

# NOVEMBER

## GILDA'S CLUB GRAND RAPIDS VIRTUAL CLUBHOUSE



Meets every <b>MONDAY</b> in November*	Meets every <b>TUESDAY</b> in November	Meets every <b>WEDNESDAY</b> in November*	Meets every <b>THURSDAY</b> in November*	Meets specific <b>FRIDAYS</b>
<p><b>4 p.m.</b> Ukulele Workshop <b>6 p.m.</b> Adult Grief Support</p>	<p><b>10 a.m.</b> Adult Grief Support <b>10 a.m.</b> Grief What's Next for Me? <b>2 p.m.</b> Adult Grief Support <b>3:30 p.m.</b> Living with Traumatic Grief Support <b>4:30 p.m.</b> Meditation Workshop <b>6 p.m.</b> Lowell Adult Cancer Support* <b>6 p.m.</b> Lowell Adult Grief Support*</p>	<p><b>1 p.m.</b> Facebook Live Workshops for family and adults (topics vary week to week) <b>4 p.m.</b> Kundalini Yoga Workshop <b>5 p.m.</b> Teen Grief Support <b>5:30 p.m.</b> Spouse Grief with Children at Home Support <b>5:30 p.m.</b> Young Adult Grief Support</p>	<p><b>9:30 a.m.</b> Quilting Workshop <b>1 p.m.</b> Yoga Workshop <b>4 p.m.</b> Christian Cancer Support <b>4:30 p.m.</b> Family &amp; Youth Support <b>6 p.m.</b> Adult Cancer Support <b>6 p.m.</b> Family &amp; Friends Cancer Support <b>6 p.m.</b> Teen Cancer Support</p>	<p><b>November 6, 13 &amp; 20, 10 a.m.</b> Sit &amp; Be Fit <b>November 20, 11 a.m.</b> Coffee &amp; Craft</p>
<p><b>Meets specific MONDAYS</b></p>	<p><b>Meets specific TUESDAYS</b></p>	<p><b>Meets specific WEDNESDAYS</b></p>	<p><b>Meets specific THURSDAYS</b></p>	<p><b>Saturday, November 6, 6 p.m.</b> <b>GOSPEL FEST</b></p>
<p><b>November 2, 3 p.m.</b> Lung Cancer Support <b>November 2, 4:30 p.m.</b> Cancer New Member Meeting <b>November 2 &amp; 16, 6 p.m.</b> Brain Cancer Support Group <b>November 2 &amp; 23, 6 p.m.</b> Multiple Myeloma Cancer Support <b>November 2, 6 p.m.</b> Sister to Sister Cancer Support <b>November 9, 16, &amp; 23, 11 a.m.</b> Cancer New Member Meeting <b>November 9, 3 p.m.</b> Leukemia &amp; Lymphoma Cancer Support <b>November 9, 3 p.m.</b> Frankly Speaking About Cancer: Making Treatment Decisions <b>November 9, 6 p.m.</b> Cancer New Member Meeting <b>November 16, 1 p.m.</b> Reed City Cancer Support <b>November 16, 6 p.m.</b> African Americans Living with Grief <b>November 23, 6 p.m.</b> Grief New Member Meeting</p>	<p><b>November 3, 10 &amp; 24, 11 a.m.</b> Grief New Member Meeting <b>November 3, 6 p.m.</b> Colorectal Cancer Support <b>November 3, 7 p.m.</b> Prostate Cancer Support <b>*November 10, 6 p.m.</b> Lowell Grief &amp; Cancer Support Combined <b>*November 10, 6 p.m.</b> Lowell Breast Cancer Support <b>November 10 &amp; 24, 6 p.m.</b> Grand Rapids Breast Cancer Support <b>November 17, 6 p.m.</b> Substance Related Death Grief Support</p>	<p><b>November 4 &amp; 11, 4 p.m.</b> Living with Grief Series <b>November 11 &amp; 18, 6:15 p.m.</b> Parent Grief Support</p>	<p><b>November 5 &amp; 19, 8 p.m.</b> Young Adult Cancer Support Group <b>November 19, 1 p.m.</b> Gilda's Book Ends Reading "Bombay Ice" by Leslie Forbes</p>	<p>Gospel Fest 2020 will be held at Resurrection Fellowship Church and will be a drive-in experience where guests will stay safely in their vehicles while engaging in great music provided by local Christian musical artists including: Imani, Lois Thomas, Resurrection Fellowship Praise team and Organist Robert Phillips.</p>
<p><b>NOVEMBER HIGHLIGHTS</b></p> <p><b>Frankly Speaking About Cancer: Making Treatment Decisions</b> Monday, November 9, 3 p.m. <i>This free workshop offers information on making treatment decisions. We discuss various treatment options, the cost of care and navigating the decision-making process. This event will be held via Zoom and is open to the public</i> Presented by Gilda's Club Grand Rapids</p> <p><b>Multiple Myeloma Update</b> Monday, November 23, 6 p.m. <i>Join us as we welcome Robin Tuohy from the International Myeloma Foundation as she provides updates and resources on Multiple Myeloma and COVID-19. A question and answer time will be included in this presentation. This event will be held via Zoom and is open to the public.</i></p>				<p><b>*PLEASE NOTE</b></p> <p><b>Gilda's Club will be closed Wednesday, November 25 through Monday, November 30 for staff training and in observance of Thanksgiving.</b></p>

To register for a program or learn more about getting support started. Please call 616.453.8300 or email [info@gildasclubgr.org](mailto:info@gildasclubgr.org)

