TUESDAY WEDNESDAY **THURSDAY SATURDAY**

SEPTEMBER GILDA'S CLUB PROGRAM CALENDAR

10 a.m. Art & Conversation Workshop 3 4:30 p.m. Cancer New Member Meeting **10 a.m.** Sit & Be Fit (10 a.m. Zumba 4 p.m. Grief Support 🌑 4:30 p.m. Yoga for All Levels Workshop 1 p.m. Virtual Cancer Support 4:30 p.m. Grief New Member Meeting 4:30 p.m. Youth Cancer New Member Meeting 3:30 p.m. Mindfulness-Based Stress Reduction 4:30 p.m. Youth Grief New Member Meeting 5:30 p.m. Supper Together **CLOSED** (MBSR) Series (R 4:30 p.m. Paws with a Cause 🌘 6 p.m. Kids Cancer Support 4 p.m. Lung Cancer Support 🕦 🗐 5:30 p.m. Supper Together (6 p.m. Noogieland 🌘 LABOR DAY 5 p.m. 20-Minute Meditation (6 p.m. Healing Touch 🚯 📵 6 p.m. Grief Support 6 p.m. Breast Cancer Support 🕦 🗐 6 p.m. Parent Grief Support ① 6 p.m. Family & Friends Cancer Support 🕦 🗐 6 p.m. Virtual Grief Support 6 p.m. Spouse Grief with Children at Home Support 6 p.m. Cancer Support 🚯 🗐 6 p.m. Living with Grief Series (6 p.m. Teen & Tween Cancer Support 6 p.m. Young Adult Grief Support 6 p.m. Prostate Cancer Support 🕦 🗐 6 p.m. Teen & Tween Grief Support 6 p.m. Outdoor Gentle Yoga 6 p.m. Kids Grief Support 👚 6 p.m. Next Steps Cancer: Naming Survivorship 🌓 🔘 🖸 **6 p.m.** Noogieland 👚 12 9:30 a.m. Knit Wits 10 a.m. Art & Conversation Workshop 10 a.m. Sit & Be Fit 4:30 p.m. Yoga for All Levels Workshop 🕦 4:30 p.m. Youth Grief New Member Meeting 4:30 p.m. Youth Cancer New Member Meeting 12 p.m. Quick Break to Meditate Workshop 📵 🔃 10 a.m. 7 umba 3 p.m. Fun with Beads 🚯 📵 11:30 a.m. Zentangle with Emy 🌘 5:30 p.m. Supper Together 🚯 4:30 p.m. Paws with a Cause 👚 3 p.m. Leukemia & Lymphoma Cancer Support 🚯 🗐 1 p.m. Cancer New Member Meeting 5:30 p.m. Supper Together 🚯 6 p.m. Grief Support (1) 4 p.m. Christian Cancer Support 3:30 p.m. Mindfulness-Based Stress Reduction 6 p.m. Parent Grief Support 🕦 6 p.m. Kids Cancer Support 🕦 (MBSR) Series 🚯 🔞 4 p.m. Fun with Ukuleles 6 p.m. Spouse Grief with Children at Home Support 6 p.m. Noogieland (4:30 p.m. Grief New Member Meeting 4:30 p.m. Gynecological Cancer Support 🕦 🗐 6 p.m. Young Adult Grief Support 6 p.m. Family & Friends Cancer Support 🕦 🗐 5:30 p.m. Supper Together 🚯 5 p.m. Ask the Lawyer Workshop 🔘 6 p.m. Teen & Tween Grief Support 🚯 6 p.m. Cancer Support 🚯 🗐 5:30 p.m. Supper Together 🛊 6 p.m. Exploring the Art of Quilting Workshop 6 p.m. Colorectal & Related Cancer Support 🌒 🗐 6 p.m. Kids Grief Support 5:45 p.m. Scrapbooking Together 6 p.m. Teen & Tween Cancer Support 6 p.m. Outdoor Gentle Yoga 🚯 6 p.m. Noogieland 👚 6 p.m. Multiple Myeloma Cancer Support 🕞 🗐 6 p.m. Young Adult Cancer Support 🌓 🗐 6 p.m. Flowers with Friends 🛊 🔞 6 p.m. Virtual Next Steps Grief Support 6 p.m. Outdoor Gentle Yoga 6 p.m. Spouse Grief Support ① 6 p.m. Gilda's Game Night 👚 6 p.m. Writing Together 🕦 6 p.m. Living with Grief Series (19 17 9 a.m. Renew & Reimagine: **10 a.m.** Sit & Be Fit **(** 9:30 a.m. Knit Wits 10 a.m. Art & Conversation Workshop **12 p.m.** Quick Break to Meditate Workshop 🗐 📵 A Journey Beyond Grief and Cancer 10 a.m. Zumba 🕦 4 p.m. Grief Support 👚 - a Workshop for Men 🌓 4 p.m. Christian Cancer Support 1 p.m. Virtual Cancer Support 4:30 p.m. Grief New Member Meeting 9:30 a.m. Conscious Breathing 4 p.m. Fun with Ukuleles 🌘 3:30 p.m. Mindfulness-Based Stress Reduction 4:30 p.m. Youth Grief New Member Meeting with Kundalini Yoga 🚯 (MBSR) Series 🕞 📵 4:30 p.m. Paws with a Cause 5:30 p.m. Supper Together 🕦 1 p.m. Book Ends with "One Step Too Far" **6 p.m.** The Mortals Death Discussions 🚯 🖸 5 p.m. 20-Minute Meditation 🛊 🖨 5:30 p.m. Supper Together 🕦 by Lisa Gardner 6 p.m. Breast Cancer Support: 6 p.m. Grief Support **6 p.m.** Empowering Your Health with a Holistic 4:30 p.m. Cancer New Member Meeting Understanding Lymhedema 🌓 🗐 Health Coach 6 p.m. Parent Grief Support 🕦 4:30 p.m. Yoga for All Levels Workshop (6 p.m. Virtual Grief Support 6 p.m. Exploring the Art of Quilting Workshop 6 p.m. Spouse Grief with Children at Home Support 4:30 p.m. Youth Cancer New Member Meeting 6 p.m. Perinatal Grief Support 🌘 6 p.m. Living with Grief Series 6 p.m. Young Adult Grief Support 5:30 p.m. Supper Together 🚯 6 p.m. Gilda's Euchre Night 🌘 6 p.m. Men's Grief Support 🕦 6 p.m. Teen & Tween Grief Support 🌗 **6 p.m.** Kids Cancer Support 6 p.m. Brain Cancer Support 🚯 🗐 6 p.m. Kids Grief Support 6 p.m. Noogieland 🕦 6 p.m. Noogie Nights 🕦 📵 6 p.m. Noogieland 6 p.m. Family & Friends Cancer Support 🕦 🗐 6 p.m. Art Therapy & Grief Workshop 🕦 🖸 6 p.m. Cancer Support 🕦 🗐 6 p.m. Outdoor Gentle Yoga 🌗 6 p.m. Teen/Tween Cancer Support ① 6 p.m. Outdoor Gentle Yoga 6 p.m. A Caregiver's Grief Journey 🕟 9:30 a.m. Conscious Breathing 6 p.m. 9:30 a.m. Knit Wits 10 a.m. Art & Conversation Workshop **10 a.m.** Sit & Be Fit 🚯 with Kundalini Yoga 🚯 12 p.m. Quick Break to Meditate Workshop 🗐 🔃 10 a.m. 7umba 4 p.m. Cancer New Member Meeting PINK 4:30 p.m. Yoga for All Levels Workshop 🌗 4 p.m. Christian Cancer Support 1 p.m. Grief New Member Meeting 4:30 p.m. Youth Grief New Member Meeting **ARROW** 4:30 p.m. Youth Cancer New Member Meeting 2025 4 p.m. Fun with Ukuleles 3:30 p.m. Mindfulness-Based Stress Reduction 5:30 p.m. Supper Together (4:30 p.m. Paws with a Cause at Lowell High (MBSR) Series 🚯 🔞 6 p.m. Exploring the Art of Quilting Workshop 6 p.m. Grief Support 👚 School Footbal 5:30 p.m. Supper Together 6 p.m. Outdoor Gentle Yoga 🛊 6 p.m. Grief New Member Meeting 6 p.m. Parent Grief Support (1) Stadium 🌖 6 p.m. Kids Cancer Support 🕦 6 p.m. Multiple Myeloma Cancer Support 🚯 🗐 6 p.m. Spouse Grief Support 🌓 6 p.m. Spouse Grief with Children at Home Support 6 p.m. Noogieland 6 p.m. Next Steps Grief Support ① 6 p.m. Mindful Detachment: 6 p.m. Young Adult Grief Support 🌗 6 p.m. Family & Friends Cancer Support 🕦 🗐 A Powerful Tool for Anxiety Relief (1) 6 p.m. Teen & Tween Grief Support 🕦 6 p.m. Cancer Support 🛊 🗐 6 p.m. African American/Black Community 6 p.m. Kids Grief Support (1) 6 p.m. Teen & Tween Cancer Support Living with Grief Support **6 p.m.** Noogieland 🌘 6 p.m. Outdoor Gentle Yoga 👚 6 p.m. Reiki Session 👚 **6 p.m.** Understanding Mindfulness **(6 p.m.** Healthy Eating with Michigan State University 🕞 🖸 9:30 a.m. Knit Wits 10 a.m. Art & Conversation Workshop **CALENDAR KEY** 12 p.m. Quick Break to Meditate Workshop 🗐 📵 **10 a.m.** Zumba Program offered virtually | Program offered in-person 4 p.m. Christian Cancer Support 3:30 p.m. Mindfulness-Based Stress Reduction

Program offered both virtually & in-person

Public Event, Community Welcome! | 🕓 Pre-registration Required

Adult Support Group | Educational Opportunity | Family/Youth Program

Healthy Lifestyle Activity | New Member Meeting | Social Event/Activity

(MBSR) Series 🕕 🕟

4 p.m. Fun with Ukuleles

6 p.m. Outdoor Gentle Yoga 🕦

6 p.m. Mindful Detachment:

6 p.m. Cancer New Member Meeting

A Powerful Tool for Anxiety Relief (1)

6 p.m. Exploring the Art of Quilting Workshop

LOWELL CLUBHOUSE PROGRAM

TUESDAY, SEPTEMBER 16 TUESDAY, SEPTEMBER 2

6 p.m. Cancer Support 🕦

TUESDAY, SEPTEMBER 9

11 a.m.

Applied

Mindfulness 🚯

13

20

Scan to

online!

WEST

SIDE 💎

WALK

10 a.m. Check-In

11 a.m. Start

view

4 p.m. Breast Cancer Support: Understanding Lymphedema (1) 6 p.m. Grief Support 🕦

6 p.m. Cancer Support (1) 6 p.m. DIY Soap Making Workshop 🌗 🕑

TUESDAY, SEPTEMBER 23

5 p.m. Book Discussion Night: Read, Reflect & Connect 🕦 🖸 6 p.m. Grief Support (1)

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.

IOIN THE LOWELL COMMUNITY **AS WE CELEBRATE PINK ARROW 2025!**

Join us on Friday, September 26 for a Cancer's Survivor Walk at 6 p.m. at Lowell High School Football Stadium, followed by the Varsity Football game. The Football Game will kick off at 7:10 p.m. at Lowell High School football stadium. Say hi to our staff at the Gilda's Club booth starting at 5 p.m.!

Please note, there is a ticket fee associated with this event.

Our Lowell Clubhouse is funded in part by Pink Arrow Pride, a benefit through the Lowell Football and Lowell Public School Community.

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 differenttypes 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 and the contraction of the contractionmeeting, please register for one of the Youth New Member Meetings below.

To register for this program, contact info@gildasclubgr.org, call us at 616.453.8300 or fill out our new member form online at gildasclubgr.org/get-started.

CANCER NEW MEMBER MEETINGS

Thursday, September 4 / 4:30 p.m. Tuesday, September 9 / 1 p.m. Thursday, September 18 / 4:30 p.m. Wednesday, September 24 / 4 p.m. Monday, September 29 / 6 p.m.

YOUTH CANCER NEW MEMBER MEETINGS

Thursdays, September 4, 11, 18, 25 / 4:30 p.m. ()

GRIEF NEW MEMBER MEETINGS

Wednesday, September 3 / 4:30 p.m. () Tuesday, September 9 / 4:30 p.m. Wednesday, September 17 / 4:30 p.m. () Tuesday, September 23 / 1 p.m. 🕞 Tuesday, September 23 / 6 p.m. 🌖

YOUTH GRIEF NEW MEMBER MEETINGS

Wednesdays, September 3, 10, 17, 24 / 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.



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 or 616.453.8300 or visit gildasclubgr.org

September PROGRAM HIGHLIGHTS

BREAST CANCER SUPPORT:

UNDERSTANDING LYMPHEDEMA

September 9, 4 p.m. 🕦 @ LOWELL CLUBHOUSE September 16, 6 p.m. 🜘 🗐 @ GR CLUBHOUSE

This month, please join us for an educational time with guest speaker Ellen Olefsky, Occupational Therapist from The Center for Physical Rehabilitation, for discussion about Lymphedema.

DIY SOAP MAKING WORKSHOP IN LOWELL (1) (2)

Come as you are and leave feeling inspired! Paint & Connect is a relaxed, welcoming event that blends creative expression with meaningful human connection. No experience is necessary! This is not a traditional art class, but rather a guided space to play with paint, let go of expectations, and connect with others in an authentic way. Whether you're picking up a brush for the first time or you're a seasoned artist, this is a chance to express yourself freely and enjoy the moment. Take a break from your daily routine and join us for an evening of color, creativity, and connection. Come solo or bring a friend,

A CAREGIVER'S GRIEF JOURNEY (*)

September 18, 6 p.m.

A workshop facilitated by program staff Maureen McKenzie, LLMSW, to learn and share about the unique grief that caregivers experience after caregiving for someone through illness to their person's end of life.

HEALTHY EATING WITH MICHIGAN STATE UNIVERSITY 🌘 🖸 September 24, 6 p.m.

Join Michigan State University for a time of learning and diving into healthy eating and cooking tips. This is for individuals and families with teens/tweens interested in cooking

SPECIAL THANKS FOR THEIR SUPPORT OF OUR PROGRAM TO









Cook Foundation Steelcase Foundation USFP INDUSTRIES





CANCER SUPPORT COMMUNITY

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

Gilda's Club Grand Rapids is a vibrant FREE emotional health support community of children, adults, families and friends on any kind of cancer journey or those grieving a death due to any cause.

While our program is free of charge to our members, it is not free to provide. As an independent and locally-funded non-profit, Gilda's Club runs entirely on donations from individuals and organizations in our community. If you are interested in making a tax-deductible donation today to help sustain the free cancer and grief programs offered through Gilda's Club



You can see our full calendar on the reverse side,

ADULT SUPPORT

African American/Black Community Living with Grief Support - A monthly support group for

Brain Cancer Support - A monthly support group for adults impacted by brain cancer. Support

Breast Cancer Support - A bimonthly support group for adults diagnosed with breast cancer.

Cancer Support - A weekly or biweekly support group for adults diagnosed with any type of cancer. Virtual and in-person options available.

Christian Cancer Support – A weekly support group for all "seekers" diagnosed with any type of cancer. Join us for this Christian-faith based group where members share in their cancer journeys

Colorectal & Related Cancer Support - A monthly support group for adults diagnosed with plorectal cancer and related hereditary risk syndromes. Those affected by syndromes such as Lynch and FAP are welcome to attend this support group.

Family & Friends Cancer Support - A weekly support group for individuals supporting a family member or friend on their cancer journey. Grief Support - A weekly support group for adults who have experienced a death of someone in

their life and are within the first two years of bereavement. Gynecological Cancer Support - A monthly support group for adults diagnosed with

Leukemia & Lymphoma Cancer Support - A monthly support group for adults impacted by

Lung Cancer Support - A monthly support group for adults diagnosed with lung cancer.

Men's Grief Support - A monthly support group for men who have experienced a death of someone in their life due to any cause. Multiple Myeloma Cancer Support - A bimonthly support group for adults impacted by multiple

nyeloma. Support person(s) welcome **Next Steps Cancer: Naming Survivorship** – A monthly support group for cancer survivors whose focus has shifted toward living life post treatment.

Next Steps Grief Support – A bimonthly support group for adults who are two years or more beyond the death of someone in their life and whose focus is on learning long term skills to live with grief.

Parent Grief Support – A weekly support group for parents who have experienced the death of a child and are within the first two years of bereavement.

Perinatal Grief Support – A monthly support group for adults who have experienced miscarriage stillbirth or early infant death within the first trimester prenatal to one month postpartum.

Prostate Cancer Support - A monthly support group for men diagnosed with prostate cancer.

Sister to Sister Cancer Support - A monthly support group for women of color impacted by any type Spouse Grief Support - A bimonthly support group for adults who have experienced the death of a

pouse and are within the first two years of bereavemen

Spouse Grief with Children at Home Support - A weekly support group for adults who have experienced the death of a spouse, have school-aged children living at home and are within the first two years of bereavement.

Young Adult Cancer Support - A monthly support group for those who are post high school to age 35 diagnosed with any type of cancer.



gildasclubgr.org • info@gildasclubgr.org • 616.453.8300 1806 Bridge St. NW, Grand Rapids, MI 49504 865 Lincoln Lake Ave. SE, Lowell, MI 49331

Grand Rapids, please visit gildasclubgr.org/donate or call 616.453.8300.



There's a lot happening at Gilda's Club this month!

 $at\ gild a sclub gr. or g/calendar\ or\ by\ scanning\ this\ QR\ code.$

Young Adult Grief Support - A weekly support group for those who are post high school to age 35 and have experienced a death of someone in their life and are within the first two years of bereavement.

YOUTH PROGRAMS

Kids Cancer Support - A weekly support group for elementary age youth impacted by cancer (whether their own diagnosis or that of someone in their life).

Kids Grief Support - A weekly support group for elementary age youth who have experienced the

Noogieland - Noogieland offers fun activities including arts and crafts, drama, games and more for youth in kindergarten and younger. Supervised by a professional staff with the help of many dedicated volunteers, Noogieland provides a safe environment for kids to share their feelings and build support on Wednesday and Thursday nights, concurrent with other youth and adult support groups, so that support is available for the whole family.

Noogie Nights - Noogieland supervised play time will be available for children up to age 10 whose adults are attending Gilda's in-person programming. Please RSVP at least one business day in advance if you plan to bring your child for Noogie Nights.

Teen/Tween Cancer Support – A weekly support group for teens in high school and tweens in middle school impacted by cancer (whether their own diagnosis or that of someone in their life). Teen/Tween Grief Support - A weekly support group for teens in high school and tweens in iddle school who have experienced the death of someone in their life due to any cause

EDUCATIONAL OPPORTUNITIES

Ask the Lawyer Workshop – A licensed attorney will be able to meet with Gilda's Club members via Zoom who have legal questions. If the attorney recommends further legal advice outside of this workshop, there may be a fee for this additional service (this fee is not associated with or benefiting Gilda's Club Grand Rapids).

A Caregiver's Grief Journey - A workshop facilitated by program staff Maureen McKenzie, LLMSW, to learn and share about the unique grief that caregivers experience after caregiving for someone through illness to their person's end of life.

Living with Grief Series - This three-week series focuses on information about and understanding grief and its effects on you following the death of a person in your life due to any cause. It is especially helpful for those who recently began their grief journey. Each week covers unique information focused on understanding grief and its effects. Attendees may join us for any or all three weeks.

Mindful Detachment: A Powerful Tool for Anxiety Relief - Join psychotherapist Farid Alsabeh, LLP, for an engaging, practical workshop on mindful detachment - a simple but transformative technique to help you break free from anxious patterns of thought and live a more peaceful, clear-minded, and fulfilling life.

Renew & Reimagine - A Journey Beyond Grief & Cancer: A Men's Workshop - A workshop facilitated by program staff Maureen McKenzie, LLMSW, to learn and share about the unique grief that caregivers experience after caregiving for someone through illness to their person's end of life

HEALTHY LIFESTYLE ACTIVITIES

20-Minute Meditation – Join us for a guided meditation whether from home or with us in the clubhouse. Bi-weekly workshop with 20 minutes of active meditation lead by a facilitator.





An Affiliate of the **CANCER SUPPORT COMMUNITY**

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

SEPTEMBER 2025

Program Calendar

Applied Mindfulness - A monthly workshop with facilitator-led mindful practices, including

Conscious Breathing with Kundalini Yoga - Join Susanne Werblow, founder of Kundalini Yoga

GR. for an hour of conscious breathing practice at Gilda's Club Grand Rapids, Each week, Susanne

Werblow will take you on a breathing journey by introducing you to a different breathing technique

Empowering Your Health with a Holistic Health Coach - loin us every month for an interactive

and engaging workshop led by Lindsay Smith, a Certified Holistic Health Coach. Each session is

designed to empower you to take control of your health and well-being. Together, we'll dive into a new topic, explore common challenges, and provide you with actionable strategies, practical

Healing Touch – Learn about a method of working with the body's energy to help deal with pair

and stress. This workshop is facilitated by Suzan Corbett, certified Healing Touch nurse. Space is nited for up to 5 attendees. RSVPs are required for this workshop, please register in advance.

Healthy Eating with Michigan State University - Join Michigan State University for a time of

learning and diving into healthy eating and cooking tips. This is for individuals and families with

Outdoor Gentle Yoga - Come and grow together in a 45-minute outdoor gentle yoga session

welcoming all levels, including beginners! You are welcome to bring your own mat, otherwise one will be provided. This workshop is weather dependent and is held outdoors only. Please feel free to contact

Gwyn the volunteer instructor directly at reny5525@yahoo.com or Gilda's Club to inquire about any

Quick Break to Meditate Workshop - Join us for a Monday weekday refresh with a short and

sweet lunchtime virtual meditation session. Group will included a 15-20 minute guided meditation

Reiki Session - 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 to reduce stress and restore physical and emotional well-being.

Understanding Mindfulness - A monthly workshop that provides discussion and activities to help you

inderstand how mindfulness practices can fit into your life and help support your cancer or grief journey.

Nriting Together - Facilitator Pat is here to help you discover how writing during your cancer or

grief journey can translate into a creative expression of your experiences and thoughts. Join us monthly as we provide new and thought-provoking prompts to work through life's challenges and

Yoga for All Levels Workshop – Join Gwyn, certified yoga instructor for a gentle 45 minute yoga

session welcoming all levels, including beginners! Come grow together in a yoga practice, offered weekly on Thursday's at 4:30 p.m., and stay for Supper Together if you wish! You are welcome to

Zumba - Join us for Zumba! Zumba is a dance fitness program which combines Latin and

international music with dance designed to make exercise fun. Come prepared to sweat and move

Art & Conversation Workshop - A weekly time of companionship while working on your own art

or craft project. This is a self-led experience and time together with other artists sharing ideas

Book Discussion Night: Read, Reflect & Connect (LOWELL) - Calling all book lovers! Join us for a cozy

evening of conversation and connection centered around our first selected read: "The Garden of Smal

bring your own mat otherwise one will be provided. Please RSVP at 616-453-8300.

your feet; this class is open to participants 13 and older, at all levels of ability

estions or to find out if the session is being held on a particular evening due to weather conditions.

ools, and valuable insights to help you lead a more balanced and healthier life.

to have you in and out in 30 minutes or less to help you jump into your week.

Sit & Be Fit - A gentle and energizing exercise class for all fitness levels.

physical movement, meditation, discussions and other activities.

teens/tweens interested in cooking.

SOCIAL PROGRAMS



START OR IOIN **Δ ΤΕΔΜ ΤΟ ΔΥ**

Scan the QR Code above or visit gildasclubgr.org/walk to register.

SATURDAY, SEPTEMBER 27, 2025

Gilda's Club Grand Rapids

YOU CAN HELP ENSURE NO ONE HAS TO NAVIGATE CANCER OR GRIEF ON THEIR OWN.

10 A.M. CHECK-IN, 11 A.M. START, FREE REGISTRATION

Cancer and grief don't take a break - and neither do we! Join us at our 10th annual West Side Walk on Saturday, September 27 to help raise funds and awareness for Gilda's Club! We need your help - money raised through West Side Walk is critical to funding our emotional health support mission for any on a cancer or grief journey.

Gilda's Club believes no one should navigate cancer or grief on their own. The funds raised at the West Side Walk help provide connections and resources to individuals on a cancer or grief journey and help ensure our program stays free and available for those who need it most. Participation in Walk is free, through all walkers are encouraged to fundraise. Walkers who raise \$150 or more will earn this year's Walk shirt. So grab some friends and lace up your walking shoes. Let's do this!



Beginnings" by Abbi Waxman. Whether you've read it cover to cover or just started, this gathering is a chance to share thoughts, explore themes, and meet others who enjoy meaningful stories and good company. Expect a welcoming, no-pressure environment, relaxed discussion, thoughtful prompts to guide conversation and a chance to help shape a future book club if there's interest! Why Join? This is nore than just a book talk—it's a space to connect, reflect, and build community. If enough participants are interested, we'll turn this into a regular book club with rotating selections and ongoing gatherings

Explore the Art of Quilting Workshop - A weekly workshop for new and veteran quilters and titchers to bring their own project or utilize the supplies provided at Gilda's Club.

Flowers with Friends - Flowers can bring a little bit of much-needed joy and happiness to our lives and homes. This July, August, and September, join volunteer Shelly (co-owner of Blackbird Farms, which specializes in sustainably grown flowers and vegetables), who will be bringing all the supplies you need to create your own locally grown floral bouquets! No experience is necessary—just come with some enthusiasm and creativity, and we'll make some beautiful arrangements together. This workshop is limited to 12 participants (all ages welcome!), and registration is required.

Fun with Beads - Please join volunteer Sharon Alderink for a fun time beading together! All supplies are provided. This is a time to create necklaces, earrings, and bracelets that you are able to take home and enjoy! Beginner beaders and those who bead experience are welcome, and Sharon will be there to support you along the way as you bead! Registration is required, and space is imited to five participants.

Fun with Ukuleles - Learn to play the ukulele with friends! This workshop is aimed at teens and adults. Gilda's Club has a limited number of ukuleles that can be used during this workshop.

Gilda's Book Ends - Come on in and join for a lively book discussion! Monthly books may be obtained at the local area libraries and if you need assistance, please feel free to connect with Gilda's Club. This month's book is "One Step Too Far" by Lisa Gardner

Gilda's Euchre Night - Challenge fellow members on the third Tuesday of September, October and November to a classic game of Euchre!

Gilda's Game Night – Join in a fun social time for games together. There will be a variety of games to choose from, and snacks included as well! The social time is suitable for adults. Knit Wits - This weekly workshop is for new and veteran knitting enthusiasts to come together for

a social time while working on their own project. **The Mortals Death Discussions** – Originally part of "The Mortals Death Cafe," Margi Peterson facilitates this monthly open discussion of mortality, death and dying, now hosted in the Gilda's

Club Grand Rapids clubhouse. This is a safe and non-judgmental space to discuss what is often seen as a taboo subject and is open to the public and Gilda's Club members alike. Paws with a Cause - Since 1979, Paws With A Cause (PAWS) has enhanced lives nationwide through

the transformative power of custom-trained Assistance and Facility Dogs. These uniquely trained dogs visit community groups, businesses, schools, and other organizations to deliver comfort, reduce stress, and promote social engagement in diverse environments. The calming presence of a friendly, empathetic dog can alleviate feelings of isolation and anxiety, providing a moment of reprieve and connection for those facing daily challenges.

Scrapbooking Together - Join volunteer Ginger in creating your very own paper album scrapbook!f you have a scrapbook, you are welcome to bring this in to work on. Ginger will share tips and icks in creating a special keepsake. You can utilize the paper album for your memories, a mei book, life story book, or any other ideas you may have! All supplies are provided. Please RSVP and we hope to see you there!

Supper Together - During Supper Together, members are invited to come enjoy a delicious dinner ogether before groups begin.

Zentangle - Please join volunteer Marjorie for a time of gentle, meditative approach to drawing using simple provided tools and offered suggestions. You are welcome to join for this time to expand your creativity and relaxation with Zentangle as you create unique, beautiful images from repetitive patterns