

# OCTOBER

## GILDA'S CLUB GRAND RAPIDS VIRTUAL CLUBHOUSE



| Meets every<br><b>MONDAY</b><br>in October  | Meets every<br><b>TUESDAY</b><br>in October  | Meets every<br><b>WEDNESDAY</b><br>in October   | Meets every<br><b>THURSDAY</b><br>in October  | Meets every<br><b>FRIDAY</b><br>in October   |
|---|--|---|---|--|
| <p><b>11 a.m.</b> Cancer New Member Meeting<br/><b>4 p.m.</b> Ukulele Workshop<br/><b>6 p.m.</b> Adult Grief Support</p>  | <p><b>10 a.m.</b> Adult Grief Support<br/><b>10 a.m.</b> Grief What's Next for Me?<br/><b>11 a.m.</b> Grief New Member Meeting<br/><b>2 p.m.</b> Adult Grief Support<br/><b>3:30 p.m.</b> Living with Traumatic Grief Support<br/><b>4:30 p.m.</b> Meditation Workshop<br/><b>6 p.m.</b> Lowell Adult Cancer Support*<br/><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)<br/><b>4 p.m.</b> Kundalini Yoga Workshop<br/><b>5 p.m.</b> Teen Grief Support Group<br/><b>5:30 p.m.</b> Spouse Grief with Children at Home Support Group<br/><b>5:30 p.m.</b> Young Adult Grief Support Group<br/><b>6:15</b> Parent Grief Support Group</p>  | <p><b>9:30 a.m.</b> Quilting Workshop<br/><b>1 p.m.</b> Yoga Workshop<br/><b>4 p.m.</b> Christian Cancer Support<br/><b>4:30 p.m.</b> Family &amp; Youth Support<br/><b>6 p.m.</b> Adult Cancer Support<br/><b>6 p.m.</b> Family &amp; Friends Cancer Support<br/><b>6 p.m.</b> Teen Cancer Support</p> | <p><b>10 a.m.</b> Sit &amp; Be Fit</p> <p><b>Meets specific FRIDAYS</b></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>October 30, 11 a.m.</b><br/>Coffee &amp; Craft</p>   |
| <p><b>October 5, 3 p.m.</b><br/>Lung Cancer Support</p> <p><b>October 5 &amp; 19, 6 p.m.</b><br/>Brain Cancer Support Group</p> <p><b>October 5 &amp; 19, 6 p.m.</b><br/>Multiple Myeloma Cancer Support</p> <p><b>October 12, 3 p.m.</b><br/>Leukemia &amp; Lymphoma Cancer Support</p> <p><b>October 12, 6 p.m.</b><br/>Cancer New Member Meeting</p> <p><b>October 12, 6 p.m.</b><br/>Sister to Sister Cancer Support</p> <p><b>October 19, 1 p.m.</b><br/>Reed City Cancer Support</p> <p><b>October 19, 6 p.m.</b><br/>African Americans Living with Grief</p> <p><b>October 26, 6 p.m.</b><br/>Grief New Member Meeting</p> | <p><b>October 6, 6 p.m.</b><br/>Colorectal Cancer Support</p> <p><b>October 6, 7 p.m.</b><br/>Prostate Cancer Support</p> <p><b>*October 13, 6 p.m.</b><br/>Lowell Grief &amp; Cancer Support Combined</p> <p><b>October 13, 6 p.m.</b><br/>Lowell Breast Cancer Support</p> <p><b>October 13 &amp; 27, 6 p.m.</b><br/>Grand Rapids Breast Cancer Support</p> <p><b>October 20, 6 p.m.</b><br/>Substance Related Death Grief Support</p> | <p><b>October 21 &amp; 28, November 4 &amp; 11, 4 p.m.</b><br/>Living with Grief Series</p> <p><i>This four week-series focuses on information about and understanding grief and its effects on you following the death of a person in your life. It is especially helpful for those who recently began their grief journey. Each week covers unique information, and you may join us for any or all 4 weeks. This series is open to members of Gilda's Club.</i></p> | <p><b>October 1 &amp; 15, 8 p.m.</b><br/>Young Adult Cancer Support Group</p> <p><b>October 15, 1 p.m.</b><br/>Gilda's Book Ends Reading "Mrs. Everything" by Jennifer Weiner</p>   | <p><b>GOING VIRTUAL FOR 2020!</b><br/>Daily October 26-29</p> <p><b>HALLOWEEN NOOGIEFEST</b></p> <p>Families with children in grades kindergarten thru 5th grade are invited to join us for our annual Spooktacular event from the comforts of your home! This year, Noogiefest will take place throughout the week of October 26th, via Zoom. Please stay tuned for our complete schedule of events! Gilda's Club will provide box kits filled with all of the supplies you need to create creepy cuisine and ghoulish crafts along with us! Space is limited for this year's event, so RSVP today! For more information or to register for Noogiefest, please contact us by phone at 616.453.8300, or email us at info@gildasclubgr.org.</p> |

