

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


SEPTEMBER

GILDA'S CLUB
PROGRAM CALENDAR



<div>CLOSED for LABOR DAY</div>	<div>1</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  1 p.m. Virtual Cancer Support  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  4 p.m. Lung Cancer Support  5 p.m. 20-Minute Meditation  6 p.m. Breast Cancer Support  6 p.m. Virtual Grief Support  6 p.m. Living with Grief Series  6 p.m. Prostate Cancer Support </div>	<div>2</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  11:30 a.m. Zentangle with Emy  1 p.m. Cancer New Member Meeting  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  4:30 p.m. Grief New Member Meeting  5 p.m. Ask the Lawyer Workshop  5:30 p.m. Supper Together  5:45 p.m. Scrapbooking Together  6 p.m. Multiple Myeloma Cancer Support  6 p.m. Virtual Next Steps Grief Support  6 p.m. Gilda's Game Night  6 p.m. Writing Together  6 p.m. Living with Grief Series </div>	<div>3</div> <div>10 a.m. Sit & Be Fit  4 p.m. Grief Support  4:30 p.m. Grief New Member Meeting  4:30 p.m. Youth Grief New Member Meeting  4:30 p.m. Paws with a Cause  5:30 p.m. Supper Together  6 p.m. Grief Support  6 p.m. Parent Grief Support  6 p.m. Spouse Grief with Children at Home Support  6 p.m. Young Adult Grief Support  6 p.m. Teen & Tween Grief Support  6 p.m. Kids Grief Support  6 p.m. Noogieland </div>	<div>4</div> <div>4:30 p.m. Cancer New Member Meeting  4:30 p.m. Yoga for All Levels Workshop  4:30 p.m. Youth Cancer New Member Meeting  5:30 p.m. Supper Together  6 p.m. Kids Cancer Support  6 p.m. Noogieland  6 p.m. Healing Touch  6 p.m. Family & Friends Cancer Support  6 p.m. Cancer Support  6 p.m. Teen & Tween Cancer Support  6 p.m. Outdoor Gentle Yoga  6 p.m. Next Steps Cancer: Naming Survivorship </div>	<div>5</div>	<div>6</div> <div>11 a.m. Applied Mindfulness </div>
<div>9:30 a.m. Knit Wits  12 p.m. Quick Break to Meditate Workshop  3 p.m. Fun with Beads  3 p.m. Leukemia & Lymphoma Cancer Support  4 p.m. Christian Cancer Support  4 p.m. Fun with Ukuleles  4:30 p.m. Gynecological Cancer Support  5:30 p.m. Supper Together  6 p.m. Exploring the Art of Quilting Workshop  6 p.m. Outdoor Gentle Yoga  6 p.m. Young Adult Cancer Support  6 p.m. Spouse Grief Support </div>	<div>8</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  11:30 a.m. Zentangle with Emy  1 p.m. Cancer New Member Meeting  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  4:30 p.m. Grief New Member Meeting  5 p.m. Ask the Lawyer Workshop  5:30 p.m. Supper Together  5:45 p.m. Scrapbooking Together  6 p.m. Multiple Myeloma Cancer Support  6 p.m. Virtual Next Steps Grief Support  6 p.m. Gilda's Game Night  6 p.m. Writing Together  6 p.m. Living with Grief Series </div>	<div>9</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  1 p.m. Virtual Cancer Support  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  5 p.m. 20-Minute Meditation  6 p.m. Breast Cancer Support: Understanding Lymhedema  6 p.m. Virtual Grief Support  6 p.m. Living with Grief Series  6 p.m. Gilda's Euchre Night </div>	<div>10</div> <div>10 a.m. Sit & Be Fit  4:30 p.m. Youth Grief New Member Meeting  5:30 p.m. Supper Together  6 p.m. Grief Support  6 p.m. Parent Grief Support  6 p.m. Spouse Grief with Children at Home Support  6 p.m. Young Adult Grief Support  6 p.m. Teen & Tween Grief Support  6 p.m. Kids Grief Support  6 p.m. Noogieland </div>	<div>11</div> <div>4:30 p.m. Yoga for All Levels Workshop  4:30 p.m. Youth Cancer New Member Meeting  4:30 p.m. Paws with a Cause  5:30 p.m. Supper Together  6 p.m. Kids Cancer Support  6 p.m. Noogieland  6 p.m. Family & Friends Cancer Support  6 p.m. Cancer Support  6 p.m. Colorectal & Related Cancer Support  6 p.m. Teen & Tween Cancer Support  6 p.m. Flowers with Friends  6 p.m. Outdoor Gentle Yoga </div>	<div>12</div>	<div>13</div>
<div>9:30 a.m. Knit Wits  12 p.m. Quick Break to Meditate Workshop  4 p.m. Christian Cancer Support  4 p.m. Fun with Ukuleles  5:30 p.m. Supper Together  6 p.m. The Mortals Death Discussions  6 p.m. Empowering Your Health with a Holistic Health Coach  6 p.m. Exploring the Art of Quilting Workshop  6 p.m. Perinatal Grief Support  6 p.m. Men's Grief Support  6 p.m. Brain Cancer Support  6 p.m. Noogie Nights  6 p.m. Art Therapy & Grief Workshop  6 p.m. Outdoor Gentle Yoga </div>	<div>15</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  1 p.m. Virtual Cancer Support  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  5 p.m. 20-Minute Meditation  6 p.m. Breast Cancer Support: Understanding Lymhedema  6 p.m. Virtual Grief Support  6 p.m. Living with Grief Series  6 p.m. Gilda's Euchre Night </div>	<div>16</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  1 p.m. Virtual Cancer Support  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  5 p.m. 20-Minute Meditation  6 p.m. Breast Cancer Support: Understanding Lymhedema  6 p.m. Virtual Grief Support  6 p.m. Living with Grief Series  6 p.m. Gilda's Euchre Night </div>	<div>17</div> <div>10 a.m. Sit & Be Fit  4 p.m. Grief Support  4:30 p.m. Grief New Member Meeting  4:30 p.m. Youth Grief New Member Meeting  4:30 p.m. Paws with a Cause  5:30 p.m. Supper Together  6 p.m. Grief Support  6 p.m. Parent Grief Support  6 p.m. Spouse Grief with Children at Home Support  6 p.m. Young Adult Grief Support  6 p.m. Teen & Tween Grief Support  6 p.m. Kids Grief Support  6 p.m. Noogieland </div>	<div>18</div> <div>9 a.m. Renew & Reimagine: A Journey Beyond Grief and Cancer – a Workshop for Men  9:30 a.m. Conscious Breathing with Kundalini Yoga  1 p.m. Book Ends with “One Step Too Far” by Lisa Gardner  4:30 p.m. Cancer New Member Meeting  4:30 p.m. Yoga for All Levels Workshop  4:30 p.m. Youth Cancer New Member Meeting  5:30 p.m. Supper Together  6 p.m. Kids Cancer Support  6 p.m. Noogieland  6 p.m. Family & Friends Cancer Support  6 p.m. Cancer Support  6 p.m. Teen/Tween Cancer Support  6 p.m. Outdoor Gentle Yoga  6 p.m. A Caregiver's Grief Journey </div>	<div>19</div>	<div>20</div> <div>Scan to view online! </div>
<div>9:30 a.m. Knit Wits  12 p.m. Quick Break to Meditate Workshop  4 p.m. Christian Cancer Support  4 p.m. Fun with Ukuleles  6 p.m. Exploring the Art of Quilting Workshop  6 p.m. Outdoor Gentle Yoga  6 p.m. Spouse Grief Support  6 p.m. Mindful Detachment: A Powerful Tool for Anxiety Relief  6 p.m. African American/Black Community Living with Grief Support </div>	<div>22</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  1 p.m. Grief New Member Meeting  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  6 p.m. Grief New Member Meeting  6 p.m. Multiple Myeloma Cancer Support  6 p.m. Next Steps Grief Support </div>	<div>23</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series  6 p.m. Grief New Member Meeting  6 p.m. Multiple Myeloma Cancer Support  6 p.m. Next Steps Grief Support </div>	<div>24</div> <div>10 a.m. Sit & Be Fit  4 p.m. Cancer New Member Meeting  4:30 p.m. Youth Grief New Member Meeting  5:30 p.m. Supper Together  6 p.m. Grief Support  6 p.m. Parent Grief Support  6 p.m. Spouse Grief with Children at Home Support  6 p.m. Young Adult Grief Support  6 p.m. Teen & Tween Grief Support  6 p.m. Kids Grief Support  6 p.m. Noogieland  6 p.m. Reiki Session  6 p.m. Healthy Eating with Michigan State University </div>	<div>25</div> <div>9:30 a.m. Conscious Breathing with Kundalini Yoga  4:30 p.m. Yoga for All Levels Workshop  4:30 p.m. Youth Cancer New Member Meeting  4:30 p.m. Paws with a Cause  5:30 p.m. Supper Together  6 p.m. Kids Cancer Support  6 p.m. Noogieland  6 p.m. Family & Friends Cancer Support  6 p.m. Cancer Support  6 p.m. Teen & Tween Cancer Support  6 p.m. Outdoor Gentle Yoga  6 p.m. Understanding Mindfulness </div>	<div>26</div> <div>6 p.m. PINK ARROW 2025 at Lowell High School Football Stadium </div>	<div>27</div> <div>WEST SIDE WALK 10 a.m. Check-In 11 a.m. Start </div>
<div>9:30 a.m. Knit Wits  12 p.m. Quick Break to Meditate Workshop  4 p.m. Christian Cancer Support  4 p.m. Fun with Ukuleles  6 p.m. Cancer New Member Meeting  6 p.m. Exploring the Art of Quilting Workshop  6 p.m. Outdoor Gentle Yoga  6 p.m. Mindful Detachment: A Powerful Tool for Anxiety Relief </div>	<div>29</div> <div>10 a.m. Art & Conversation Workshop  10 a.m. Zumba  3:30 p.m. Mindfulness-Based Stress Reduction (MBSR) Series </div>	<div>30</div>	<div>CALENDAR KEY</div> <div> Program offered virtually  Program offered in-person</div> <div>  Program offered both virtually & 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>			


LOWELL CLUBHOUSE PROGRAM

TUESDAY, SEPTEMBER 2


6 p.m. Cancer Support 



TUESDAY, SEPTEMBER 9

4 p.m. Breast Cancer Support: Understanding Lymphedema 



6 p.m. Grief Support 


TUESDAY, SEPTEMBER 16

6 p.m. Cancer Support 


6 p.m. DIY Soap Making Workshop 

TUESDAY, SEPTEMBER 23

5 p.m. Book Discussion Night: Read, Reflect & Connect 

6 p.m. Grief Support 

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.



JOIN 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 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, 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. <

