



# Welcome to Gilda's Club!

www.gildasclubgr.org

## 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

#### Metro Health Professional Building at Metro Health Village

##### NEW MEETING PLACE!

##### 2122 Health Drive SW, Wyoming

Cancer & Family & Friends Support Groups  
Tuesdays-6-7:30 with free supper at 5:30 pm  
616-453-8300

Visit **LaughFest Central** at 120 Ionia Ave. SE, Suite 102 for the latest festival information, to purchase merchandise and tickets without the Ticketmaster fees and much more!

Call 616.735.HAHA (4242) or visit [laughfestgr.org/laughfest-central](http://laughfestgr.org/laughfest-central) for hours and other information.



**"It is there in the phrase 'making people laugh.' You feel completely in control when you hear a wave of laughter coming back at you that you have caused."**

~ Gilda Radner ~

## Program Highlights!

### GRAND RAPIDS CLUBHOUSE

#### Colorectal & Related Cancers Support Group- "Living with Colorectal Cancer"- Dr. Nadav Dujovny, M.D Tuesday, March 3, 6-7:30 pm

Join us for our fourth annual discussion about colorectal cancer from discovery, treatment, hereditary implications, cures, and chronic disease management. Individuals with this diagnosis, family, friends, community member and health care providers are all welcome. Dr. Nadav Dujovny, M.D., colon and rectal surgeon from Spectrum Health, will be our guest speaker. Please call to register (616) 453-8300.

#### Gilda's Club! What's Funny About That? Friday March 13, 5:30-7:30 pm

We invite Gilda's Club members and their guests to join us for an evening of dining together, family-friendly fun and laughter celebrating humor. Judge Sara Smolinski and Shelly Irwin will be our entertainment guests. Don't miss the fun!

#### "Eating Well for Cancer Treatment & Survivorship"- Frankly Speaking About Cancer - Sue Gunnink, R. D. Monday, March 16, 6-7:30 pm

Gilda's Club Grand Rapids and The Cancer Support Community invites people with cancer, survivors, and their caregivers/loved ones to a workshop featuring ways to maintain a nutritious diet, during and after cancer treatment into survivorship. Complimentary copies of a booklet entitled Frankly Speaking about Cancer will be provided. The presentation will be followed by a cooking demonstration.

### Telling My Cancer Story

#### Friday, April 3, 10 am-12 pm

If you are currently in treatment, a cancer survivor or a support person, Sheila Carroll, would like to share with you three ways you can find meaning in your experiences and be able to share them with others to build greater understanding. In this introductory workshop, Sheila shows you how to recall and tell important details of events so you see yourself as the hero of your story, not its victim. Sheila Carroll is a Narrative Therapist practicing in Mount Pleasant who uses storytelling, poetry, writing prompts, and enactments to help people heal through telling their story.

#### Celebration of Memory and Hope Wednesday, April 29, 5:15-7:30 pm

Members and their families are invited to a special time of celebration in memory of those who have died. The evening will begin at 5:15 pm with supper. We welcome families to bring a favorite food that your person enjoyed and pictures or items that remind you of your special person. The evening will include readings and an activity, concluding with a special candle lighting to remember and celebrate those who have died. Noogieland will be available; regular support groups will not be meeting.

# GRAND RAPIDS PROGRAM CALENDAR



## SUNDAY | MARCH 1

Clubhouse closed

## MONDAY | MARCH 2

Knit Wits	9:30-11:30 am
Coloring Out the Darkness with Carol	10 am-11 am
Cancer/Family & Friends Support Group*	2-3 pm
Lung Cancer Group	3-4:30 pm
Tai Chi	4-5 pm
Supper Together	5:15-6 pm
Craft with Lauren-LaughFest Snowman	6-7 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 Grief Series	6-7:30 pm

## TUESDAY | MARCH 3

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- Nadav Dujovny, M.D.- "Living with Colorectal Cancer"	6-7:30 pm
Prostate Cancer Support Group- "Round Table"	7-8:30 pm

### GRIEF SUPPORT

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am

## WEDNESDAY | MARCH 4

### GRIEF SUPPORT

Grief - Children's Program Orient.	4:30-5:15 pm
Supper Together	5:15-6 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 | MARCH 5

### CANCER SUPPORT

Cancer New Member Meeting	4-5 pm
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 Group*	6-7:30 pm
Kids Talk Group*	6-7:30 pm
Noogieland Plus	6-7:30 pm
Tween/Teen Talk Group*	6-7:30 pm

## FRIDAY | MARCH 6

Clubhouse open	9 am-1 pm
Sit & Be Fit	10-11 am

## SATURDAY | MARCH 7

LaughFest Laughter Yoga	10 am
LaughFest Tours and Open House	10 am-2 pm

## SUNDAY | MARCH 8

LaughFest Laughter Yoga	3 pm
LaughFest Tours and Open House	1-5 pm

## MONDAY | MARCH 9

Knit Wits	9:30-11:30 am
Coloring Out the Darkness with Carol	10 am-11 am
Watercolors with Kathy	1-3 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
Cancer New Member Meeting	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 | MARCH 10

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
Ask the Lawyer	6-7 pm
Breast Cancer Group	6-7:30 pm

### GRIEF SUPPORT

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am
Exploring Grief through Literature	6-7:30 pm

## WEDNESDAY | MARCH 11

Breathe, Relax, Heal with Kundalini Yoga Workshop	9:30-11 am
Peripheral Neuropathy Support Group	2:30-4:30 pm

### GRIEF SUPPORT

Grief - Children's Program Orient.	4:30-5:15 pm
Supper Together	5:15-6 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 | MARCH 12

Gentle Yoga	9:30-10:30 am
LaughFest Laughter Yoga	10 am
Card Making	1-3:30 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
Noogieland Plus	6-7:30 pm
Tween/Teen Talk Group*	6-7:30 pm
Dorothy's Chocolate Factory	6-8 pm
LaughFest- "Kids Joke Time"	6:30-7:30 pm

## FRIDAY | MARCH 13

Clubhouse open	9 am-1 pm
LaughFest Laughter Yoga	10 am
Sit & Be Fit	10-11 am
Gilda's Club! What's Funny About That?	5:30-7:30 pm

## SATURDAY | MARCH 14

LaughFest Laughter Yoga	10 am
LaughFest Tours and Open House	10 am-2 pm

## SUNDAY | MARCH 15

LaughFest Laughter Yoga	3 pm
LaughFest Tours and Open House	1-5 pm

## MONDAY | MARCH 16

Knit Wits	9:30-11:30 am
Coloring Out the Darkness with Carol	10 am
Cancer/Family & Friends Support Group*	2-3 pm
Monday Tune Up: Ukulele Fun	4-5 pm
Tai Chi	4-5 pm
Supper Together	5:15-6 pm
Multiple Myeloma Support Group- "Eating Well for Cancer Treatment & Survivorship"- Sue Gunnink, RD	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 Grief Series	6-7:30 pm

## TUESDAY | MARCH 17

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

### GRIEF SUPPORT

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am
Grief-Substance Related Death Grief Group	6-7:30 pm

## WEDNESDAY | MARCH 18

Beauty Experience	10-11:30 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*	6-7:30 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 | MARCH 19

Quilting & Stitching for Kids' Sake	9 am-12 pm
Gentle Yoga	9:30-10:30 am
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*	6-7:30 pm
Family and Friends Support Group*	6-7:30 pm
Kids Talk Group*	6-7:30 pm
Noogieland Plus	6-7:30 pm
Tween/Teen Talk Group*	6-7:30 pm

## FRIDAY | MARCH 20

Clubhouse open	9 am-1 pm
Sit & Be Fit	10-11 am

## SATURDAY | MARCH 21

Cancer New Member Meeting	10-11:30 am
Cancer New Member Brunch	11:30-1 pm

## SUNDAY | MARCH 22

Clubhouse closed

## MONDAY | MARCH 23

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
Tai Chi	4-5 pm
Supper Together	5:15-6 pm
Crafts with Sharon	6-7:30 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 | MARCH 24

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
Breast Cancer Group	6-7:30 pm
Crafting with Jennifer-“Celebrate Spring”	6-8 pm

**GRIEF SUPPORT**

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am

**WEDNESDAY | MARCH 25**

Supper Together	5:15-6 pm
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**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 - 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 | MARCH 26**

Quilting & Stitching for Kids’ Sake	9 am-12 pm
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**CANCER SUPPORT**

Cancer New Member Meeting	11 am-12 pm
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
Tween/Teen Talk Group*	6-7:30 pm
Dorothy’s Chocolate Factory	6-8 pm
Reiki	6-8:30 pm

**FRIDAY | MARCH 27**

Clubhouse open	9am-1pm
Sit & Be Fit	10-11 am

**SATURDAY | MARCH 28**

Clubhouse closed	
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**SUNDAY | MARCH 29**

Clubhouse closed	
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**MONDAY | MARCH 30**

Closed for staff training	
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**TUESDAY | MARCH 31**

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

**GRIEF SUPPORT**

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am



**WEDNESDAY | APRIL 1**

Supper Together	5:15-6 pm
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**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 - 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 | APRIL 2**

Quilting and Stitching for Kids’ Sake	9 am-12 pm
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**CANCER SUPPORT**

Cancer New Member Meeting	4-5 pm
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
Tween/Teen Talk Group*	6-7:30 pm

**FRIDAY | APRIL 3**

Clubhouse open	9 am-1pm
Telling My Cancer Story	10 am-12 pm

**SATURDAY | APRIL 4**

Clubhouse closed	
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**SUNDAY | APRIL 5**

Clubhouse closed	
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**MONDAY | APRIL 6**

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
Monday Tune Up: Ukulele Fun	4-5 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
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**TUESDAY | APRIL 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	6-7:30 pm
Prostate Cancer Support Group-“Emotional Wellness and Prostate Cancer”	7-8:30 pm

**GRIEF SUPPORT**

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am

**WEDNESDAY | APRIL 8**

Grief - Children’s Program Orient.	4:30-5:15 pm
Supper Together	5:15-6 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 | APRIL 9**

Gentle Yoga	9:30-10:30 am
Quilting & Stitching for Kids’ Sake	9 am-12 pm
CANCER SUPPORT	
Christian Cancer Support Group	4-5:15 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
Tween/Teen Talk Group*	6-7:30 pm
Dorothy’s Chocolate Factory	6-8 pm

**FRIDAY | APRIL 10**

Clubhouse open	9 am-1 pm
Sit & Be Fit	10-11 am

**SATURDAY | APRIL 11**

Clubhouse closed	
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**SUNDAY | APRIL 12**

Clubhouse closed	
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**MONDAY | APRIL 13**

Knit Wits	9:30-11:30 am
Coloring Out the Darkness with Carol	10 am-11 am
Watercolors with Kathy	1-3 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

Holistic Approach to Symptom Management	6-7 pm
Cancer New Member Meeting	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 Traumatic Grief Group	6-7:30 pm

**TUESDAY | APRIL 14**

Art Open Workshop	10-12 pm
Holistic Approach to Symptom Management	11 am-12 pm
Card Making	1-3:30 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

**GRIEF SUPPORT**

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am
Exploring Grief through Literature	6-7:30 pm

**WEDNESDAY | APRIL 15**

Breathe, Relax, Heal with Kundalini Yoga Workshop	9:30-11:00 am
Beauty Experience	10-11:30 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*	6-7:30 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 | APRIL 16**

Quilting & Stitching for Kids’ Sake	9 am-12 pm
Gentle Yoga	9:30-10:30 am
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*	6-7:30 pm
Family and Friends Support Group*	6-7:30 pm
Kids Talk Group*	6-7:30 pm
Noogieland Plus	6-7:30 pm
Tween/Teen Talk Group*	6-7:30 pm

**FRIDAY | APRIL 17**

Clubhouse open	9 am-1 pm
Sit & Be Fit	10-11 am

Continued ▶

# PROGRAM CALENDAR *continued*

## SATURDAY | APRIL 18

Cancer New Member Meeting	10-11:30 am
Cancer New Member Brunch	1:30-1 pm

## SUNDAY | APRIL 19

Clubhouse closed	
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## MONDAY | APRIL 20

Knit Wits	9:30-11:30 am
Coloring Out the Darkness with Carol	10 am-11 am
Cancer/Family & Friends Support Group*	2-3 pm
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	6-7:30 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 | APRIL 21

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
Crafting with Jennifer-“Surprise Project”	6-8 pm

## GRIEF SUPPORT

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am
Grief-Substance Related Death Grief Group	6-7:30 pm

## WEDNESDAY | APRIL 22

Supper Together	5:15-6 pm
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## 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 - 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 | APRIL 23

Quilting & Stitching for Kids' Sake	9 am-12 pm
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*	6-7:30 pm
Family and Friends Support Group*	6-7:30 pm
Kids Talk Group*	6-7:30 pm
Noogieland Plus	6-7:30 pm

Tween/Teen Talk Group*	6-7:30 pm
Dorothy's Chocolate Factory	6-8 pm

## FRIDAY | APRIL 24

Clubhouse open	9am-1pm
Sit & Be Fit	10-11 am

## SATURDAY | APRIL 25

Clubhouse closed	
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## SUNDAY | APRIL 26

Clubhouse closed	
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## MONDAY | APRIL 27

Knit Wits	9:30-11:30 am
Coloring Out the Darkness with Carol	10 am-11 am
Watercolors with Kathy	1-3 pm
Cancer/Family & Friends Support Group*	2-3 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 Traumatic Grief Group	6-7:30 pm

## TUESDAY | APRIL 28

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
Breast Cancer Group	6-7:30 pm

## GRIEF SUPPORT

Grief New Member Meeting	9:15-9:45 am
Grief-Adult Support Group*	10-11:30 am

## WEDNESDAY | APRIL 29

Supper Together	5:15-6 pm
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## GRIEF SUPPORT

Grief - Children's Program Orient.	4:30-5:15 pm
Celebration of Memory and Hope	5:15-7:30

## THURSDAY | APRIL 30

Quilting & Stitching for Kids' Sake	9 am-12 pm
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## 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
Tween/Teen Talk Group*	6-7:30 pm
Reiki	6-8:30 pm

# PROGRAM DESCRIPTIONS

## African Americans Living with Loss

**Monday, March 23, 6-7:30 pm**

**Monday April 27, 6-7:30 pm**

When cancer/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 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 Ringlever, MFA, Professor Emeritus, Kendall College of Art and Design.

## Ask the Lawyer

**Tuesday, March 10, 6-7 pm**

**Tuesday, April 14, 6-7 pm**

Christine Welton, a certified lawyer, will be here to meet with Gilda's Club 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, March 18, 10-11:30 am**

**Wednesday, April 15, 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, March 2, 6-7:30 pm**

**Monday, April 6, 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, March 11, 9:30-11 am**

**Wednesday, April 15, 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, March 10 & 24, 6-7:30 pm**

**Tuesday, April 14 & 28, 6-7:30 pm**

A support group for those diagnosed with breast cancer to learn and share together.

## Cancer New Member Brunch

**Saturday, March 21, 11:30 am-1 pm**

**Saturday, April 18, 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, March 5, 4-5 pm**

**Monday, March 9, 6-7:30 pm**

**Saturday, March 21, 10-11:30 am**

**Thursday, March 26, 11 am-12 pm**

**Thursday, April 2, 4-5 pm**

**Monday, April 13, 6-7:30 pm**

**Saturday, April 18, 10-11:30 am**

**Thursday, April 23, 11am-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 Friends Support Group\*

**Each Monday, 2-3 pm**

**(not meeting 3/30)**

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

**Thursday, March 12, 1-3:30 pm**

**Tuesday, April 14, 1-3:30 pm**

Join Joan Weiler in this class and create three cards pre-planned by the instructor. This workshop is for age 18 and over. Class size is limited to 12 and is filled by lottery selection. Please register in advance (616) 453-8300.

## Celebration of Memory and Hope

**Wednesday, April 29, 5:15-7:30 pm**

Members and their families are invited to a special time of celebration in memory of those who have died. The evening will begin at 5:15 pm with supper. We welcome families to bring a favorite food that your person enjoyed and pictures or items that remind you of your special person. The evening will include readings and an activity, concluding with a special candle lighting to remember and celebrate those who have died. Noogieland will be available; regular support groups will not be meeting.

## 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, 4-5:15 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-11 am**  
**(not meeting 3/30)**

Join Carol Roeda 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- "Living with Colorectal Cancer"- Dr. Nadav Dujovny, M.D**

**Tuesday, March 3, 6-7:30 pm**

Join us for our fourth annual discussion about colorectal cancer from discovery, treatment, hereditary implications, cures, and chronic disease management.

Individuals with this diagnosis, family, friends, community member and health care providers are all welcome. Dr. Nadav Dujovny, M.D., colon and rectal surgeon from Spectrum Health, will be our guest speaker. Please call to register (616) 453-8300.

**Colorectal & Related Cancers Support Group**

**Tuesday, March 3, 6-7:30 pm**

**Tuesday, April 7, 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.

**Craft with Lauren-LaughFest Snowman**  
**Monday, March 2, 6-7 pm**

Come for a fun time making a cute little snowman in LaughFest colors. This is an easy-to-do craft. Class size is limited to six and is filled by lottery selection. Please register in advance. (616) 453-8300

**Crafting with Jennifer-"Celebrate Spring"**

**Tuesday, March 24, 6-8 pm**

Join Jennifer Dochod MS OTR/L to celebrate spring's arrival by painting a wooden decoration. No experience needed. . Crafting sessions are limited to eight and are filled by lottery selection. Please register in advance. (616) 453-8300.

**Crafting with Jennifer-"Surprise Project"**  
**Tuesday, April 21, 6-8 pm**

Join Jennifer Dochod MS OTR/L for an evening of crafting. Project yet to be determined. Crafting sessions are limited to eight and are filled by lottery selection. Please register in advance. (616) 453-8300.

**Crafts with Sharon**

**Monday, March 23, 6-7:30 pm**

**Monday, April 20, 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, March 12 & 26, 6-8 pm**

**Thursdays April, 9 & 23, 6-8 pm**

Join Dorothy and the gang for a time of baking and chocolatey 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.

**"Eating Well for Cancer Treatment & Survivorship"- Frankly Speaking About Cancer- Sue Gunnink, R. D.**

**Monday, March 16, 6-7:30 pm**

Gilda's Club Grand Rapids and The Cancer Support Community invites people with cancer, survivors, and their caregivers/loved ones to a workshop featuring ways to maintain a nutritious diet, during and after cancer treatment into survivorship. Complimentary copies of a booklet entitled Frankly Speaking about Cancer will be provided. The presentation will be followed by a cooking demonstration.

**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 Conven**

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.

**Gilda's Club! What's Funny About That?**  
**Friday March 13, 5:30-7:30 pm**

We invite Gilda's Club members and their guests to join us for an evening of dining together, family-friendly fun and laughter celebrating humor. Judge Sara Smolinski and Shelly Irwin will be our entertainment guests. Don't miss the fun!

**Gentle Yoga**

**Thursdays, March 12 & 19, 9:30-10:30 am**

**Thursdays, April 9 & 16, 9:30-10:30 am**

Join certified yoga instructor, Jasmine Casiano for this time of basic and relaxing yoga. No previous experience in yoga necessary.

**Gilda's Book Ends**

**Thursday, March 19, 1-2 pm**

**Thursday, April 16, 1-2 pm**

Come sink into a cozy sofa and discuss a book with friends. In March we will be discussing "Girl in the Glass," by Deanna Fei and in April, "The Island of Sea Women" by Lisa See.

**Healing Touch**

**Wednesday, March 18, 6-7 pm**

**Wednesday, April 15, 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 Suzan Corbett, certified Healing Touch nurse.

**Holistic Approach to Symptom Management**

**Monday, April 13, 6-7 pm**

**Tuesday, April 14, 11-12 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 Thursday, 6-7:30 pm**

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

**Knit Wits (not meeting 3/30)**

**Each Monday, 9:30-11:30 am**

Join the knitters for a fun social time together.

**LaughFest-"Kids Joke Time"**

**Thursday, March 12, 6:30-7:30 pm**

Does your child love to make people laugh? Young comedians are encouraged to gather their favorite jokes and take the mic. What ensues makes this one of the most entertaining events during the festival! Join us for an evening of giggles and laughter with Gilda's LaughFest!

**LaughFest Laughter Yoga**

**Saturday, March 7, 10 am**

**Sunday, March 8, 3 pm**

**Thursday, March 12, 10 am**

**Friday, March 13, 10 am**

**Saturday, March 14, 10 am**

**Sunday, March 15, 3 pm**

This is not your typical yoga class! Expect to stretch your laugh muscles with certified laughter yoga teacher Angela Essick Dykes. Laughter yoga is a unique concept based on the principle of "acting happiness"-tell your body what to do and your mind will follow.

**LaughFest Tours and Open House**

**Saturday, March 7, 10 am-2 pm**

**Sunday, March 8, 1-5 pm**

**Saturday, March 14, 10 am- 2 pm**

**Sunday, March 15, 1-5 pm**

Gilda's Club Grand Rapids welcomes LaughFest visitors and guests to tour the Clubhouse and learn more about our cancer and grief programs.

**Leukemia & Lymphoma Group**

**Monday, March 9, 3-4:30 pm**

**Monday, April 13, 3-4:30 pm**

A drop in group for those impacted by leukemia & lymphoma. Support persons welcome.

**Life Story Video**

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

**Lung Cancer Group**

**Monday, March 2, 3-4:30 pm**

**Monday, April 6, 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**

**(not meeting 3/2 or 3/30)**

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 by calling the Clubhouse at (616) 453-8300.

**Multiple Myeloma Group -"Eating Well for Cancer Treatment & Survivorship"- Sue Gunnink, R. D.**

**Monday, March 16, 6-7:30 pm**

**Monday, April 20, 6-7:30 pm -**

**Group Discussion**

Join other survivors and their family members for support and information.

**Noogieland Plus**

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

Discussion and structured playtime for children in kindergarten or younger on a cancer journey.

**Noogie Nights**

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

**(not meeting 3/30)**

Kids, come for a time of activity and play in Noogieland! For kids in 4th grade and under.

**Peripheral Neuropathy Support Group**

**Wednesday, March 11, 2:30-4:30 pm**

Please join us as we begin group with light refreshments and time to connect at 2:30 pm, followed by a presentation that begins at 3 pm. We will have a guest speaker at this meeting and you can call the Clubhouse closer to that meeting date for that information.

**Prostate Cancer Support Group- "Round Table"**

**Tuesday, March 3, 7-8:30 pm**

This will be an opportunity for survivors and their companions to talk together and learn from others sharing this journey.

*Continued* ▶

## **Prostate Cancer Support Group- "Emotional Wellness and Prostate Cancer"**

**Tuesday, April 7, 7-8:30 pm**  
Join others impacted by prostate cancer. This month a panel of licensed professionals from Gilda's Club will come together to help you discuss the topics of anxiety and emotional wellness while living with prostate cancer.

## **Quilting and Stitching for Kids' Sake Each Thursday, 9 am-12 pm (not meeting 3/5 or 3/12)**

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, March 26, 6-8:30 pm**

**Thursday April, 30, 6-8:30 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, March 2, 6-7:30 pm**

**Monday, April 6, 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**

Join your fellow members for this gentle and energizing exercise class facilitated by instructor Noreen Duba.

## **Social Dance Lessons**

**Mondays, March 9 & 23, 7:30-8:45 pm**

**Mondays, April 13 & 27, 7:30-8:45 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 (not meeting 3/30)**

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 (not meeting 3/30)**

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.

## **Telling My Cancer Story**

**Friday, April 3, 10 am-12 pm**

If you are currently in treatment, a cancer survivor or a support person, Sheila Carroll, would like to share with you three ways you can find meaning in your experiences and be able to share them with others to build greater understanding. In this introductory workshop, Sheila shows you how to recall and tell important details of events so you see yourself as the hero of

your story, not its victim. Sheila Carroll is a Narrative Therapist practicing in Mount Pleasant who uses storytelling, poetry, writing prompts, and enactments to help people heal through telling their story.

## **Tween/Teen Talk Group\***

**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.

## **Watercolors with Kathy**

**Mondays, March 9 & 23, 1-3 pm**

**Mondays, April 13 & 27 1-3 pm**

New and experienced painters are invited to drop in and join others who enjoy watercolor painting.

## **Zumba**

**Tuesdays, 4-5 pm**

Join us for this class led by Pam Pikaar. Zumba is a dance fitness program which is designed to make exercise fun. For ages 13 and up!

# GRIEF SUPPORT

## **Exploring Grief through Literature**

**Tuesday, March 10, 6-7:30 pm**

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

Join fellow grief traveler Pat Pritchard to discover how literature can help on a grief journey. Our next book will be "Caravan of No Despair" by Mirabai Starr. Please read the book ahead of time so we can discuss.

## **Grief -Adult Support Group\***

**Mondays, 6-7:30 pm & Tuesdays, 10-11:30 (not meeting 3/30)**

A committed group for adults who have experienced a death of an adult family member or friend.

## **Grief - Children's Program Orientation**

**Wednesdays, 4:30-5:15 pm**

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**

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**

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 March, 6-7:30 pm (not meeting 3/30)**

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 April, 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 program staff. Attendance all 4 weeks is expected.

## **Grief New Member Meeting**

**Each Monday, 5-5:30 pm & each Tuesday, 9:15-9:45 am (not meeting 3/30)**

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

## **Grief - Noogieland Plus**

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

Discussion and structured playtime for children in kindergarten or younger on a grief journey.

## **Grief - Parent Support Group\***

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

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**

A committed group for those who have

experienced the death of a spouse and have children living at home.

## **Grief-Substance Related Death Grief Group**

**Tuesday, March 17, 6-7:30 pm**

**Tuesday, April, 21-7:30 pm**

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 the first time.

## **Grief - Teen Group\***

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

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**

A committed group for tweens in middle school on a grief journey. Incorporates curriculum-based activities, discussion and playtime.

## **Grief - Young Adult Support Group\***

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

A committed group for those who have experienced a death of a family member or friend and are post high school-age 30.

# 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**



MARCH/APRIL 2020

# LOWELL PROGRAM

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



## MARCH

### TUESDAY | MARCH 3

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*	6-7:30 pm
Adult Grief Support Group*	6-7:30 pm
Kids Talk	6-7:30 pm
Noogieland	6-7:30 pm
Teen and Tween Talk	6-7:30 pm

### TUESDAY | MARCH 10

LaughFest Tours & Open House	1-5 pm
Laughter Yoga	4 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	6-7:30 pm
Kids Talk	6-7:30 pm
Learn, Share, Laugh!	6-7:30 pm
Noogieland	6-7:30 pm
Teen and Tween Talk	6-7:30 pm

### TUESDAY | MARCH 17

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*	6-7:30 pm
Adult Grief Support Group*	6-7:30 pm
Kids Talk	6-7:30 pm
Noogieland	6-7:30 pm
Teen and Tween Talk	6-7:30 pm

### TUESDAY | MARCH 24

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*	6-7:30 pm
Adult Grief Support Group*	6-7:30 pm
Breast Cancer Support Group	6-7:30 pm
Kids Talk	6-7:30 pm
Noogieland	6-7:30 pm
Teen and Tween Talk	6-7:30 pm

### TUESDAY | MARCH 31

Closed for staff training

## APRIL

### TUESDAY | APRIL 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*	6-7:30 pm
Adult Grief Support Group*	6-7:30 pm
Kids Talk	6-7:30 pm
Noogieland	6-7:30 pm
Teen and Tween Talk	6-7:30 pm

### TUESDAY | APRIL 14

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
Breast Cancer Support Group	6-7:30 pm
Kids Talk	6-7:30 pm
Learn, Share, Laugh!	6-7:30 pm
Noogieland	6-7:30 pm
Teen and Tween Talk	6-7:30 pm

### TUESDAY | APRIL 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*	6-7:30 pm
Adult Grief Support Group*	6-7:30 pm
Kids Talk	6-7:30 pm
Noogieland	6-7:30 pm
Teen and Tween Talk	6-7:30 pm

### TUESDAY | APRIL 28

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*	6-7:30 pm
Adult Grief Support Group*	6-7:30 pm
Kids Talk	6-7:30 pm

## PROGRAM DESCRIPTIONS

### Adult Cancer Support Group\*

Each Tuesday, 6-7:30 pm  
(not meeting 3/31)

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, 6-7:30 pm  
(not meeting 3/31)

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, March 10, 6-7:30 pm  
Tuesday, April 14, 6-7:30 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, 5-5:30 pm  
(not meeting 3/31)

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

### Cardmaking Together

Tuesday, Tuesday, March 17, 2:30-4:30 pm  
Tuesday, April 21, 2:30-4:30 pm

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

### Chitchat Readers Book Club

Tuesday, March 17, 4:15-5:15 pm  
Tuesday, April 21, 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  
(not meeting 3/10, 3/24 & 3/31)

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, 5-5:30 pm  
(not meeting 3/31)

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

### Holistic Approach to Symptom Management

Tuesday, April 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 (not meeting 3/31)

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

### LaughFest Open House & Tours

Tuesday, March 10, 1-5 pm

Gilda's Club Grand Rapids welcomes LaughFest visitors and guests to tour the Clubhouse and learn more about our cancer and grief programs.

### Laughter Yoga

Tuesday, March 10, 4 pm

This is not your typical yoga class! Expect to stretch your laugh muscles with certified laughter yoga teacher Angela Essick Dykes. Laughter yoga is a unique concept based on the principle of "acting happiness"-tell your body what to do and your mind will follow.

### Learn, Share, Laugh!

Tuesday March 10, 6-7:30 pm

Tuesday April 14, 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!

### Noogieland

Each Tuesday, 6-7:30 pm (not meeting 3/31)

Supervised play for children in kindergarten or younger.

### Supper Together

Each Tuesday, 6-7:30 pm (not meeting 3/31)

Join in a meal together before groups begin.

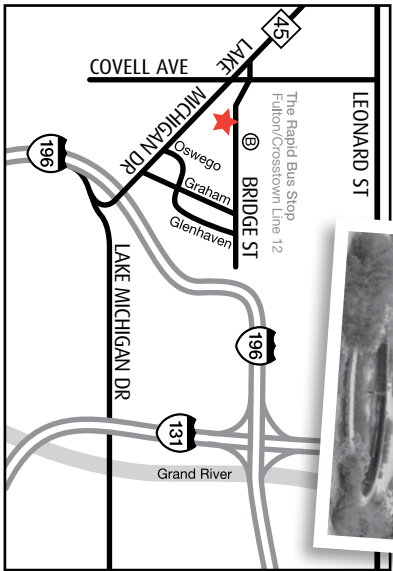
### Teen and Tween Talk

Each Tuesday, 6-7:30 pm (not meeting 3/31)

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

\* 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.



**Grand Rapids Clubhouse**

1806 Bridge Street NW, Grand Rapids, MI 49504

616-453-8300 | 800-326-1419

Mon - Thur 9 am - 9 pm

Fri 9 am - 1 pm

3rd Sat 9 am - 1 pm



**Lowell Clubhouse**

314 South Hudson St., Lowell, MI 49331

616-897-8600 | 800-326-1419

Tue 12:30 - 8:30 pm

Non-profit Organization  
U.S. Postage  
**PAID**  
Grand Rapids, MI  
Permit No. 467

1806 Bridge Street NW  
Grand Rapids, MI 49504  
616-453-8300, 800-326-1419



Grand Rapids Clubhouse



Lowell Clubhouse

MARCH/APRIL 2020

**Program Calendar**



*In This Together ... Learn. Share. Laugh.*

*Providing a free support community where children, adults, families and friends find their smile and laughter back in the midst of a cancer or grief journey.*