

**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

**1st & 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



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



Grand Rapids  
Clubhouse

Lowell  
Clubhouse

# April 2010 Program Calendar

Education and support for children, adults, families and friends living with cancer or grief.



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

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



## Welcome 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 TWO locations!**

We are so pleased to offer two locations. We invite you to attend at either, or both, Clubhouses.

#### **Grand Rapids Clubhouse**

1806 Bridge St NW, Grand Rapids, MI 49504

Mondays – Thursdays, 9 am – 9 pm

Fridays, 9 am – 1 pm

First and Third Saturdays, 9 am – 1 pm

616-453-8300

800-326-1419

[www.gildasclubgr.org](http://www.gildasclubgr.org)

#### **Lowell Clubhouse**

314 S Hudson, Lowell, MI 49331

Tuesdays, 12:30 – 8:30 pm

616-897-8600

[www.gildasclubgr.org/lowell](http://www.gildasclubgr.org/lowell)

**Note: For people living in Allegan,** we do offer an evening activity on the 2nd and 4th Mondays, 5 pm - 8 pm 524 Marshall Ave, Allegan, MI 49010 Call 800-326-1419, [www.gildasclubgr.org/alleganextension](http://www.gildasclubgr.org/alleganextension)

## This Month's Highlights

### GRAND RAPIDS CLUBHOUSE

#### **"Ask the Professional" Series**

Join one of our professionals in an informal setting to discuss your financial, legal, tax or real estate questions:

- **"Ask the Estate Planner"** - Tuesday, April 20, 12-1 pm: Bob Prevette, JD.
- **"Ask the Lawyer"** - Wednesday, April 28, 7-8 pm: Ed Malinzak.
- **"Ask the Realtor"** - Wednesday, April 28, 7-8 pm: Viva Larson.
- **"Ask the Tax Advisor"** - Thursday, April 22, 6-7 pm: Gary Fein, Senior Tax Advisor for H&R Block.

If further advice outside of this workshop is recommended, there may be a fee for this additional service.

#### **"Food for Life"**

Saturdays, April 3 & 10, 10 am-1 pm

Come to learn exciting nutrition and cooking tips that may help prevent cancer and other chronic diseases. This 2-part series is hosted by The Cancer Project, a non-profit organization dedicated to nutrition education and research for cancer prevention. Lessons will include specific nutrition topics, paired with a live cooking demonstration and food samples of delicious cancer-fighting meals that are sure to satisfy even the pickiest eater.

#### **Garden Stone Painting**

Monday, April 12, 1-2 pm

Come and enjoy a relaxing craft class where you will learn to decorate your own small garden stone. Create a beautiful stone to represent your own cancer journey or that of a loved one.

#### **Tea 101**

Monday, April 26, 1-2 pm

Jodi Elsen will be here to offer this unique workshop where you will learn the history of tea as well how each tea is alike or different. Jodi will also teach how to brew the best cup of tea and the possible medicinal properties of tea. The workshop will conclude with a tea and pastry tasting as well as an opportunity to learn how to take time for yourself with tea and meditations.



### Lowell Clubhouse

#### **Building Fitness: A Gentle Approach**

Tuesdays, April 13 & 27, 1-2:30 pm

Join a certified athletic trainer for a time of low impact fitness activities. This class is adapted to your abilities with a focus on fun and fitness.

#### **Facial and Skin Care Workshop**

Tuesday, April 20, 1-2:30 pm

Wendy Laufer, Licensed Clinical Aesthetician and Spa Consultant will offer this time of pure pampering! Receive a facial and learn tips about skin care.

#### **Gardening with John Brott**

Tuesday, April 27, 1-3 pm

Join John Brott in our beautiful gardens and grounds for some basic gardening and landscaping projects.

## GRAND RAPIDS CLUBHOUSE

### 20's and 30's Social Night

Saturday, April 17, 4-6:30 pm

Are you in your 20's and 30's and on a cancer journey? Bring the whole family for a time to connect with others. Tonight we will enjoy watching "The Blind Side" together and enjoy a light supper. Noogieland childcare will be provided and please sign up in advance.

### A Gift of Angels Hair

Learn beauty tips about hair and make-up techniques. Call the Clubhouse to be connected with Valerie Stewart.

### Adults Impacted by\*\* Cancer

Mondays, April 12 & 26, 6-7:30 pm

A drop-in time for adults on a cancer journey, either with their own diagnosis or supporting someone with cancer.

### African Americans Living with Cancer

Third Monday, 6-8 pm

A drop-in time for African Americans on a cancer journey to learn and share together.

### Art Open Instruction

Each Tuesday, 10 am-12 pm

A time for beginners or new artists to work on your own projects and learn from each other.

### "Ask the Estate Planner"

Tuesday, April 20, 12-1 pm

Bob Prevette, JD will be here to discuss Estate Planning; bring any documents that you would like reviewed.

### "Ask the Lawyer"

Wednesday, April 28, 7-8 pm

Ed Malinzak will be here to answer your legal questions; bring any documents that you would like reviewed. If he recommends further legal advice outside of this workshop, there may be a fee for this additional service.

### "Ask the Realtor"

Wednesday, April 28, 7-8 pm

Viva Larson, Real Estate Agent, will be here to answer your Real Estate questions; bring your questions and any documents that you would like reviewed.

### "Ask the Tax Advisor"

Thursday, April 22, 6-7 pm

Gary Fein, Senior Tax Advisor for H&R Block, will be here to answer your tax questions. Gary will be here each month until May. Bring any paperwork or forms you have questions about. If you have questions prior to attending this workshop Gary invites you to email him at: gary.fein@gmail.com

### "Awareness Through Movement"™

Each Thursday, 10-11 am

Come and learn about ways to improve with age, move pain free, do things you love with ease and efficiency. Join Karel Millard to learn about the Feldenkrais Method™.

### Basket Making

Mondays, April 12, 19 & 26, 6-8 pm

This month we will be making a Flower Door Basket. Class size is limited; advanced registration is required and you must attend the first class.

### Blood Cancer Series

A four week series for people impacted by\*\* blood cancer including Leukemia, Lymphoma and Myeloma. Come for a time of discussion, support and information. The next session will begin on May 3, 2010.

### Brain Cancer

Third Monday, 6:30-8 pm

A drop-in time for those impacted by\*\* brain cancer to learn and share together.

### Breast Cancer 101

Wednesday, April 21, 1-3 pm

This informational workshop for those newly diagnosed with breast cancer is instructed by an oncology nurse.

### Breast Cancer and Family History - BRCA1 and BRCA2 Testing Isn't Always the Answer

Monday, April 26, 6-7:30 pm

Ryan Rodarmer will join us to discuss how even though the BRCA1 and BRCA2 genes are the cause of hereditary breast cancer risks in many families, they don't tell the whole story. BRCA1 and BRCA2 will be discussed in detail, including the limitations of this genetic test. Other possible reasons for familial breast cancer will be explored.

### Breast Cancer Drop-In Time

Third Thursday, 12-1 pm

For those impacted by\*\* breast cancer to learn and share together with others who have been there.

### Breast Cancer Group\*

Third Tuesday, 6-7:30 pm

A committed group for those diagnosed with breast cancer.

### Breast Cancer Series

Mondays, April 5, 12, 19 & 26, 6-7:30 pm

A four week series for people impacted by\*\* breast cancer. Come for a time of discussion, support, and information. Ryan Rodarmer will join us on the 26th to discuss how even though the BRCA1 and BRCA2 genes are the cause of hereditary breast cancer risks in many families, they don't tell the whole story. BRCA1 and BRCA2 will be discussed in detail, including the limitations of this genetic test. Other possible reasons for familial breast cancer will be explored. Participants are encouraged to attend all four sessions. Next session will begin on June 7.

### Cancer Support Group\*

Each Tuesday, 4-5:30 pm and

Each Thursday, 10-11:30 am & 6-7:30 pm

A committed group for those diagnosed with cancer.

### Card Making

Tuesday, April 27, 1-3 pm

Join Ireta Ford for a fun card making class. Make cards to take home and some to share!

### Cervical Cancer

See *Gynecological Cancer*

### Colon Cancer Series

Mondays, April 5, 12, 19 & 26, 6-7:30 pm

A four week series for people impacted by\*\* colon cancer. Come for a time of discussion, support, and information. On April 19, we will be joined by Rik Brown, a Certified Personal Trainer who will discuss the importance of fitness and nutrition while on a cancer journey. Participants are encouraged to attend all four sessions. The next session will begin on June 7.

### Dorothy's Chocolate Factory

Thursdays, April 8 & 22, 6-8:30 pm

Join Dorothy and the gang for a time of baking and fun!

### Drawing Instruction

Monday, April 19, 10 am-12 pm

Sandy Ringlever, Kendall College Professor, will offer this basic drawing class. Come and learn techniques about sketching and illustrating.

### Endometrial Cancer

See *Gynecological Cancer*

### Family and Friends Group\*

Each Tuesday, 4-5:30 pm and

Each Thursday, 10-11:30 am & 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.

### "Food for Life"

Saturdays, April 3 & 10, 10 am-1 pm

Come to learn exciting nutrition and cooking tips that may help prevent cancer and other chronic diseases. This 2-part series is hosted by The Cancer Project, a non-profit organization dedicated to nutrition education and research for cancer prevention. Lessons will include specific nutrition topics, paired with a live cooking demonstration and food samples of delicious cancer-fighting meals that are sure to satisfy even the pickiest eater.

### Functional Fitness with Rik - Level 1 & 2

Thursdays, April 8, 15 & 22, 9-11 am

Join a Certified Personal Trainer for a time of fitness. Please call for more details; class size is limited.

### Garden and Grounds Planning Meeting

Friday, April 9, 10-11 am

Join Deb and John to learn about this year's garden and grounds plan. Find out about ways you can be involved and help keep the Gilda's Club grounds beautiful.

### Garden Stone Painting

Monday, April 12, 1-2 pm

Come and enjoy a relaxing craft class where you will learn to decorate your own small garden stone. Create a beautiful stone to represent your own cancer journey or that of a loved one.

### Gardening with John Brott

Tuesdays, April 6 & 20, 10 am-12 pm

Join John Brott in our beautiful gardens and grounds for some basic gardening and landscaping projects.

### Gilda's Book Ends: "Away"

Third Thursday, 1-2 pm

Come and discuss a book and enjoy social time with friends. Books may be available at the parlor desk.

### Grief - Adult Support Group\*

Each Monday, 6-7:30 pm and

Each Tuesday, 10-11:30 am

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

\* 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.

## Talking with Your Mouth Full, Dice, Dominoes and Bingo

Wednesday, April 7; Thursday, April 15; Tuesday, April 20; Monday, April 26 - POTLUCK; 12 pm-3 pm  
Enjoy a meal with friends and stay for games afterwards. Bring a dish to share on April 26.

## Tea 101

Monday, April 26, 1-2 pm

Jodi Elsen will be here to offer this unique workshop where you will learn the history of tea as well how each tea is alike or different. Jodi will also teach how to brew the best cup of tea and the possible medicinal properties of tea. The workshop will conclude with a tea and pastry tasting as well as an opportunity to learn how to take time for yourself with tea and meditations.

## Teen Retreat: Bowling Bonanza

Saturday, April 24, 12-3 pm

Teens! Bring a friend and join us for a fun afternoon of activities, bowling and pizza! This retreat is open to teens in both the cancer and grief support programs. Advanced registration is required as space is limited.

## Teen Talk Group\*

Each Thursday, 6-7:30 pm

A committed group for teens in 9th-12th grade on a cancer journey. Incorporates curriculum-based activities and discussion.

## Thriving With Music and Movement

Each Wednesday, 10-11 am

This program, also known as the Lebed Method, is designed to increase range of motion and to decrease lymphedema. It has also proven beneficial for all cancer survivors.

## Thyroid Cancer

Third Thursday, 6:30-8 pm

A drop-in time for those impacted by\*\* thyroid cancer.

## Tween Talk Group\*

Each Thursday, 6-7:30 pm

A committed group for tweens in 5th-8th grade on a cancer journey. Incorporates curriculum-based activities, discussion and playtime.

## Uterine Cancer

See *Gynecological Cancer*

## Watercolors with Chris

Wednesday, April 14 & 21, 10 am-12 pm

Join Chris Woomer for a wonderful watercolor class.

## Wood Carving with Donald

Each Monday, 6-8 pm

Learn how to make easy and beautiful wood carvings! Beginners are welcome and supplies are provided.

## Writing Workshop

Monday, April 26, 6-7:30 pm

Tricia McDonald will lead you in this informal time to express yourself through writing.

## Yoga

Each Tuesday, 11 am-12:30 pm

Come for a gentle yoga class. The first Tuesday of each month will be a time to learn and review the fundamentals of yoga to support your practice; feel free to join any week.

## LOWELL CLUBHOUSE

### Building Fitness: A Gentle Approach

Tuesdays, April 13 & 27, 1-2:30 pm

Join a certified athletic trainer for a time of low impact fitness activities. This class is adapted to your abilities with a focus on fun and fitness.

### Cancer - Adults Impacted by Cancer Group\*

First and Third Tuesday, 5:30-7 pm

A committed group for adults who are diagnosed with or supporting someone with any type of cancer.

### Cancer - Kids & Tween Talk Group\*

First and Third Tuesdays, 5:30-7 pm

A committed group for children in 1st-8th grade on a cancer journey. Incorporates curriculum-based activities, discussion and fun.

### Cancer - New Member Meeting

Second & Fourth Tuesdays, 2:30-3:30 pm & Second Tuesday, 7-8:15 pm

Introductory meeting for those who wish to join the cancer support program.

### Facial and Skin Care Workshop

Tuesday, April 20, 1-2:30 pm

Wendy Laufer, Licensed Clinical Aesthetician and Spa Consultant will offer this time of pure pampering! Receive a facial and learn tips about skin care.

### Gardening with John Brott

Tuesday, April 27, 1-3 pm

Join John Brott in our beautiful gardens and grounds for some basic gardening and landscaping projects.

### Gilda's Club Lowell Event \*\*Offsite

Tuesday, April 27, 6-7:30 pm

If you are interested in attending a light supper and presentation, please email [Lowell@gildasclubgr.org](mailto:Lowell@gildasclubgr.org)

### Grief - Adult Group\*

Each Tuesday, 2-3 pm & Second and Fourth Tuesdays, 5:30-7 pm

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

### Grief - Kids Group\*

Second and Fourth Tuesdays, 5:30-7 pm

A committed group for children in 1st-4th grade on a grief journey. Incorporates curriculum-based activities, discussion and fun.

### Grief - New Member Meeting

Call the Clubhouse to schedule your introductory meeting for grief support groups.

### Noogieland

Each Tuesday, 5:30-7 pm

Supervised play for children in kindergarten or younger.

### Origami

Each Tuesday, 2-3 pm

Learn the ancient art of paper folding.

### Spring Time Party

Saturday, April 24, 1-3 pm

Come and help us welcome spring! Bring the whole family to enjoy a delicious lunch and activities for adults and kids!

### Supper Together

Each Tuesday, 5-5:30 pm

Join in a meal together before groups begin.

### Teen Group\* - Cancer and Grief

First and Third Tuesdays, 5:30-7 pm

A committed group for teens in 9th-12th grade on a cancer or grief journey. Incorporates curriculum-based activities and discussion.

## ALLEGAN PROGRAM

### Closing Circle

Monday, April 5, 7:30-8 pm

We will have a time together to wrap up the evening and talk about next week's activity.

### Noogie Nights

Monday, April 5, 6-7:30 pm

Children are welcome to come and play in Noogieland during the adult activity.

### Supper Together

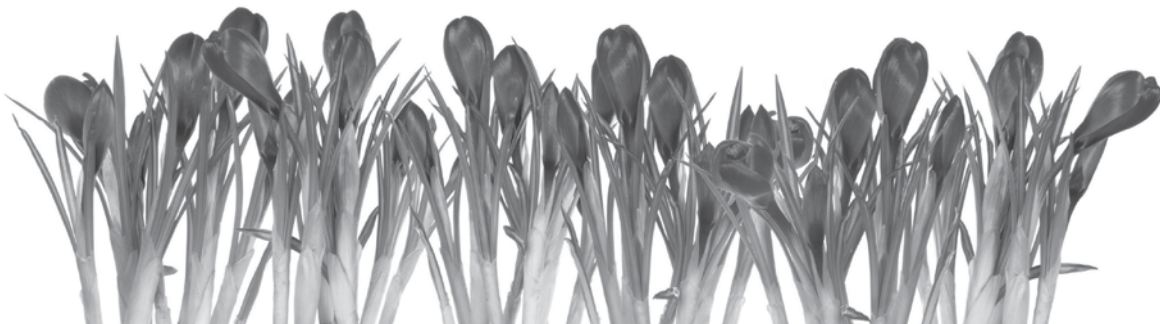
Monday, April 5, 5-6 pm

Enjoy a delicious meal together before our 6 pm activity.

### Support Group

Monday, April 5, 6-7:30 pm

Come for a discussion and time of support.



\* 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.

*Continued from other side of calendar*

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

Call the Clubhouse for more information about joining the Children's Grief Program for children who have experienced 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 1st-4th grade on a grief journey. Incorporates curriculum-based activities, discussion and playtime.

## **Grief - New Member Meeting**

Each Monday, 5-5:30 pm

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 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 - Teen Group\***

Each Wednesday, 6-7:30 pm

A committed group for teens in 9th-12th grade 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 5th-8th grade on a grief journey. Incorporates curriculum-based activities, discussion and playtime.

## **Gynecological Cancer**

First Monday, 6-7:30 pm

A drop-in time for those impacted by\*\* gynecological cancer.

## **Healing Touch**

Wednesday, April 14, 6-7 pm

Learn about a method of working with the body's energy to help deal with pain and stress.

## **Jewelry Making**

Thursday, April 15, 6-8 pm

Join Jennifer Dochod for a jewelry making class. Jennifer will teach the basics of how to use jewelry making tools and each participant will make a pair of earrings for themselves and one to give away. Class size is limited to 8.

## **Journey Through Grief**

Tuesdays, April 6, 13 & 20, 11:30 am-12:30 pm

Come for the last three weeks of this five week series offering insights and coping skills for an adult's journey through grief. Practical handouts are provided with each session. Presented by Hospice of Michigan. Participants are encouraged to attend all five weeks but are still able to join for these last three sessions.

## **Kids Talk Group\***

Each Thursday, 6-7:30 pm

A committed group for children in 1st-4th grade 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**

See *Blood Cancer Series*

## **"Look Good, Feel Better"**

Thursday, April 22, 9:30-11:30 am

This program, presented by the American Cancer Society, is to help women in treatment for cancer with appearance-related side-effects. Each woman learns to perform her own makeover using complimentary cosmetics and skin care products.

## **Lung Cancer Series**

A four week series for people impacted by\*\* lung cancer. Come for a time of discussion, support and information. Participants are encouraged to attend all four sessions. The next session will begin on May 3, 2010.

## **Lymphoma**

See *Blood Cancer Series*

## **Mentor Orientation**

For Members who are able to provide support, encouragement, and information to those impacted by cancer. Call the Clubhouse for more information.

## **Movie Matinee Club**

Tuesday, April 13, 1-4 pm

Come and watch a movie with friends and popcorn! This month we will be watching "Tea with Mussolini".

## **Myeloma**

See *Blood Cancer Series*

## **New Member Brunch**

Saturday, April 3, 11:30 am-1 pm

Are you new to Gilda's Club? Come for a brunch and meet other new members.

## **New Member Meeting**

Saturday, April 3, 10-11:30 am;

Thursday, April 8, 1-2:30 pm;

Saturday, April 24, 10-11:30 am;

Monday, April 26, 6-7:30 pm

Come and learn about the cancer support program and meet others coming for the first time.

## **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

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

## **Open Exercise**

Thursdays, April 1 & 29, 9-11 am

The game room will be available for independent exercise. This is a non-facilitated time.

## **Ovarian Cancer**

See *Gynecological Cancer*

## **Prostate Cancer 101**

Tuesday, April 6, 6-7 pm

This workshop is led by medical professionals for those newly diagnosed with prostate cancer.

## **Prostate Cancer Drop-In Time**

Third Thursday, 12-1 pm

For those impacted by\*\* prostate cancer to learn and share together with others who have been there.

## **Prostate Cancer Support Group: Fireside Chat**

Tuesday, April 6, 7-9 pm

Join others impacted by\*\* prostate cancer to learn and share together. In April, join a panel of survivors and supporters for our annual fireside chat.

## **Prostate Cancer, Under 59**

Second Monday, 6-7:30 pm

A drop-in time for men under the age of 59 diagnosed with prostate cancer.

## **Quilting and Stitching for Kids Sake**

Each Thursday, 10 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 DeVos Children's Hospital.

## **Rehabilitation after Breast Surgery**

A workshop for those who have had breast surgery and would like recommendations to aid the healing process. Call the Clubhouse for more information and to schedule your appointment.

## **Senior Moments Video Lifestories**

This is an opportunity to gather your thoughts, memories and family stories to record on video for family and friends. Call the Clubhouse for more information and to schedule an appointment.

## **Sister to Sister Support and Lunch**

Wednesday, April 21, 11 am-1 pm

Sisters, come and join together for social time, support and lunch.

## **Sister to Sister Support Group**

First Monday, 6-8 pm

A monthly support group for women of color.

## **Sit and Be Fit**

Each Wednesday, 9:30-10:30 am

Join Noreen Duba for this gentle and energizing exercise class.

## **Supper Together**

Each Monday, Wednesday and Thursday, 5:30-6 pm

Come enjoy a delicious dinner together before groups begin at 6 pm.

## **Tai Chi**

Tuesdays, April 13 & 27, 10-11 am

Improve circulation, balance, flexibility, and inner peace through exploration of this ancient oriental exercise class. This exercise exerts no strenuous action. Feet are rooted to the ground with the torso and arms making physical poetry.

\* 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.

# APRIL | 2010

## APRIL

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### THURSDAY | APRIL 1

#### GRAND RAPIDS CLUBHOUSE

Open Exercise	9-11 am
"Awareness Through Movement"™	10-11 am
Cancer Support Group*	10-11:30 am
Family and Friends Group*	10-11:30 am
Quilting & Stitching for Kids Sake	10 am-12 pm
<b>CANCER SUPPORT NIGHT</b>	
Supper Together	5:30-6 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
Teen Talk Group*	6-7:30 pm
Tween Talk Group*	6-7:30 pm

### FRIDAY | APRIL 2

#### GRAND RAPIDS CLUBHOUSE

Clubhouse Closed

### SATURDAY | APRIL 3

#### GRAND RAPIDS CLUBHOUSE

New Member Meeting	10-11:30 am
Food for Life	10 am-1 pm
New Member Brunch	11:30 am-1 pm

### SUNDAY | APRIL 4

Clubhouse Closed

### MONDAY | APRIL 5

#### GRAND RAPIDS CLUBHOUSE

Knit Wits	9:30-11:30 am
Grief New Member Meeting	5-5:30 pm
Supper Together	5:30-6 pm
Breast Cancer Support Series 1 of 4	6-7:30 pm
Colon Cancer Support Series 1 of 4	6-7:30 pm
Grief - Adult Support Group*	6-7:30 pm
Gynecological Cancer	6-7:30 pm
Noogie Nights	6-7:30 pm
Sister to Sister Support Group	6-8 pm
Wood Carving with Donald	6-8 pm

#### ALLEGAN PROGRAM

Supper Together	5-6 pm
Support Group	6-7:30 pm
Noogie Nights	6-7:30 pm
Closing Circle	7:30-8 pm

### TUESDAY | APRIL 6

#### GRAND RAPIDS CLUBHOUSE

Grief - Adult Support Group*	10-11:30 am
Art Open Instruction	10 am-12 pm
Gardening with John Brott	10 am-12 pm
Yoga	11 am-12:30 pm
"Journey Through Grief" 3 of 5	11:30 am-12:30 pm
Cancer Support Group*	4-5:30 pm
Family and Friends Support Group*	4-5:30 pm
Prostate Cancer 101	6-7 pm
Prostate Cancer Support Group: "Fireside Chat"	7-9 pm

#### LOWELL CLUBHOUSE

Grief - Adult Group*	2-3 pm
Origami	2-3 pm
Supper Together	5-5:30 pm
Cancer - Adults Impacted by Cancer Group*	5:30-7 pm
Cancer - Kids & Tween Talk Group*	5:30-7 pm
Noogieland	5:30-7 pm
Teen Group* - Cancer and Grief	5:30-7 pm

### WEDNESDAY | APRIL 7

#### GRAND RAPIDS CLUBHOUSE

Sit and Be Fit	9:30-10:30 am
Thriving with Music and Movement	10-11 am
Talking with Your Mouth Full, Dice, Dominoes and Bingo	12-3 pm
<b>GRIEF SUPPORT NIGHT</b>	
Supper Together	5:30-6 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

### THURSDAY | APRIL 8

#### GRAND RAPIDS CLUBHOUSE

Functional Fitness with Rik - Level 1 & 2	9-11 am
"Awareness Through Movement"™	10-11 am
Cancer Support Group*	10-11:30 am
Family and Friends Group*	10-11:30 am
Quilting & Stitching for Kids Sake	10 am-12 pm
New Member Meeting	1-2:30 pm
<b>CANCER SUPPORT NIGHT</b>	
Supper Together	5:30-6 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
Teen Talk Group*	6-7:30 pm
Tween Talk Group*	6-7:30 pm
Dorothy's Chocolate Factory	6-8:30 pm

### FRIDAY | APRIL 9

#### GRAND RAPIDS CLUBHOUSE

Clubhouse Open	9 am-1 pm
Garden and Grounds Planning Meeting	10-11 am

### SATURDAY | APRIL 10

#### GRAND RAPIDS CLUBHOUSE

Food for Life	10 am-1 pm
---------------	------------

### SUNDAY | APRIL 11

Clubhouse Closed

### MONDAY | APRIL 12

#### GRAND RAPIDS CLUBHOUSE

Knit Wits	9:30-11:30 am
Garden Stone Painting	1-2 pm
Grief New Member Meeting	5-5:30 pm
Supper Together	5:30-6 pm
Adults Impacted by** Cancer	6-7:30 pm
Breast Cancer Support Series 2 of 4	6-7:30 pm
Colon Cancer Support Series 2 of 4	6-7:30 pm
Grief - Adult Support Group*	6-7:30 pm
Noogie Nights	6-7:30 pm
Prostate Cancer, Under 59	6-7:30 pm
Basket Making: Flower Door Basket	6-8 pm
Wood Carving with Donald	6-8 pm

\* 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.

# APRIL | 2010

## APRIL

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### TUESDAY | APRIL 13

#### GRAND RAPIDS CLUBHOUSE

Tai Chi	10-11 am
Grief - Adult Support Group*	10-11:30 am
Art Open Instruction	10 am-12 pm
Yoga	11 am-12:30 pm
"Journey Through Grief" 4 of 5	11:30 am-12:30 pm
Movie Matinee Club: "Tea with Mussolini"	1-4 pm
Cancer Support Group*	4-5:30 pm
Family and Friends Support Group*	4-5:30 pm

#### LOWELL CLUBHOUSE

Building Fitness: A Gentle Approach	1-2:30 pm
Grief - Adult Group*	2-3 pm
Origami	2-3 pm
Cancer - New Member Meeting	2:30-3:30 pm
Supper Together	5-5:30 pm
Grief - Adult Group*	5:30-7 pm
Grief - Kids Group*	5:30-7 pm
Noogieland	5:30-7 pm
Cancer - New Member Meeting	7-8:15 pm

### WEDNESDAY | APRIL 14

#### GRAND RAPIDS CLUBHOUSE

Sit and Be Fit	9:30-10:30 am
Thriving with Music and Movement	10-11 am
Watercolors with Chris	10 am-12 pm
<b>GRIEF SUPPORT NIGHT</b>	
Supper Together	5:30-6 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

### THURSDAY | APRIL 15

#### GRAND RAPIDS CLUBHOUSE

Functional Fitness with Rik - Level 1 & 2	9-11 am
"Awareness Through Movement"™	10-11 am
Cancer Support Group*	10-11:30 am
Family and Friends Group*	10-11:30 am
Quilting & Stitching for Kids Sake	10 am-12 pm
Breast Cancer Drop-In Time	12-1 pm
Prostate Cancer Drop-In Time	12-1 pm
Talking with Your Mouth Full, Dice, Dominoes and Bingo	12-3 pm
Gilda's Book Ends: "Away"	1-2 pm
<b>CANCER SUPPORT NIGHT</b>	
Supper Together	5:30-6 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
Teen Talk Group*	6-7:30 pm
Tween Talk Group*	6-7:30 pm
Jewelry Making	6-8 pm
Thyroid Cancer	6:30-8 pm

### FRIDAY | APRIL 16

Grand Rapids Clubhouse Open	9 am-1 pm
-----------------------------	-----------

### SATURDAY | APRIL 17

Clubhouse Closed

### SUNDAY | APRIL 18

Clubhouse Closed

### MONDAY | APRIL 19

#### GRAND RAPIDS CLUBHOUSE

Knit Wits	9:30-11:30 am
Drawing Instruction	10 am-12 pm
Grief New Member Meeting	5-5:30 pm
Supper Together	5:30-6 pm
Breast Cancer Support Series 3 of 4	6-7:30 pm
Colon Cancer Support Series 3 of 4: Fitness and Nutrition on a Cancer Journey	6-7:30 pm
Grief - Adult Support Group*	6-7:30 pm
Noogie Nights	6-7:30 pm
African Americans Living with Cancer	6-8 pm
Basket Making	6-8 pm
Wood Carving with Donald	6-8 pm
Brain Cancer	6:30-8 pm

### TUESDAY | APRIL 20

#### GRAND RAPIDS CLUBHOUSE

Grief - Adult Support Group*	10-11:30 am
Art Open Instruction	10 am-12 pm
Gardening with John Brott	10 am-12 pm
Yoga	11 am-12:30 pm
"Journey Through Grief" 5 of 5	11:30 am-12:30 pm
"Ask the Estate Planner"	12-1 pm
Talking with Your Mouth Full, Dice, Dominoes and Bingo	12-3 pm
Cancer Support Group*	4-5:30 pm
Family and Friends Support Group*	4-5:30 pm
Breast Cancer Group*	6-7:30 pm

#### LOWELL CLUBHOUSE

Facial and Skin Care Workshop	1-2:30 pm
Grief - Adult Group*	2-3 pm
Origami	2-3 pm
Supper Together	5-5:30 pm
Cancer - Adults Impacted by Cancer Group*	5:30-7 pm
Cancer - Kids & Tween Talk Group*	5:30-7 pm
Noogieland	5:30-7 pm
Teen Group* - Cancer and Grief	5:30-7 pm

### WEDNESDAY | APRIL 21

#### GRAND RAPIDS CLUBHOUSE

Sit and Be Fit	9:30-10:30 am
Thriving with Music and Movement	10-11 am
Watercolors with Chris	10 am-12 pm
Sister to Sister Support and Lunch	11 am-1 pm
Breast Cancer 101	1-3 pm
<b>GRIEF SUPPORT NIGHT</b>	
Supper Together	5:30-6 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

\* 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.

# APRIL | 2010

## APRIL

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### THURSDAY | APRIL 22

#### GRAND RAPIDS CLUBHOUSE

Functional Fitness with Rik - Level 1 & 2	9-11 am
"Awareness Through Movement"™	10-11 am
Look Good, Feel Better	9:30-11:30 am
Cancer Support Group*	10-11:30 am
Family and Friends Group*	10-11:30 am
Quilting & Stitching for Kids Sake	10 am-12 pm
<b>CANCER SUPPORT NIGHT</b>	
Supper Together	5:30-6 pm
"Ask the Tax Advisor"	6-7 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
Teen Talk Group*	6-7:30 pm
Tween Talk Group*	6-7:30 pm
Dorothy's Chocolate Factory	6:30-8 pm

### FRIDAY | APRIL 23

Grand Rapids Clubhouse Open	9 am-1 pm
-----------------------------	-----------

### SATURDAY | APRIL 24

#### GRAND RAPIDS CLUBHOUSE

New Member Meeting	10-11:30 am
Teen Retreat: Bowling Bonanza!	12-3 pm

#### LOWELL CLUBHOUSE

Spring Time Party	1-3 pm
-------------------	--------

### SUNDAY | APRIL 25

Clubhouse Closed

### MONDAY | APRIL 26

#### GRAND RAPIDS CLUBHOUSE

Knit Wits	9:30-11:30 am
Talking with Your Mouth Full: POTLUCK Dice, Dominoes and Bingo	12-3 pm
Tea 101	1-2 pm
Grief New Member Meeting	5-5:30 pm
Supper Together	5:30-6 pm
Adults Impacted by** Cancer	6-7:30 pm
Breast Cancer Support Series 4 of 4: Breast Cancer and Family History - BRCA1 and BRCA2 Testing Isn't Always the Answer	6-7:30 pm
Colon Cancer Support Series 4 of 4	6-7:30 pm
Grief - Adult Support Group*	6-7:30 pm
New Member Meeting	6-7:30 pm
Noogie Nights	6-7:30 pm
Writing Workshop	6-7:30 pm
Basket Making	6-8 pm
Wood Carving	6-8 pm

### TUESDAY | APRIL 27

#### GRAND RAPIDS CLUBHOUSE

Tai Chi	10-11 am
Grief - Adult Support Group*	10-11:30 am
Art Open Instruction	10 am-12 pm
Yoga	11 am-12:30 pm
Card Making	1-3 pm
Cancer Support Group*	4-5:30 pm
Family and Friends Support Group*	4-5:30 pm

#### LOWELL CLUBHOUSE

Building Fitness: A Gentle Approach	1-2:30 pm
Gardening with John Brott	1-3 pm
Grief - Adult Group*	2-3 pm
Origami	2-3 pm
Cancer - New Member Meeting	2:30-3:30 pm
Clubhouse Closed	5-8 pm
Gilda's Club Lowell Event **Offsite	6-7:30 pm

### WEDNESDAY | APRIL 28

#### GRAND RAPIDS CLUBHOUSE

Sit and Be Fit	9:30-10:30 am
Thriving with Music and Movement	10-11 am
<b>GRIEF SUPPORT NIGHT</b>	
Supper Together	5:30-6 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
"Ask the Lawyer"	7-8 pm
"Ask the Realtor"	7-8 pm

### THURSDAY | APRIL 29

#### GRAND RAPIDS CLUBHOUSE

Open Exercise	9-11 am
"Awareness Through Movement"™	10-11 am
Cancer Support Group*	10-11:30 am
Family and Friends Group*	10-11:30 am
Quilting & Stitching for Kids Sake	10 am-12 pm
<b>CANCER SUPPORT NIGHT</b>	
Supper Together	5:30-6 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
Teen Talk Group*	6-7:30 pm
Tween Talk Group*	6-7:30 pm

### FRIDAY | APRIL 30

Grand Rapids Clubhouse Open	9 am-1 pm
-----------------------------	-----------



\* 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.