Welcome to Gilda's Club!

New to Gilda’s Club? START HERE!

Welcome to the free cancer and grief support community at Gilda’s Club. We hope you find what you are looking for here in our calendar.

If you are new to Gilda’s Club, here are the three steps to get started:
1. Call or sign-up on line for a New Member Meeting (check the calendar for dates and times) – a general orientation for our program.
2. Attend a New Member Meeting and fill out membership paperwork.
3. Sign up for any activity you’d like. Note: to join a support group, we ask you to speak with a staff person at least one week prior to being assigned to a committed group.

Not sure? Be Our Guest.

Feel free to attend any activity (other than a committed support group) as a guest, or drop by either Clubhouse (scheduled or unscheduled) during open Clubhouse hours.

Join us at one of our THREE locations!

We are so pleased to offer three locations. We invite you to attend at either of our clubhouses or at the Cancer Center at Metro Village.

Grand Rapids Clubhouse
1806 Bridge St NW, Grand Rapids, MI 49504
Mondays - Thursdays, 9 am - 9 pm
Fridays, 9 am - 1 pm
Third Saturdays, 9 am - 1 pm
616-453-8300, 800-326-1419
www.gildasclubgr.org

Lowell Clubhouse
314 S Hudson, Lowell, MI 49331
Tuesdays: 12:30 - 8:30 pm
616-897-8600, 800-326-1419
www.gildasclubgr.org/lowell

Cancer Center at Metro Village
NEw MEETING PLACE!
2122 Health Drive SW, Wyoming
Cancer & Family & Friends Support Groups
Each Tuesday, 6:7:30
616-453-8300

“I’ve learned what I can control is whether I am going to live a day in fear and depression and panic, or whether I am going to attack the day and make it as good a day, as wonderful a day, as I can.”
- Gilda Radner -

Program Highlights!

GRAND RAPIDS CLUBHOUSE

Breast Cancer Survivor Interactive Art Workshop
Thursday, January 2, 6-7:30 pm
Come connect, explore feelings and participate in a hands-on interactive art workshop. Artist Mallory Shotwell invites breast cancer patients, survivors, and those with a family history of breast cancer to make their own art pieces. Learn more at malloryshotwell.com.

Prostate Cancer Support Group
Tuesday, January 7, 7-8:30 pm:
“Diagnosis & Treatment for Early Stage”
Tuesday, February 4, 7-8:30 pm:
“Diagnosis & Treatment for Advanced Stage”
Join other survivors and their companions for this time of education and support. In January, we will welcome Dr. Erik Raitchoff, DO, as he speaks about early stage prostate cancer. In February, Dr. Michael Kozminski, MD will speak about more advanced diagnoses. Both doctors are with Urology Associates of Grand Rapids through Mercy Health. They will welcome discussion and questions.

Holistic Approach to Symptom Management
Monday, January 13, 6-7 pm
Tuesday, January 14, 11-12 pm
Addressing symptom management through the mind, body and spirit. We will discuss and demonstrate holistic techniques including mindfulness, massage and deep breathing as complimentary approaches to symptom management. Care of the spirit and essential oils and their impact on symptom management will also be covered.

Beauty Experience
Wednesday, January 22, 10-11:30 am
Wednesday, February 19, 10-11:30 am
Join Marchella Welsh for a guided DIY facial & makeup application tips & tricks. Your skin will be glowing,

and you will leave feeling beautiful & confident from the inside out! Limit is 8 and is filled by lottery selection. Please register in advance. (616) 453-8300

Winter Blues?
Tuesday, January 28, 10-11 am
Sun Caring! Holistic approaches to coping with the Winter Blues and Seasonal Affective Disorder. Ruth and/or Debby Kruse will have an interactive discussion on how both Winter Blues and Seasonal Affective Disorder impacts us. Participants will have an opportunity to engage in specific activities to develop strategies to cope.

Cancer/Family Friends Support Group
Each Monday in February, 2-3 pm, New Group!
Starts February 3!
A committed group for adults diagnosed with cancer and those who support them.

LOWELL CLUBHOUSE

Gentle Yoga in Lowell
Each Tuesday, 4-5 pm - 5:15 pm
Learn basic Yoga poses with gentle movement and breathing techniques to create a relaxing experience that you can take home and incorporate into your daily routine. A few mats are available if you need one.

Holistic Approach to Symptom Management
Tuesday, January 7, 4-5 pm - Lowell
Addressing symptom management through the mind, body and spirit. We will discuss and demonstrate holistic techniques including mindfulness and deep breathing as complimentary approaches to symptom management. Care of the spirit and essential oils and their impact on symptom management will also be covered.
GRAND RAPIDS PROGRAM CALENDAR

JANUARY

WEDNESDAY / JANUARY 1
Closed for holiday

THURSDAY / JANUARY 2
Quilting and Stitching for Kids’ Sake 9 am-12 pm
CANCER SUPPORT
Cancer New Member Meeting 4:5 pm
Christian Cancer Support Group 4:5-5:15 pm
Children’s Cancer Program Orient 4:45-5:15 pm
Supper Together 5:15-6 pm
Breast Cancer Survivor Interactive Art Workshop 6-7:30 pm
Cancer Support Group* 6:30 pm
Family and Friends Group* 6:30 pm
Kids Talk Group* 6:30 pm
NoogieLand Plus 6:30 pm
Tweed/Teen Talk Group* 6:30 pm

FRIDAY / JANUARY 3
Clubhouse open 9 am-1 pm
SATURDAY / JANUARY 4
Clubhouse closed

SUNDAY / JANUARY 5
Clubhouse closed

MONDAY / JANUARY 6
Knit Wits 9:30-11:30 am
Coloring Out the Darkness with Carol 10 am
Lung Cancer Group 3-4:30 pm
Monday Tune Up: Ukulele Fun 4-5 pm
Tai Chi 4-5 pm
Supper Together 5:15-6 pm
Brain Cancer Group 6:30 pm
Noogie Nights 6:30 pm
Sister-to-Sister 6:30 pm

TUESDAY / JANUARY 7
Art Open Workshop 10-12 pm
Zumba 4-5 pm
Drop-in Meditation Class 4:45-5:30 pm
Supper Together 5:15-6 pm
Colorectal & Related Cancers Support Group 6:30 pm
Prostate Cancer Support Group: Dr. Erik Rachtford, MD, “Diagnosis & Treatment for Early Stage” 7:30 pm

WEDNESDAY / JANUARY 8
Breathe, Relax, Heal with Kundalini Yoga Workshop 9:30-11:00 am
GRIEF SUPPORT
Grief - Children's Program Orient. 4:30-5:15 pm
Supper Together 5:15-6 pm
Grief - Family and Friends Group* 6:30 pm
Grief - Kids Grieve, Too Group 6:30 pm
Grief - NoogieLand Plus 6:30 pm
Grief - Parent Support Group* 6:30 pm
Grief - Spouse (Children at Home) Group* 6:30 pm
Grief - Teen Group 6:30 pm
Grief - Twee Talk Group* 6:30 pm
Grief - Young Adult Support Group* 6:30 pm

THURSDAY / JANUARY 9
Gentle Yoga 9:30-10:30 am
Quilting & Stitching for Kids’ Sake 9 am-12 pm
CANCER SUPPORT
Christian Cancer Support Group 4:5-5:15 pm
Children’s Cancer Program Orient 4:45-5:15 pm
Supper Together 5:15-6 pm
Cancer Support Group* 6:30 pm
Family and Friends Support Group* 6:30 pm
Kids Talk Group* 6:30 pm
NoogieLand Plus 6:30 pm
Tweed/Teen Talk Group* 6:30 pm
Dorothy’s Chocolate Factory 6-8 pm

FRIDAY / JANUARY 10
Clubhouse open 9 am-1 pm
Sit & Be Fit 10-11 am
SATURDAY / JANUARY 11
Clubhouse closed

SUNDAY / JANUARY 12
Clubhouse closed

MONDAY / JANUARY 13
Knit Wits 9:30-11:30 am
Coloring Out the Darkness with Carol 10 am
Watercolor’s with Kathy 1 pm
Leukemia & Lymphoma Group 2:30 pm
Monday Tune Up: Ukulele Fun 4-5 pm
Tai Chi 4-5 pm
Supper Together 5:15-6 pm
Artisan Bread at Home 6-8 pm
Holistic Approach to Symptom Management 6:30 pm
Cancer New Member Meeting 6:30 pm
Noogie Nights 6:30 pm
Sisterhood Lessons 7:30-8:45 pm
GRIEF SUPPORT
Grief New Member Meeting 5:30 pm
Grief – Adult Support Group* 6:30 pm
Grief Living with Grief Series 6:30 pm

TUESDAY / JANUARY 14
Art Open Workshop 10-12 pm
Holistic Approach to Symptom Management 11 am-12 pm
Zumba 4-5 pm
Drop-in Meditation Class 4:45-5:30 pm
Supper Together 5:15-6 pm
Ask the Lawyer 6:30 pm
CANCER SUPPORT
Grief New Member Meeting 9:15-9:45 am
Grief – Adult Support Group* 10-11:30 am

WEDNESDAY / JANUARY 15
Supper Together 5:15-6 pm
GRIEF SUPPORT
Grief - Children's Program Orient. 4:30-5:15 pm
Grief - Family and Friends Group* 6:30 pm
Grief - Kids Grieve, Too Group 6:30 pm
Grief - NoogieLand Plus 6:30 pm
Grief - Parent Support Group* 6:30 pm
Grief - Spouse (Children at Home) Group* 6:30 pm
Grief - Teen Group 6:30 pm
Grief - Twee Talk Group* 6:30 pm
Grief - Young Adult Support Group* 6:30 pm

THURSDAY / JANUARY 16
Quilting & Stitching for Kids’ Sake 9 am-12 pm
Gilda’s Book Ends 1-2 pm
CANCER SUPPORT
Christian Cancer Support Group 4-5:15 pm
Children’s Cancer Program Orient 4:45-5:15 pm
Supper Together 5:15-6 pm
Cancer Support Group* 6:30 pm
Family and Friends Support Group* 6:30 pm
Kids Talk Group* 6:30 pm
NoogieLand Plus 6:30 pm
Tweed/Teen Talk Group* 6:30 pm
Dorothy’s Chocolate Factory 6-8 pm

FRIDAY / JANUARY 17
Clubhouse open 9 am-1 pm
Sit & Be Fit 10-11 am
SATURDAY / JANUARY 18
Cancer New Member Meeting 10-11:30 am
Cancer New Member Brunch 11:30-1 pm
SUNDAY / JANUARY 19
Clubhouse closed

MONDAY / JANUARY 20
Knit Wits 9:30-11:30 am
Coloring Out the Darkness with Carol 10 am
Monday Tune Up: Ukulele Fun 4-5 pm
Tai Chi 4-5 pm
Supper Together 5:15-6 pm
Crafts with Sharon 6-7:30 pm
Multiple Myeloma Support Group 6:30 pm
Noogie Nights 6:30 pm
GRIEF SUPPORT
Grief New Member Meeting 5-5:30 pm

TUESDAY / JANUARY 21
Art Open Workshop 10-12 pm
Drop-in Meditation Class 4:45-5:30 pm
Zumba 4-5 pm
Supper Together 5:15-6 pm
GRIEF SUPPORT
Grief New Member Meeting 9:15-9:45 am
Grief – Adult Support Group* 10-11:30 am
Grief: Substance Related Death 6-7:30 pm

SATURDAY / JANUARY 22
Beauty Experience 10:11 am
Supper Together 5:15-6 pm
Healing Touch 6-7 pm
GRIEF SUPPORT
Grief - Children's Program Orient. 4:30-5:15 pm
Grief - Family and Friends Group* 6:30 pm
Grief - Kids Grieve, Too Group 6:30 pm
Grief - NoogieLand Plus 6:30 pm
Grief - Parent Support Group* 6:30 pm
Grief - Spouse (Children at Home) Group* 6:30 pm
Grief - Teen Group 6:30 pm
Grief - Twee Talk Group* 6:30 pm
Grief - Young Adult Support Group* 6:30 pm

SATURDAY / JANUARY 23
Quilting & Stitching for Kids’ Sake 9 am-12 pm
Gentle Yoga 9:30-10:30 am
Cancer New Member Meeting 11 am-12 pm
CANCER SUPPORT
Christian Cancer Support Group 4-5:15 pm
Children’s Cancer Program Orient 4:45-5:15 pm
Supper Together 5:15-6 pm
Cancer Support Group* 6:30 pm
Family and Friends Support Group* 6:30 pm
Kids Talk Group* 6:30 pm
NoogieLand Plus 6:30 pm
Tweed/Teen Talk Group* 6:30 pm
Dorothy’s Chocolate Factory 6-8 pm
FRIDAY / JANUARY 24
Clubhouse open 9 am-1 pm
Sit & Be Fit 10-11 am
SATURDAY / JANUARY 25
Clubhouse closed

SUNDAY / JANUARY 26
Clubhouse closed

MONDAY / JANUARY 27
Knit Wits 9:30-11:30 am
Coloring Out the Darkness with Carol 10 am
Watercolor’s with Kathy 1-2 pm
Monday Tune Up: Ukulele Fun 4-5 pm
Tai Chi 4-5 pm
Supper Together 5:15-6 pm
**African Americans Living with Loss** 6-7:30 pm
Noogie Nights 6-7:30 pm
Social Dance Lessons 7:30-8:45 pm

**GRIEF SUPPORT**
Grief New Member Meeting 5-5:30 pm
Grief - Adult Support Group* 6-7:30 pm
Grief-Living with Grief Series 6-7:30 pm

**TUESDAY / JANUARY 28**
Art Open Workshop 10-12 pm
Winter Blues? 10-11 am
Drop-in Meditation Class 4:45-5:30 pm
Zumba 4-5 pm
Supper Together 5:15-6 pm
Breast Cancer Group 6-7:30 pm

**GRIEF SUPPORT**
Grief New Member Meeting 9:15-9:45 am
Grief-Adult Support Group* 10-11 am

**WEDNESDAY / JANUARY 29**
Supper Together 5:15-6 pm

**GRIEF SUPPORT**
Grief - Children's Program Organ 4.30-5:15 pm
Grief - Family and Friends Group* 6-7:30 pm
Grief - Kids Grieve, Too Group 6-7:30 pm
Grief - Noogieland Plus 6-7:30 pm
Grief - Parent Support Group* 6-7:30 pm
Grief - Spouse (Children at Home) Group* 6-7:30 pm
Grief - Teen Group* 6-7:30 pm
Grief - Tween Group* 6-7:30 pm
Grief - Young Adult Support Group* 6-7:30 pm

**THURSDAY / JANUARY 30**
Quilting & Stitching for Kids' Sake 9-12 am

**CANCER SUPPORT**
Christian Cancer Support Group 4-5:15 pm
Children's Cancer Program Orient 4:45-5:15 pm
Supper Together 5:15-6 pm
Cancer Support Group* 6-7:30 pm
Family and Friends Support Group* 6-7:30 pm
Kids Talk Group* 6-7:30 pm
Noogieland Plus 6-7:30 pm
Twee/o/Teen Talk Group* 6-7:30 pm
Reiki 6-8:30 pm

**FRIDAY / JANUARY 31**
Clubhouse open 9am-7pm
Sit & Be Fit 10-11 am

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**SATURDAY / FEBRUARY 1**
Clubhouse closed

**SUNDAY / FEBRUARY 2**
Clubhouse closed

**MONDAY / FEBRUARY 3**
Knit Wits 9:30-11:30 am
Coloring Out the Darkness with Carol 10 am
Cancer/Family & Friends Support Group* 2-3 pm
Lung Cancer Group 3-4:30 pm
Grief/Living with Traumatic Grief Group 5-5:30 pm
Tai Chi 4-5 pm
Supper Together 5:15-6 pm
Brain Cancer Group 6-7:30 pm
Noogie Nights 6-7:30 pm
Sister-to-Sister 6-7:30 pm

**GRIEF SUPPORT**
Grief New Member Meeting 5-5:30 pm
Grief - Adult Support Group* 6-7:30 pm
Grief/Living with Traumatic Grief Group 6-7:30 pm

**TUESDAY / FEBRUARY 4**
Art Open Workshop 10-12 pm
Zumba 4-5 pm
Drop-in Meditation Class 4:45-5:30 pm
Supper Together 5:15-6 pm
Colonel & Related Cancers Support Group 6-7:30 pm
Prostate Cancer Support Group- Dr. Michael Kozinski, MD, "Diagnosis & Treatment for Advanced Stage" 7-8:30 pm

**GRIEF SUPPORT**
Grief New Member Meeting 9:15-9:45 am
Grief-Adult Support Group* 10-11 am

**WEDNESDAY / FEBRUARY 5**

**GRIEF SUPPORT**
Grief - Children's Program Orient. 4:30-5:15 pm
Supper Together 5:15-6 pm
Healing Touch 6-7 pm
Grief - Family and Friends Group* 6-7:30 pm
Grief - Kids Grieve, Too Group 6-7:30 pm
Grief - Noogieland Plus 6-7:30 pm
Grief - Parent Support Group* 6-7:30 pm
Grief - Spouse (Children at Home) Group* 6-7:30 pm
Grief - Teen Group* 6-7:30 pm
Grief - Tween Group* 6-7:30 pm
Grief - Young Adult Support Group* 6-7:30 pm

**THURSDAY / FEBRUARY 6**
Knit Wits 9:30-11:30 am
Coloring Out the Darkness with Carol 10 am
Watercolors with Kathy 1-2 pm
Cancer/Family & Friends Support Group* 2-3 pm
Leukemia & Lymphoma Group 3-4:30 pm
Monday Tune Up: Ukulele Fun 4-5 pm
Tai Chi 4-5 pm
Supper Together 5:15-6 pm
Arts & Crafts at Home 6-7 pm
Noogie Nights 6-7:30 pm
Social Dance Lessons 7:30-8:45 pm

**GRIEF SUPPORT**
Grief New Member Meeting 5-5:30 pm
Grief - Adult Support Group* 6-7:30 pm
Grief/Living with Traumatic Grief Group 6-7:30 pm

**TUESDAY / FEBRUARY 11**
Art Open Workshop 10-12 pm
Card Making 1-3 pm
Zumba 4-5 pm
Drop-in Meditation Class 4:45-5:30 pm
Supper Together 5:15-6 pm
Ask the Lawyer 6-7 pm
Breast Cancer Group 6-7:30 pm
Vivendo con Cancer 6-7:30 pm

**GRIEF SUPPORT**
Grief New Member Meeting 9:15-9:45 am
Grief-Adult Support Group* 10-11 am

**WEDNESDAY / FEBRUARY 12**
Breathe, Relax, Heal with Kundalini Yoga Workshop 9:30-11:00 am

**GRIEF SUPPORT**
Grief - Children's Program Orient. 4:30-5:15 pm

**THURSDAY / FEBRUARY 13**
Knit Wits 9:30-11:30 am
Coloring Out the Darkness with Carol 10 am
Watercolors with Kathy 1-2 pm
Cancer/Family & Friends Support Group* 2-3 pm
Leukemia & Lymphoma Group 3-4:30 pm
Monday Tune Up: Ukulele Fun 4-5 pm
Tai Chi 4-5 pm
Supper Together 5:15-6 pm
Arts & Crafts at Home 6-7 pm
Multiple Myeloma Support Group 6-7:30 pm
Noogie Nights 6-7:30 pm

**GRIEF SUPPORT**
Grief New Member Meeting 5-5:30 pm
Grief - Adult Support Group* 6-7:30 pm
Grief/Living with Traumatic Grief Group 6-7:30 pm

**TUESDAY / FEBRUARY 18**
Art Open Workshop 10-12 pm
Drop-in Meditation Class 4:45-5:30 pm
Zumba 4-5 pm
Supper Together 5:15-6 pm

**GRIEF SUPPORT**
Grief New Member Meeting 9:15-9:45 am
Grief/Adult Support Group* 10-11 am
Grief/Substance Related Death Group 6-7:30 pm
**PROGRAM CALENDAR continued**

**WEDNESDAY | FEBRUARY 19**
- Beauty Experience 10-11:30 am
- Supper Together 5-15-6 pm

**GRIEF SUPPORT**
- Grief - Children’s Program Orient. 4-30-5:15 pm
- Grief - Family and Friends Group* 6-7:30 pm
- Grief - Kids Grieve, Too Group 6-7:30 pm
- Grief - Noogeland Plus 6-7:30 pm
- Grief - Parent Support Group* 6-7:30 pm
- Grief - Spouse (Children at Home) Group 6-7:30 pm
- Grief - Teen Group* 6-7:30 pm
- Grief - Tween Group* 6-7:30 pm
- Grief - Young Adult Support Group* 6-7:30 pm

**THURSDAY | FEBRUARY 20**
- Quilling & Stitching for Kids’ Sake 9 am-12 pm
- Gentle Yoga 9:30-10:30 am
- Cancer New Member Meeting 11 am-12 pm
- Gill’s Book Ends 1-2 pm

**CANCER SUPPORT**
- Christian Cancer Support Group 4-5:15 pm
- Children’s Cancer Program Orient. 4-45-5:15 pm
- Supper Together 5-15-6 pm
- Cancer Support Group* 6-7:30 pm
- Family and Friends Support Group* 6-7:30 pm
- Kids Talk Group* 6-7:30 pm
- Noogeland Plus 6-7:30 pm
- Tween/Teen Talk Group* 6-7:30 pm

**FRIDAY | FEBRUARY 21**
- Clubhouse open 9 am-1 pm
- Sit & Be Fit 10-11 am

**SATURDAY | FEBRUARY 22**
- Clubhouse closed

**SUNDAY | FEBRUARY 23**
- Clubhouse closed

**MONDAY | FEBRUARY 24**
- Knit Wits 9:30-11:30 am
- Coloring Out the Darkness with Carol 10 am
- Watercolors with Kathy 1-3 pm
- Cancer/Family & Friends Support Group* 2-3 pm
- Monday Tune Up: Ukulele Fun 4-5 pm
- Supper Together 5-15-6 pm
- African Americans Living with Loss 6-7:30 pm
- Noogie Nights 6-7:30 pm
- Social Dance Lessons 7:30-8:45 pm

**PROGRAM DESCRIPTIONS**

**African Americans Living with Loss**
**Monday, January 27, 6-7:30 pm**
When cancer/brain/grief happens, this group offers a time when you can learn more about this journey and share the ups and downs of living it. You will be with others who have had a similar experience.

**Art Open Workshop**
**Each Tuesday, 10 am-12 pm**
Join us for a class of art-making and sharing. During this time we welcome seasoned or new artists to work on your own projects and learn from each other.
Led by Sandra Bingley, MFA, Professor Emeritus, Kendall College of Art and Design.

**Artistic Bread at Home**
**Monday, January 13, 6-8 pm**
**Monday, February 10, 6-8 pm**
In this workshop we will do pizza dough or bread baking beyond the basics. Join home baker Scott Dawson as he helps you make the dough from scratch, bake it and take it home. Class size is limited to 10 and is filled by lottery selection. Please register in advance. (616) 453-8300.

**Ask the Lawyer**
**Monday, January 14, 6-7 pm**
**Tuesday, January 11, 6-7 pm**
Christine Wetton, a certified lawyer, will be here to meet with Gill’s Club’s members who have a legal question. Bring any documents that you would like reviewed when you sign up for your initial meeting. If she recommends further legal advice outside of this workshop, there will be a fee for this additional service. Please call (616) 453-8300 to sign up.

**Beauty Experience**
**Wednesday, January 22, 10-11:30 am**
**Wednesday, February 19, 10-11:30 am**
Join Marchella Walsh for a guided DIY facial & makeup application tips & tricks. Your skin will be glowing, and you will leave feeling beautiful & confident from the inside out! Class size is limited to 8 and is filled by lottery selection. Please register in advance. (616) 453-8300.

**Brain Cancer Group**
**Monday, January 6, 6-7:30 pm**
**Monday, February 3, 6-7:30 pm**
A support group for those impacted by brain cancer to learn and share together. Support persons welcome.

**Breathe, Relax, Heal with Kundalini Yoga Workshop**
**Wednesday, January 8, 9:30-11 am**
**Wednesday, February 12, 9:30-11 am**
One of the most comprehensive forms of yoga today, Kundalini Yoga will help you align body, mind and soul and teach you the art of relaxation. This workshop is the perfect time to gather some information and try it out. Susanne Werblow will walk our members through a Kundalini yoga set, relaxation with the gong and a time of meditation.

**Breast Cancer Group**
**Tuesday, January 14 & 28, 6-7:30 pm**
**Tuesday, February 11 & 25, 6-7:30 pm**
A support group for those diagnosed with breast cancer to learn and share together.

**Breast Cancer Survivor Interactive Art Workshop**
**Thursday, January 2, 6-7:30 pm**
Come connect, explore feelings and participate in a hands-on interactive art workshop. Artist Mallory Shotwell invites breast cancer patients, survivors, and those with high risk/genetic predisposition for breast cancer, to make pieces that will be in an upcoming art exhibit that visually describes the breast cancer experience. Part of a multi-city, one-year artistic project on breast cancer and its affects. Learn more at malloryshotwell.com.
Please register by calling (616) 453-8300.

**Cancer New Member Brunch**
**Saturday, January 16, 11:30 am-1 pm**
**Saturday, February 15, 11:30 am-1 pm**
Members attending the Saturday Cancer New Member Meetings are invited to join us for brunch.

**Cancer New Member Meeting**
**Thursday, January 2, 4-5 pm**
**Monday, January 13, 6-7:30 pm**
**Saturday, January 18, 10-11:30 am**
**Thursday, January 23, 11 am-12 pm**
**Thursday, February 6, 4-5 pm**
**Monday, February 10, 6-7:30 pm**
**Saturday, February 15, 10-11:30 am**
**Thursday, February 20, 11 am-12 pm**
Come and learn about the cancer support program and meet others coming for the first time. This meeting is for adults. Child care may be available. Also, please call and register for this meeting (616) 453-8300.

**Cancer/Family Support Group Group**
**Each Monday in February, 2-3 pm**
**New Group! Starts February 3!**
A committed group for adults diagnosed with cancer and those who support them.

**Cancer Support Group**
**Each Thursday, 6-7:30 pm**
A committed group for those diagnosed with cancer.

**Card Making**
**Tuesday, February 11, 1-3:30 pm**
Join Joan Weiler in this class and create three cards pre-planned by the instructor. This workshop is for ages 18 and over. Class size is limited to 12 and is filled by lottery selection. Please register in advance. (616) 453-8300.
Children's Cancer Program Orientation
Each Thursday, 4:45-5:15 pm
Come to the Clubhouse for this time for youth and their adults to learn about our family cancer support program. Prior to attending this meeting, adults should please attend a New Member Meeting. Please register in advance.

Christian Cancer Support Group
Each Thursday, 4:45 pm
A cancer support group for all “seekers.” Join us for this Christian-based group where we will share in our journeys together.

Coloring Out the Darkness with Carol
Each Monday, 10 am
Join Carol Roedel to explore the ways in which light and darkness interact on a literal and figurative level. Light stands in direct contrast to darkness, as goodness and darkness are inextricably woven together in life. Come and learn how to color out the darkness in your life and create something beautiful with us!

Colorectal & Related Cancers Support Group
Tuesday, January 7, 6-7:30 pm
Tuesday, February 4, 6-7:30 pm
A support group for those diagnosed with colorectal cancer and related hereditary risk syndromes. Those affected by syndromes such as Lynch and FAP are welcome to attend this monthly support group.

Crafting with Jennifer-Valentine Craft
Monday February 3, 3-5 pm
Join Jennifer DuChard MS OT/L for an afternoon of Valentine crafting and fun. No experience needed. Crafting sessions are limited to eight and are filled by lottery selection. Please register in advance. (616) 453-8300.

Crafts with Sharon
Monday, January 20, 6-7:30 pm
Monday, February 17, 6-7:30 pm
Come and join in a fun evening of crafting! Each workshop will feature a different craft activity. As the date gets close, please check at the parlor desk to find out what we will be doing that month. Class size is limited to six and is filled by lottery selection. Please register in advance. (616) 453-8300.

Dorothy’s Chocolate Factory
Thursdays, January 9 & 23, 6-8 pm
Thursdays, February 13 & 27, 6-8 pm
Join Dorothy and the gang for a time of baking and chocolate fun. Gluten-free and nut-free selections of baked goods are made each time we meet.

Drop-in Meditation Class
Each Tuesday, 4:45-5:30 pm
Welcome to all youth and adults interested in incorporating the benefits of meditation into their day. Various facilitators rotating weekly.

Family and Friends Group*
Each Thursday, 6-7:30 pm
A committed group for those supporting a family member or friend on a cancer journey.

Family Focus and Team Convene
A time to bring in family members and/or others who support you for a private meeting to talk about your journey and how everyone can help. Facilitated by a licensed professional. Call the Clubhouse for more information.

Gentle Yoga
Thursdays, January 9 & 23, 9:30-10:30 am
Thursdays, February 6 & 20, 9:30-10:30 am
Join certified yoga instructor, Jasmine Casano for this time of basic and relaxing yoga. No previous experience in yoga necessary.

Gilda’s Book Ends
Thursday, January 16 midnight
Thursday, February 20, 1-2 pm
Come sink into a cozy sofa and discuss a book with friends. In January we will be discussing "Thinke, Thirke, Soldier Spag," by John LeCane and in February, "How Thin the Veil," by Jack Kerthoff.

Hablendo de Cancer y Duelo
Si desea reunirse con uno consejero que habla espanol con respecto a un cancer o duelo, por favor llame al (616) 453-8300 X 115 para hacer una cita. Si usted querría meet with a Spanish speaking counselor in regard to your cancer or grief journey, call (616) 453-8300 X 115.

Head Scarf Tying
Scarfes are a lovely way to wrap your head, to help you feel beautiful, and they provide comfort for many women with and without hair. Would you like to learn how to tie scarves, use tools to make it a great experience? For a private class please contact kara at (616) 827-7271 or kairabutter@gmail.com.

Healing Touch
Wednesday, January 22, 6-7 pm
Wednesday, February 5, 6-7 pm
Learn about a method of working with the body's energy to help deal with pain and stress. This workshop is facilitated by Susan Cobett, certified Healing Touch nurse.

Kids Talk
Each Thursday, 6:30 pm
A committed group for children in elementary school on a cancer journey. Incorporates curriculum based activities, discussion and playtime.

Knit Wits
Each Monday, 9:30-11:30 am
Join the knitters for a fun social time together.

Leukemia & Lymphoma Group
Monday, January 13, 2-3:30 pm
Monday, February 10, 3-4:30 pm
A drop in group for those impacted by leukemia or lymphoma. Support persons welcome.

Life Story Video
Every life tells a beautiful story. Videc is the perfect medium through which to capture the thoughts and reflections that make a person unique. Susan is willing to help you to do this on your Smart Phone, tablet, or DSLR camera. For a private appointment with her, please contact Susan at theahervu@gmail.com.

Lung Cancer Group
Monday, January 6, 3-4:30 pm
Monday, February 3, 3-4:30 pm
A monthly support group for those diagnosed with lung cancer to learn and share together.

Monday Tune Up: Ukulele Fun
Each Monday, 4-5 pm
New members are welcome to join in this workshop fun each week! Come and join Bryan Whittemore, musician and fun guy, and learn to play the ukulele. It will be easy and relaxing for teens and adults. Be sure to let us know if you do not have a ukulele and we will have one for you to borrow for the session. Register at gildaclub.org or call the Clubhouse at (616) 453-8300.

Multiple Myeloma Group
Monday, January 20, 6-7:30 pm
Monday, February 17, 6-7:30 pm
Join other survivors and their family members for support and information.

Noogieland Plus
Each Thursday, 6:30 pm
Discussion and structured playtime for children in kindergarten or younger on a cancer journey.

Noogie Nights
Each Monday, 6-7:30 pm
Kids, come for a time of activity and play in Noogieland! For kids in 4th grade and under.

Prostate Cancer Support Group
Tuesday, January 7, 7-8:30 pm
"Diagnosis & Treatment for Early Stage" Tuesday, February 4, 7-8:30 pm
"Diagnosis & Treatment for Advanced Stage"

Join other survivors and their companions for this time of education and support. In January, we will welcome Dr. Erik Ratchford, DO, as he speaks about early stage prostate cancer. In February, Dr. Michael zurmynski, MD will speak about more advanced diagnoses. Both doctors are with Urology Associates of Grand Rapids through Mercy Health. They will welcome discussion and questions.

Quilting and Stitching for Kids’ Sake
Each Thursday, 9 am-12 pm
This workshop is for new and veteran quilters and stitchers. Work on your own project or assist in helping make pillowcases for the children at Helen DeVos Children’s Hospital.

Reiki
Thursday, January 30, 6-8 pm
Thursday, February 27, 6-8 pm
Reiki is a healing technique based on the principle of channeling energy by means of touch, and it can benefit you by activating the natural healing processes of the body and restore physical and emotional well-being. Join in to learn more about and to have an experience in this energy technique for stress reduction. Facilitated by Jennifer Chertos, Reiki Master. You must register ahead to make sure a 15 minute time slot is available.

Sister-to-Sister Group
Monday, January 6, 6-7:30 pm
Monday, February 3, 6-7:30 pm
A monthly support group for women of color. Come join for a time of support and friendship.

Sit & Be Fit
Each Friday, 10-11 am (not meeting 1/3)
Join your fellow members for this gentle and energizing exercise class facilitated by instructor Noreen Duba.

Social Dance Lessons
Mondays, January 13 & 27, 7-8:45 pm
Mondays, February 10 & 24, 7-8:45 pm
Come and join the fun! Make new friends and enjoy a little exercise. Lessons taught by accomplished dancers.

Supper Together
Each Monday, Tuesday, Wednesday & Thursday, 5:15-6 pm
On evenings that the Clubhouse is open and program activities are happening, come enjoy a delicious dinner together before groups begin at 6 pm.

Tai Chi
Each Monday, 4-5 pm
Tai Chi is a slow-motion, moving meditative exercise for relaxation, health and self-defense. Pre-registration for the class is required. (616) 453-8300

Tweens/Teen Talk Group
Each Thursday, 6-7:30 pm
Each Thursday, 6-7:30 pm
A committed group for tweens in middle school and teens in high school on a cancer journey. Incorporates curriculum-based activities and discussion.

Viviendo con Cancer
Tuesday, February 11, 6-7:30 pm
Para las personas que viven con cancer, sus familias y sus amistades. “Viviendo con Cancer” es un grupo de apoyo en
**PROGRAM DESCRIPTIONS continued from page 5**

Español. Guizado de Niños está disponible. This group is for people who are living with cancer, their families and friends. "Viviendo con Cancer" is a support group in Spanish. Childcare provided. Si tienen preguntas, llamen al (616) 453-8300.

**Watercolors with Kathy**
Mondays, January 13 & 27, 1-3 pm
Mondays, February 10 & 24, 1-3 pm
New and experienced painters are invited to drop in and join others who enjoy watercolor painting.

**Winter Blues?**
Tuesday, January 28, 10-11 am
Sun Tanning® Holistic approaches to coping with the Winter Blues and Seasonal Affective Disorder. Ruth and/or Joe Kohley, both social workers, will have an interactive discussion on how both Winter Blues and Seasonal Affective Disorder impacts us. Participants will have opportunities to engage in specific activities to develop strategies to cope.

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**GRIEF SUPPORT**

**Grief - Adult Support Group**
Mondays, 6-7:30 pm & Tuesdays, 10-11:30
A committed group for adults who have experienced the death of an adult family member or friend.

**Grief - Children's Program Orientation**
Wednesdays, 4:30-5:15 pm
(no meeting 1/1)
Please call to join one of these informational meetings to learn about the Children's Grief Program. This is for children who have experienced the death of a family member or friend due to any type of death.

**Grief - Family and Friends Group**
Each Wednesday, 6-7:30 pm
(no meeting 1/1)
A committed group for those who have experienced the death of a family member or friend.

**Grief - Kids Grieve, Too Group**
Each Wednesday, 6-7:30 pm
(no meeting 1/1)
A committed group for children in elementary school on a grief journey. Incorporates curriculum-based activities, discussion and playtime.

**Grief-Living with Grief Series**
Each Monday in January, 6-7:30 pm
Join us in this grief series for people impacted by the death of a person important to them. We focus on understanding grief and its effects. Participants may begin on any week during the month.

**Grief-Living with Traumatic Grief Group**
Each Monday in February, 6-7:30 pm
This 4-week series is for adults who are experiencing traumatic grief after the death of a family member or friend. Space is limited, and in order to attend this group, please speak with a member of Program Staff. Attendance all 4 weeks is expected.

**Grief New Member Meeting**
Each Monday, 5:30 pm & each Tuesday, 9:15-9:45 am
(not meeting 1/1)
Come to Clubhouse to learn about our adult grief support program. Please register in advance.

**Grief - Nookieland Plus**
Each Wednesday, 6-7:30 pm
(not meeting 1/1)
Discussion and structured playtime for children in kindergarten or younger on a grief journey.

**Grief - Parent Support Group**
Each Wednesday, 6-7:30 pm
(not meeting 1/1)
A committed group for parents who have experienced the death of a child age 0-18.

**Grief - Spouse (Children at Home) Group**
Each Wednesday, 6-7:30 pm
(not meeting 1/1)
A committed group for those who have experienced the death of a spouse and have children living at home.

**Grief-Substance Related Death Group**
Each meeting 1/1
A group for those who have experienced the death of a person associated with substance-related issues. In this group we will explore the unique grief journey associated with substance use. Please call (616) 453-8300 and speak with program staff before attending this group first time.

**Grief - Teen Group**
Each Wednesday, 6-7:30 pm
(not meeting 1/1)
A committed group for teens in high school on a grief journey. Incorporates curriculum-based activities and discussion.

**Grief - Tween Group**
Each Wednesday, 6-7:30 pm
(not meeting 1/1)
A committed group for tweens in middle school on a grief journey. Incorporates curriculum-based activities and playtime.

**Grief - Young Adult Support Group**
Each Wednesday, 6-7:30 pm
(not meeting 1/1)
A committed group for those who have experienced the death of a family member or friend and are post high school age 19.

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**GILDA'S IN YOUR COMMUNITY**

Join us for one of these educational and supportive sessions dealing with loss due to a cancer diagnosis or grief experience. Please call for more information before attending.

**ALLEN MANOR**
532 James Street, Grand Rapids, MI
4th Monday, 4-5 pm

**CHILDREN’S HEALING CENTER**
1530 Fulton Street, Grand Rapids, MI
Call for more information

**SUSAN P. WHEATLAKE REGIONAL CANCER CENTER**
4499 220th Street, Reed City, MI
Cancer and Family and Friends Support Groups
3rd Monday, 1-2:30 pm

**UNITED METHODIST COMMUNITY HOUSE**
904 Sheldon SE, Grand Rapids, MI
3rd Monday, 11 am-12 pm
# LOWELL PROGRAM

## JANUARY/FEBRUARY 2020

**314 South Hudson St., Lowell MI 49331 | 616-897-8600 | 800-326-1419**

### JANUARY

**TUESDAY / JANUARY 7**

- Holistic Approach to Symptom Management 4-5 pm
- Gentle Yoga 4:15-5:15 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Adult Cancer Support Group* 6:30 pm
- Adult Grief Support Group* 6:30 pm
- Kids Talk 6:30 pm
- Nooieland 6:30 pm
- Teen and Tween Talk 6:30 pm

**TUESDAY / JANUARY 14**

- Holistic Approach to Symptom Management 4-5 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Breast Cancer Support Group 6:30 pm
- Kids Talk 6:30 pm
- Learn, Share, Laugh! 6:30 pm
- Nooieland 6:30 pm
- Teen and Tween Talk 6:30 pm

**TUESDAY / JANUARY 21**

- Cardmaking Together 2:30-4:30 pm
- Chitchat Readers Book Club 4:15-5:15 pm
- Gentle Yoga 4:15-5:15 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Adult Cancer Support Group* 6:30 pm
- Adult Grief Support Group* 6:30 pm
- Kids Talk 6:30 pm
- Nooieland 6:30 pm
- Teen and Tween Talk 6:30 pm

**TUESDAY / JANUARY 28**

- Holistic Approach to Symptom Management 4-5 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Adult Cancer Support Group* 6:30 pm
- Adult Grief Support Group* 6:30 pm
- Kids Talk 6:30 pm

### FEBRUARY

**TUESDAY / FEBRUARY 4**

- Holistic Approach to Symptom Management 4-5 pm
- Gentle Yoga 4:15-5:15 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Adult Cancer Support Group* 6:30 pm
- Breast Cancer Support Group* 6:30 pm
- Kids Talk 6:30 pm
- Nooieland 6:30 pm
- Teen and Tween Talk 6:30 pm

**TUESDAY / FEBRUARY 11**

- Holistic Approach to Symptom Management 4-5 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Breast Cancer Support Group 6:30 pm
- Kids Talk 6:30 pm
- Learn, Share, Laugh! 6:30 pm
- Nooieland 6:30 pm
- Teen and Tween Talk 6:30 pm

**TUESDAY / FEBRUARY 18**

- Holistic Approach to Symptom Management 4-5 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Adult Cancer Support Group* 6:30 pm
- Adult Grief Support Group* 6:30 pm
- Kids Talk 6:30 pm
- Nooieland 6:30 pm
- Teen and Tween Talk 6:30 pm

**THURSDAY / FEBRUARY 25**

- Holistic Approach to Symptom Management 4-5 pm
- Cancer New Member Meeting 5-5:30 pm
- Grief New Member Meeting 5-5:30 pm
- Supper Together 5:30-6 pm
- Adult Cancer Support Group* 6:30 pm
- Breast Cancer Support Group* 6:30 pm
- Kids Talk 6:30 pm
- Nooieland 6:30 pm
- Teen and Tween Talk 6:30 pm

### PROGRAM DESCRIPTIONS

**Adult Cancer Support Group**

*Each Tuesday, 6:30 pm*

A group for members diagnosed with cancer or those supporting someone on a cancer journey. Please join Learn, Share, Laugh!, the 2nd Tuesday of each month.

**Adult Grief Support Group**

*Each Tuesday, 6:30 pm*

A committed group for adults who have experienced the death of a family member or friend. Please join Learn, Share, Laugh!, the 2nd Tuesday of each month.

**Breast Cancer Support Group**

*Tuesday, January 14, 6:30-7:30 pm*

A monthly support group for those diagnosed with breast cancer to learn and share together. We will meet the first Tuesday of every month.

**Cancer New Member Meeting**

*Each Tuesday, 5:30 pm*

Introductory meeting for those who wish to join the cancer support program. Please register in advance.

**Cardmaking Together**

*Tuesday, January 21, 2:30-4:30 pm*

*Tuesday, February 18, 2:30-4:30 pm*

Please join us at the Lowell Clubhouse in making homemade cards together! All supplies provided and no experience required.

**Chitchat Readers Book Club**

*Tuesday, January 14, 4:15-5:15 pm*

*Tuesday, February 18, 4:15-5:15 pm*

Join other members of Gilda's Club in discussing an interesting book. Stop by the Clubhouse to borrow a book.

**Gentle Yoga**

*Each Tuesday, 4:15 pm - 5:15 pm*

Learn or review basic Yoga poses with gentle movement and breathing techniques to create a relaxing experience that you can take home and incorporate into your daily routine. A few mats are available if you need one.

**Grief - New Member Meeting**

*Each Tuesday, 5:30 pm*

Come to the Clubhouse to learn about our adult grief support program. Please register in advance.

**Holistic Approach to Symptom Management**

*Tuesday, January 7, 4-5 pm*

Addressing symptom management through the mind, body, and spirit improves our ability to effectively manage symptoms including pain, nausea, and anxiety. We will discuss and demonstrate holistic techniques including mindfulness, massage, and deep breathing as complimentary approaches to symptom management. Care of the spirit and essential oils and their impact on symptom management will also be covered.

**Kids Talk**

*Each Tuesday, 6-7:30 pm*

A group for children in elementary school on a cancer or grief journey. Incorporates curriculum based activities, discussion and playtime.

**Learn, Share, Laugh!**

*Tuesday, January 14, 6:30-7:30 pm*

*Tuesday, February 11, 6-7:30 pm*

Please join us for a monthly support group for adults on a cancer or grief journey. Together we will learn about a variety of helpful topics, watching a short video, sharing thoughts and having a few laughs along the way!

**Nooieland**

*Each Tuesday, 6:30-7:30 pm*

Supervised play for children in kindergarten or younger.

**Supper Together**

*Each Tuesday, 5:30-6 pm*

Join in a meal together before groups begin.

**Teen and Tween Talk**

*Each Tuesday, 6-7:30 pm*

A group for youth in middle school or high school on a cancer or grief journey. Incorporates curriculum based activities, discussion and some fun.

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*This is a committed group. Please talk to a staff person at least one week prior to being assigned to this group. All committed groups are facilitated by a licensed professional.

**The term "impacted by" refers to both the person diagnosed and/or supporting family and friends.**

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