





learning the technique and art of pour painting. This workshop meets in person and is space limited to 8 participants. *Please contact Gilda's Club at [info@gildasclubgr.org](mailto:info@gildasclubgr.org) or call 616-453-8300 for more information or to register.*

**Supper Together** – During Supper Together, members are invited to come enjoy a delicious dinner together before groups begin.



# JUNE

## GILDA'S CLUB PROGRAM CALENDAR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY						
<div>9:30 a.m. Knit Wits 🇬</div> <div>12 p.m. Quick Break to Meditate Workshop 🇬🇷</div> <div>3 p.m. Fun with Beads 🇬🇷</div> <div>4 p.m. Christian Cancer Support 🇬</div> <div>4 p.m. Lung Cancer Support 🇬🇬</div> <div>4 p.m. Fun with Ukeles 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Exploring the Art of Quilting Workshop 🇬</div> <div>6 p.m. Stronger with Every Bite: Protein &amp; Wellness with Your Health Coach 🇬</div> <div>6 p.m. Gynecological Cancer Support 🇬🇬</div> <div>6 p.m. Prostate Cancer Support: How Radiopharmaceuticals are Changing Prostate Cancer Care with BAMF 🇬🇬🇫🇬🇷</div> <div>6 p.m. Sister to Sister Cancer Support 🇬</div> <div>6 p.m. Living with Grief 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>		2	<div>10 a.m. Zumba 🇬</div> <div>10 a.m. Art &amp; Conversation Workshop 🇬</div> <div>10 a.m. Virtual Cancer Support 🇬</div> <div>5 p.m. 20-Minute Meditation 🇬🇬</div> <div>6 p.m. Breast Cancer Support 🇬🇬</div> <div>6 p.m. Virtual Grief Support 🇬</div>		3	<div>10 a.m. Sit &amp; Be Fit 🇬</div> <div>4 p.m. Grief Support 🇬</div> <div>4:30 p.m. Youth Grief New Member Meeting 🇬</div> <div>4:30 p.m. Grief New Member Meeting 🇬</div> <div>4:30 p.m. Paws With A Cause 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Grief Support 🇬</div> <div>6 p.m. Kids Grief Support 🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Parent Grief Support 🇬</div> <div>6 p.m. Spouse Grief with Children at Home Support 🇬</div> <div>6 p.m. Teen &amp; Tween Grief Support 🇬</div> <div>6 p.m. Young Adult Grief Support 🇬</div>		4	<div>4:30 p.m. Yoga for All Levels Workshop 🇬 5</div> <div>4:30 p.m. Youth Cancer New Member Meeting 🇬</div> <div>4:30 p.m. Cancer New Member Meeting 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Healing Touch 🇬🇷</div> <div>6 p.m. Cancer Support 🇬🇬</div> <div>6 p.m. Family &amp; Friends Cancer Support 🇬🇬🇬</div> <div>6 p.m. Kids Cancer Support 🇬</div> <div>6 p.m. Next Steps Cancer Support 🇬🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Teen &amp; Tween Cancer Support 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>				6			7
<div>9:30 a.m. Knit Wits 🇬</div> <div>12 p.m. Quick Break to Meditate Workshop 🇬🇷</div> <div>3 p.m. Leukemia &amp; Lymphoma Cancer Support 🇬🇬</div> <div>4 p.m. Christian Cancer Support 🇬</div> <div>4 p.m. Fun with Ukuleles 🇬</div> <div>4:30 p.m. Grief New Member Meeting 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Exploring the Art of Quilting Workshop 🇬</div> <div>6 p.m. Living with Grief 🇬</div> <div>6 p.m. Spouse Grief Support 🇬</div> <div>6 p.m. Young Adult Cancer Support 🇬🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>		9	<div>10 a.m. Zumba 🇬</div> <div>10 a.m. Art &amp; Conversation Workshop 🇬</div> <div>5 p.m. Ask the Lawyer Workshop 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Gilda's Game Night 🇬</div> <div>6 p.m. Multiple Myeloma Cancer Support 🇬🇬</div> <div>6 p.m. Virtual Next Steps Grief Support 🇬</div> <div>6 p.m. Writing Together 🇬</div>		10	<div>10 a.m. Sit &amp; Be Fit 🇬</div> <div>4:30 p.m. Youth Grief New Member Meeting 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Grief Support 🇬</div> <div>6 p.m. Kids Grief Support 🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Parent Grief Support 🇬</div> <div>6 p.m. Spouse Grief with Children at Home Support 🇬</div> <div>6 p.m. Teen &amp; Tween Grief Support 🇬</div> <div>6 p.m. Young Adult Grief Support 🇬</div>		11	<div>4:30 p.m. Yoga for All Levels Workshop 🇬 12</div> <div>4:30 p.m. Youth Cancer New Member Meeting 🇬</div> <div>4:30 p.m. Paws With A Cause 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Cancer Support 🇬🇬</div> <div>6 p.m. Colorectal &amp; Related Cancers Support 🇬🇬</div> <div>6 p.m. Family &amp; Friends Cancer Support 🇬🇬</div> <div>6 p.m. Kids Cancer Support 🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Teen &amp; Tween Cancer Support 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>		<div>9 a.m. Self-Care with The Healing Nest 🇬</div>		13			14
<div>CAMP SPARKLE: GRIEF   JUNE 16, 18 &amp; 20   9:15 A.M. - 3 P.M.</div>												21				
<div>9:30 a.m. Knit Wits 🇬</div> <div>12 p.m. Quick Break to Meditate Workshop 🇬🇷</div> <div>4 p.m. Christian Cancer Support 🇬</div> <div>4 p.m. Fun with Ukuleles 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Art Therapy &amp; Grief Workshop 🇬🇫</div> <div>6 p.m. Living with Grief 🇬</div> <div>6 p.m. Men's Grief Support 🇬</div> <div>6 p.m. Exploring the Art of Quilting Workshop 🇬</div> <div>6 p.m. Brain Cancer Support 🇬🇬</div> <div>6 p.m. Noogie Nights 🇬🇷</div> <div>6 p.m. Perinatal Grief Support 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>		16	<div>10 a.m. Zumba 🇬</div> <div>10 a.m. Art &amp; Conversation Workshop 🇬</div> <div>10 a.m. Virtual Cancer Support 🇬</div> <div>5 p.m. 20-Minute Meditation 🇬🇬</div> <div>6 p.m. Breast Cancer Support 🇬🇬</div> <div>6 p.m. Virtual Grief Support 🇬</div>		17	<div>10 a.m. Sit &amp; Be Fit 🇬</div> <div>4 p.m. Grief Support 🇬</div> <div>4:30 p.m. Youth Grief New Member Meeting 🇬</div> <div>4:30 p.m. Grief New Member Meeting 🇬</div> <div>4:30 p.m. Paws With A Cause 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Grief Support 🇬</div> <div>6 p.m. Kids Grief Support 🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Parent Grief Support 🇬</div> <div>6 p.m. Spouse Grief with Children at Home Support 🇬</div> <div>6 p.m. Teen &amp; Tween Grief Support 🇬</div> <div>6 p.m. Young Adult Grief Support 🇬</div>		18	<div>1 p.m. Book Ends with "Chemistry" by Bonnie Grams 🇬 19</div> <div>4:30 p.m. Yoga for All Levels Workshop 🇬</div> <div>4:30 p.m. Youth Cancer New Member Meeting 🇬</div> <div>4:30 p.m. Cancer New Member Meeting 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Cancer Support 🇬🇬</div> <div>6 p.m. Family &amp; Friends Cancer Support 🇬🇬</div> <div>6 p.m. Next Steps Cancer Support 🇬🇬</div> <div>6 p.m. Kids Cancer Support 🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Teen &amp; Tween Cancer Support 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>				20			
<div>CAMP SPARKLE: CANCER   JUNE 23, 25 &amp; 27   9:15 A.M. - 3 P.M.</div>												28				
<div>9:30 a.m. Knit Wits 🇬</div> <div>12 p.m. Quick Break to Meditate Workshop 🇬🇷</div> <div>4 p.m. Christian Cancer Support 🇬</div> <div>4 p.m. Fun with Ukuleles 🇬</div> <div>6 p.m. Cancer New Member Meeting 🇬</div> <div>6 p.m. Grief New Member Meeting 🇬</div> <div>6 p.m. African American/Black Community Living with Grief Support 🇬</div> <div>6 p.m. Exploring the Art of Quilting Workshop 🇬</div> <div>6 p.m. Spouse Grief Support 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>		23	<div>10 a.m. Zumba 🇬</div> <div>10 a.m. Art &amp; Conversation Workshop 🇬</div> <div>10 a.m. Cancer New Member Meeting 🇬</div> <div>1 p.m. Grief New Member Meeting 🇬</div> <div>6 p.m. Multiple Myeloma Cancer Support 🇬🇬</div> <div>6 p.m. Next Steps Grief Support 🇬</div>		24	<div>10 a.m. Sit &amp; Be Fit 🇬</div> <div>4:30 p.m. Youth Grief New Member Meeting 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Grief Support 🇬</div> <div>6 p.m. Kids Grief Support 🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Parent Grief Support 🇬</div> <div>6 p.m. Spouse Grief with Children at Home Support 🇬</div> <div>6 p.m. Teen &amp; Tween Grief Support 🇬</div> <div>6 p.m. Reiki Session 🇬</div>		25	<div>4 p.m. Christian Cancer Support 🇬🇬 26</div> <div>4:30 p.m. Yoga for All Levels Workshop 🇬</div> <div>4:30 p.m. Youth Cancer New Member Meeting 🇬</div> <div>4:30 p.m. Paws With A Cause 🇬</div> <div>5:30 p.m. Supper Together 🇬</div> <div>6 p.m. Understanding Mindfulness 🇬</div> <div>6 p.m. Pour Paint Workshop 🇬🇷</div> <div>6 p.m. Cancer Support 🇬🇬</div> <div>6 p.m. Family &amp; Friends Cancer Support 🇬🇬</div> <div>6 p.m. Kids Cancer Support 🇬</div> <div>6 p.m. Noogieland 🇬</div> <div>6 p.m. Teen &amp; Tween Cancer Support 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>				27	<div>Gilda Radner's 79th Birthday!</div>		
<div>9:30 a.m. Knit Wits 🇬</div> <div>12 p.m. Quick Break to Meditate Workshop 🇬🇷</div> <div>4 p.m. Fun with Ukuleles 🇬</div> <div>4 p.m. Christian Cancer Support 🇬</div> <div>6 p.m. Exploring the Art of Quilting Workshop 🇬</div> <div>6 p.m. Outdoor Gentle Yoga 🇬</div>		30	<div>CALENDAR KEY</div> <div>🇬 Program offered virtually   🇬 Program offered in-person</div> <div>🇬🇬 Program offered both virtually &amp; in-person</div> <div>🇫 Public Event, Community Welcome!   🇷 Pre-registration Required</div> <div>Adult Support Group   Educational Opportunity   Family/Youth Program</div> <div>Healthy Lifestyle Activity   New Member Meeting   Social Event/Activity</div>			<div></div> <div>Scan to view online!</div>										

### LOWELL CLUBHOUSE PROGRAM

TUESDAY, JUNE 3  
6 p.m. Cancer Support 🇬

TUESDAY, JUNE 10  
4 p.m. Breast Cancer Support 🇬  
6 p.m. Grief Support 🇬

TUESDAY, JUNE 17  
6 p.m. Cancer Support 🇬

TUESDAY, JUNE 24  
6 p.m. Grief Support 🇬  
6 p.m. Gilda's Game Night 🇬

If you are interested in learning about youth support available with Gilda's Club Lowell, please call Gilda's Club for more information, 616-897-8600.



Add some sparkle to your summer!

### REGISTER YOUR CAMPER TODAY!

Grief Camp: June 16, 18, & 20  
Cancer Camp: June 23, 25 & 27

Join us at our 2025 Camp Sparkle! A **FREE** annual day camp for children ages 5-11 impacted by cancer or grief, Camp Sparkle brings together children journeying life's tough stuff to explore ways of coping with cancer or grief that supports overall emotional health.

Visit [gildasclubgr.org/camp-sparkle](https://gildasclubgr.org/camp-sparkle) to learn more or to register!

### WONDERING WHAT TO DO FIRST OR HOW TO BECOME A MEMBER?

### GET SUPPORT STARTED BY ATTENDING A NEW MEMBER MEETING

Join us to learn more about the FREE cancer and grief emotional health support program offered through Gilda's Club. A New Member Meeting is an informational orientation that will help you learn more about Gilda's Club program offerings and different types of support. It is also a prerequisite before attending member-specific programs. If you are interested in registering a child, tween or teen for a new member meeting, please register for one of the Youth New Member Meetings below.

To register for this program, please contact [info@gildasclubgr.org](mailto:info@gildasclubgr.org), call us at 616.453.8300 or fill out our new member form online at [gildasclubgr.org/get-started](https://gildasclubgr.org/get-started).

### CANCER NEW MEMBER MEETINGS

Thursday, June 5 / 4:30 p.m. 🇬  
Thursday, June 19 / 4:30 p.m. 🇬  
Monday, June 23 / 6 p.m. 🇬  
Tuesday, June 24 / 10 a.m. 🇬

### YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, June 5, 12, 19, 26 / 4:30 p.m. 🇬

### GRIEF NEW MEMBER MEETINGS

Wednesday, June 4 / 4:30 p.m. 🇬  
Monday, June 9 / 4:30 p.m. 🇬  
Wednesday, June 18 / 4:30 p.m. 🇬  
Monday, June 23 / 6 p.m. 🇬  
Tuesday, June 24 / 1 p.m. 🇬

### YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, June 4, 11, 18, 25 / 4:30 p.m. 🇬

If none of the above work in your schedule or you are interested in setting up one at our Lowell location, please contact us about scheduling an individual new member meeting.



GILDA'S CLUB GRAND RAPIDS

An Affiliate of the CANCER SUPPORT COMMUNITY

IN THIS TOGETHER...  
LEARN. SHARE. LAUGH.

To register for a program or learn more about getting support started, contact [info@gildasclubgr.org](mailto:info@gildasclubgr.org) or 616.453.8300 or visit [gildasclubgr.org](https://gildasclubgr.org)