Mar. 4, 12:15-3:30 pm
Bring a bag lunch
- Traditional Yang Style Tai Chi Chuan**
Tuesdays, 5:30-6:15 pm
- Writing Through Cancer RSVP**
Thurs. Mar. 4 & 18, 6:30-8:00pm
- Yoga—Wed 12:30-1:30 pm**

Please visit our website for updated events and information
www.gildasclubdetroit.org

Family Fun Night

Monday, March 15, 6-8pm
"The Wearing of the Green"

Join us for an entertaining family night to celebrate St. Patrick's Day. Wear your favorite green shirt and bring a green yummy dish to pass! We will have Lucky Lime Punch to drink along with music, crafts and games.

RSVP

Please Become a Member Before Attending Support Groups & Events

To Join:

Come to a

New Member Meeting.

Held every Monday at 1:00 pm & every Wednesday at 5:30 pm Please RSVP

248-577-0800

Lectures / Activities / Info

CoffeeHouse

Tues. Mar. 2, 6:00-8:00 pm **RSVP**

6-7 Open mic. for anyone

7-8 Guest, Dennis Kingsbury

Bring your instrument, voice or poetry and share it with our community! ***Desserts Provided***



Handbuilt Pottery with Roxie Weaver

If you haven't tried it, come join the fun. New & former participants welcome. This will be a 2 session workshop, must attend both sessions. We will be making 2 projects & learning 2 basic handbuilding techniques. We will make small trays, great for snacks & pinch pot bunny bowls. You will also learn about fired clay, clay techniques, paints & glazes.

Mon. Mar. 1 & Mon. Mar. 29, 12:30-2:00 pm RSVP

This~N~That

Mon. Mar. 8 & 22, 12-3 pm RSVP

Join Cherri Casanovas, volunteer/member

Learn how to save money with coupons

Bring in your Sunday newspaper coupons (no need to pre-cut them out), plus any sale ads and coupons to swap. Get together with other members and sit by the fire, chat & enjoy some coffee/tea.

Bring an item to add to the pot of soup.

Future topics, depending on interest, may include: To Do lists, organizational tips, downsizing, unloading, re-gifting, How To tips, inventory of life, places to go, things to do and people to see.

Stress Management:

What does it have to do with cancer?

During this difficult time, learn how to manage the stress of your situation and every day life.

Wed. March 10, 6:30-8:00 pm RSVP

Dr. Suzette Olaker, MD *Global Health Matters, PLLC*
Supper Provided

Survivorship Clinic: Focusing on Sexuality Issues & Fear of Recurrence

Especially for survivors, this informative presentation will answer some of your most challenging questions about life after cancer.

Mon. March 15, 6:30-8:00 pm RSVP

Jessica Smith *University of Michigan*

Supper Provided



Cookie & Milk Day

Enjoy cookies & milk in the kitchen all day long.

Wed. March 17

Happy St. Patrick's Day!!!

BINGO For all ages!!!

Prize donations needed, not necessary to play.

Mon. March 22, 6:00-8:00 pm RSVP

Coping with Long Term Side Effects from

Cancer & Treatments Find out how to cope with a variety of side effects from a cancer diagnosis and various treatments.

Mon. March 29, 6:30-8:00 pm RSVP

Stephanie Mellon-Reppen RN, MSN, ACNP

Karmanos Cancer Institute

Supper Provided

Clubhouse Information/Fundraiser Information & Save the Dates:

ONGOING

If you have not done so already, please sign up for the Kroger Card Community Rewards Campaign to benefit Gilda's Club. This is an easy way to support our cause. We do get a list of who has joined, and so far, there aren't a lot of names on it. We could potentially earn \$10,000 a year. The last quarter, we made only \$176. Please sign up at www.krogercommunityrewards.com. You must have an active Kroger card first. To make it easier, we also have a scan code at the clubhouse that you can simply bring to the service desk of your favorite Michigan Kroger. You only have to do this once.

Sunday, March 7

BOWLING FUNDRAISER – College Park Industries is hosting this event for Gilda's Club. Registration starts at 6 p.m. at Fraser Lanes, 33042 Garfield Road (north of 14 Mile Road), Fraser. Cost is \$20 and includes three games, pizza and pop.

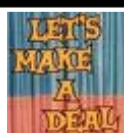
Sunday, March 28

LEON & LULU CELEBRATE ANOTHER BIRTHDAY – In celebration of its 4th birthday this month, Leon & Lulu is throwing a fantastic birthday bash with hot dogs, snacks, drinks and a great shopping experience that includes 15,000 square feet filled with an eclectic mix of upscale furniture, unforgettable gifts and accessories. 10 percent of all sales will be donated to Gilda's Club. Store is located at 96 W. 14 Mile Road, Clawson. Stop by from 1 p.m. to 4 p.m.

Save the Date:

Gilda's Big Night Out 2010: Made in Michigan, Wednesday, May 19, 6pm at the Royal Oak Music Theatre. The event includes a strolling dinner featuring local restaurants, a silent auction, fish bowl raffle, casino games, musical entertainment from across the decades and several "Made in Michigan" surprises. Tickets start at \$50 and will be available at the clubhouse or online. Stay tuned for more details.

Kids & Teens—See the Youth Programming Calendar for more events...



Let's Make a Deal Potluck Party
Hosted by Annette Baka, Gilda's Club Volunteer
Wed. March 31, 5:30-8:00 pm



Come and play Let's Make a Deal and join the fun!

Please bring a dish to share for 8-10 people.



Youth Programming

March 2010



	Mon	Tue	Wed	Thu	Fri	Sat
	1 Kid Talk Time 6:00-7:00 Grief Busters 7:00-8:00 Noogienights 5:30-8:00 RSVP	2 Noogienights 5:30-8:00 RSVP	3 Noogienights 5:30-8:00 RSVP	4 Little Heroes & Me 12:30-2:00 Gilda's Gang 2:00-2:30	5 Clubhouse Closed	6 Clubhouse Closed
Group Details <u>Kid Talk Time</u> - support for kids w/ family member w/ cancer (ages 5-9). <u>Grief Busters</u> - support for kids who have lost someone to cancer. (ages 5-9) <u>Tween Talk Time</u> - support for tweens w/ family member w/cancer (ages 10-12).	8 Tween Time 6:00-7:00 Tween Grief 7:00-8:00 Noogienights 5:30-8:00 RSVP	9 Noogienights 5:30-8:00 RSVP	10 Noogienights 5:30-8:00 RSVP	11 Little Heroes & Me 12:30-2:00 Gilda's Gang 2:00-2:30	12 Clubhouse Closed	13 Clubhouse Closed
<u>Tween Grief Support</u> - for tweens who have lost someone to cancer. (ages 10-12) <u>Teen Time</u> - for teens w/family member w/ cancer (ages 13-18). <u>Teen Grief</u> - for teens who have lost someone to cancer (ages 13-18)	15 Family Fun Night The Wearing of the Green 6:00-8:00	16 Noogienights 5:30-8:00 RSVP	17 Happy St. Patrick's Day  Noogienights 5:30-8:00 RSVP	18 Little Heroes & Me 12:30-2:00 Gilda's Gang 2:00-2:30	19 Clubhouse Closed	20 Clubhouse Closed
<u>Little Heroes</u> - martial arts based program for 2-5 yr olds w/ cancer. Sponsored by Kids Kicking Cancer. <u>Gilda's Gang</u> - support group for children who have been diagnosed with cancer. <u>Parents Group</u> - support group for parents of a child with cancer.	22 Teen Time 6:00-7:00 Teen Grief 7:00-8:00 Noogienights 5:30-8:00 RSVP	23 Noogienights 5:30-8:00 RSVP	24 Noogienights 5:30-8:00 RSVP	25 Little Heroes & Me 12:30-2:00 Gilda's Gang 2:00-2:30	26 Clubhouse Closed	27 Clubhouse Closed
<u>Noogienights</u> - supervised play in noogieland for all kids.	29 Noogienights 5:30-8:00 RSVP	30 Noogienights 5:30-8:00 RSVP	31 Noogienights 5:30-8:00 RSVP			<i>Youth program activities are supported in part by the Talbert & Leota Abrams Foundation.</i>

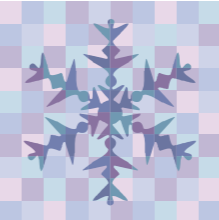


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CANCER SUPPORT COMMUNITY

March 2010



248-577-0800

Mon	Tue	Wed	Thu	
<p>1</p> <p>12:00-2:00 Knitting & Crocheting 12:30-2:00 Pottery RSVP 1:00-2:00 Chair Yoga 1:00 New Member Meeting RSVP 5:30-7:00 Family 7:00-8:30 Spouses Bereavement</p>	<p>2</p> <p>12:00-2:00 Wellness 1:00-4:00 Beading 5:30-6:15 Tai Chi 6:00-8:00 Coffee House RSVP 6:30-8:00 <i>Young Adults</i></p>	<p>3</p> <p>12:30-1:30 Yoga 12:30-3:30 Colored Pencils 4:00-5:00 Book Worms 5:30-6:30 New Member Meeting RSVP 5:30-7:30 Wellness 6:00-8:00 <i>Ovarian & Gyn</i> 6:30-8:00 <i>Leukemia & Lymphoma</i> 6:30-8:00 <i>Head & Neck</i></p>	<p>4</p> <p>12:00-3:00 Quilting 12:15-3:30 Scrapbooking RSVP 12:30-2:00 <i>Life After Treatment</i> 3:00-4:00 Native American Flute Circle RSVP 4:00-5:00 Guitar Club RSVP 5:30-7:30 Wellness 6:00-7:30 Knitting 6:30-8:00 Writing Through Cancer RSVP 7:00-8:00 Qi Gong RSVP</p>	<p>Clubhouse Hours 12:00-8:00 pm Mondays-Thursdays</p> <p>*Please understand that we cannot have members in the house until the clubhouse is officially open at 12:00 pm.*</p>
<p>8</p> <p>12:00-3:00 This-N-That RSVP 12:00-2:00 Knitting & Crocheting 1:00-2:00 Chair Yoga 1:00 New Member Meeting RSVP 5:30-7:00 Family 7:00-8:30 <i>Brain</i></p>	<p>9</p> <p>12:00-2:00 Wellness 1:00-4:00 Beading 5:30-6:15 Tai Chi 6:30-8:00 <i>Rack Pack (Young Adult Breast)</i> 7:00-8:00 Gilda's Singers</p>	<p>10</p> <p>12:30-1:30 Yoga 12:30-3:30 Colored Pencils 5:30-6:30 New Member Meeting RSVP 5:30-7:30 Wellness 6:00-8:00 Photography RSVP 6:30-8:00 <i>Lung</i> 6:30-8:00 <i>Men's Club</i> 6:30-8:00 <i>Family Bereavement</i> 6:30-8:00 Stress Management Lecture RSVP</p>	<p>11</p> <p>12:00-3:00 Quilting 5:30-7:30 Wellness 6:00-7:30 Knitting 7:00-8:00 Qi Gong RSVP</p>	<p>To become a member please come to a:</p> <p><u>New Member Meeting</u> Mondays 1:00 pm Wednesdays 5:30 pm *Please RSVP 248-577-0800 *</p>
<p>15</p> <p>12:00-2:00 Knitting & Crocheting 1:00-2:00 Chair Yoga 1:00 New Member Meeting RSVP 5:30-7:00 Family 6:30-8:00 Survivor Clinic RSVP 7:00-8:30 Spouses Bereavement</p>	<p>16</p> <p>12:00-2:00 Wellness 1:00-4:00 Beading 5:30-6:15 Tai Chi 6:30-8:00 <i>Life After Treatment</i> RSVP 7:00-8:00 Gilda's Singers</p>	<p>17</p> <p>*Cookies & Milk Day*</p> <p>12:30-1:30 Yoga 12:30-3:30 Colored Pencils 4:00-5:00 Book Worms 5:30-6:30 New Member Meeting RSVP 5:30-7:30 Wellness 6:00-7:30 <i>Women of Color</i> 6:30-8:00 <i>Pancreatic</i> 6:30-8:00 <i>LGBT Bereavement</i></p>	<p>18</p> <p>12:00-3:00 Quilting 12:30-2:00 <i>Life After Treatment</i> 3:00-4:00 Native American Flute Circle RSVP 4:00-5:00 Guitar Club RSVP 5:30-7:30 Wellness 6:00-7:30 Knitting 6:30-8:00 Writing Through Cancer RSVP</p>	<p>If you are sick, please stay home. That is the first defense in not spreading germs around the clubhouse. Thanks!</p>
<p>22</p> <p>12:00-3:00 This-N-That RSVP 12:00-2:00 Knitting & Crocheting 1:00-2:00 Chair Yoga 1:00 New Member Meeting RSVP 2:00-4:00 Photography RSVP 5:30-7:00 Family 6:00-8:00 Bingo RSVP 7:00-8:30 <i>Colon</i></p>	<p>23</p> <p>12:00-2:00 Wellness 1:00-4:00 Beading 5:30-6:15 Tai Chi 6:30-8:00 <i>Multiple Myeloma</i> 7:00-8:00 Gilda's Singers</p>	<p>24</p> <p>12:30-1:30 Yoga 12:30-3:30 Colored Pencils 5:30-6:30 New Member Meeting RSVP 5:30-7:30 Wellness 6:30-8:00 <i>Long Term Spouses Bereavement</i> 6:30-8:00 <i>Breast</i></p>	<p>25</p> <p>12:00-3:00 Quilting 1:00-2:00 Welcome Tea RSVP 5:30-7:30 Wellness 6:00-7:30 Knitting</p>	<p>Gilda's Club will close due to inclement weather when the Royal Oak Schools are closed.</p>
<p>29</p> <p>12:00-2:00 Knitting & Crocheting 12:30-2:00 Pottery RSVP 1:00-2:00 Chair Yoga 1:00 New Member Meeting RSVP 5:30-7:00 Family 6:30-8:00 Long Term Effects Lecture RSVP</p>	<p>30</p> <p>12:00-2:00 Wellness 1:00-4:00 Beading 5:30-6:15 Tai Chi 7:00-8:00 Gilda's Singers</p>	<p>31</p> <p>12:30-1:30 Yoga 12:30-3:30 Colored Pencils 5:30-6:30 New Member Meeting RSVP</p> <p>5:30-8:00 Let's Make A Deal Potluck Party</p>		<p>The young adult networking group is supported in part by the DeRoy Testamentary Foundation.</p>