

# MARCH GILDA'S CLUB 2026 PROGRAM CALENDAR

## LOWELL CLUBHOUSE PROGRAM (Tuesdays)

- MARCH 3**  
 5 p.m. DIY Decorative Winter Branches (P) (R)  
 6 p.m. Cancer Support (I)
- MARCH 17**  
 6 p.m. Cancer Support (I)
- MARCH 24**  
 6 p.m. Grief Support (I)
- MARCH 10**  
 4 p.m. Breast Cancer Support (I)  
 6 p.m. Grief Support (I)
- If you are interested in learning about youth support available at Gilda's Club Lowell, please call, 616-897-8600.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 a.m. Knit Wits (I) 2</p> <p>12 p.m. Quick Break to Meditate Workshop (I) (R)</p> <p>3 p.m. Fun with Beads (I) (R)</p> <p>4 p.m. Christian Cancer Support (I)</p> <p>4 p.m. Fun with Ukuleles (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Exploring the Art of Quilting (I)</p> <p>6 p.m. Empowering Your Health with A Holistic Health Coach (I)</p> <p>6 p.m. Sister to Sister Cancer Support (I)</p> <p>6 p.m. Gynecological Cancer Support (I) (I)</p> <p>6 p.m. Prostate Cancer Support (I) (I)</p>	<p>10 a.m. Art &amp; Conversation Workshop (I) 3</p> <p>11:30 a.m. Zentangle: A Mindful Drawing Adventure (I)</p> <p>1 p.m. Virtual Cancer Support (I)</p> <p>4 p.m. Virtual Grief New Member Meeting (I)</p> <p>4 p.m. Lung Cancer Support: The Latest Advances in Lung Cancer Diagnosis and Treatment with BAMF (I) (I) (P)</p> <p>5 p.m. 20-Minute Meditation (I) (I)</p> <p>6 p.m. Breast Cancer Support (I) (I)</p> <p>6 p.m. Virtual Grief Support (I)</p> <p>6 p.m. Living with Grief (I)</p>	<p>10 a.m. Sit &amp; Be Fit (I) 4</p> <p>4 p.m. Grief Support (I)</p> <p>4:30 p.m. Youth Grief New Member Meeting (I)</p> <p>4:30 p.m. Grief New Member Meeting (I)</p> <p>4:30 p.m. Paws with a Cause (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Grief Support (I)</p> <p>6 p.m. Parent Grief Support (I)</p> <p>6 p.m. Spouse Grief with Children at Home Support (I)</p> <p>6 p.m. Young Adult Grief (I)</p> <p>6 p.m. Teen &amp; Tween Grief Support (I)</p> <p>6 p.m. Kids Grief Support (I)</p> <p>6 p.m. Noogieland (I)</p>	<p>9:30 a.m. Conscious Breathing with Kundalini Yoga (I) 5</p> <p>3:30 p.m. Zumba (I)</p> <p>4:30 p.m. Yoga for All Levels Workshop (I)</p> <p>4:30 p.m. Youth Cancer New Member Meeting (I)</p> <p>4:30 p.m. Cancer New Member Meeting (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Healing Touch (I) (R)</p> <p>6 p.m. Cancer Support (I) (I)</p> <p>6 p.m. Family &amp; Friends Cancer Support (I) (I)</p> <p>6 p.m. Next Steps Cancer Support (I) (I) (P)</p> <p>6 p.m. Kids Cancer Support (I)</p> <p>6 p.m. Noogieland (I)</p> <p>6 p.m. Teen &amp; Tween Cancer Support (I)</p>	<p>6</p>	<p>11 a.m. Mindfulness-Based Stress Reduction (MBSR) Series (I) (R) 7</p>
<p>9:30 a.m. Knit Wits (I) 9</p> <p>12 p.m. Quick Break to Meditate Workshop (I) (R)</p> <p>3 p.m. Leukemia &amp; Lymphoma Cancer Support (I) (I)</p> <p>4 p.m. Christian Cancer Support (I)</p> <p>4 p.m. Fun with Ukuleles (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Exploring the Art of Quilting (I)</p> <p>6 p.m. Young Adult Cancer Support (I) (I)</p> <p>6 p.m. Spouse Grief Support (I)</p>	<p>10 a.m. Art &amp; Conversation Workshop (I) 10</p> <p>4:30 p.m. Grief New Member Meeting (I)</p> <p>5 p.m. Ask the Lawyer Workshop (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Multiple Myeloma Support (I) (I)</p> <p>6 p.m. Virtual Next Steps Grief (I)</p> <p>6 p.m. Living with Grief (I)</p> <p>6 p.m. Gilda's Game Night (I)</p> <p>6 p.m. Writing Together (I)</p>	<p>10 a.m. Sit &amp; Be Fit (I) 11</p> <p>4 p.m. Virtual Cancer New Member Meeting (I)</p> <p>4:30 p.m. Youth Grief New Member Meeting (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Grief Support (I)</p> <p>6 p.m. Parent Grief Support (I)</p> <p>6 p.m. Spouse Grief with Children at Home Support (I)</p> <p>6 p.m. Young Adult Grief (I)</p> <p>6 p.m. Teen &amp; Tween Grief Support (I)</p> <p>6 p.m. Kids Grief Support (I)</p> <p>6 p.m. Noogieland (I)</p>	<p>9:30 a.m. Conscious Breathing with Kundalini Yoga (I) 12</p> <p>3:30 p.m. Zumba (I)</p> <p>4:30 p.m. Yoga for All Levels Workshop (I)</p> <p>4:30 p.m. Youth Cancer New Member Meeting (I)</p> <p>4:30 p.m. Paws with a Cause (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Cancer Support (I) (I)</p> <p>6 p.m. Family &amp; Friends Cancer Support (I) (I)</p> <p>6 p.m. Colorectal &amp; Related Cancer Support (I) (I)</p> <p>6 p.m. Kids Cancer Support (I)</p> <p>6 p.m. Noogieland (I)</p> <p>6 p.m. Teen &amp; Tween Cancer Support (I)</p>	<p>13</p>	<p>LaughFest Family Fun Day! 14</p> <p>9 a.m. Drums for All with Josh Dunigan</p> <p>10 a.m. Kids Joke Time</p> <p>11 a.m. Family Improv (I) (I) (I)</p> <p>2 p.m. GospelFest (I) (I) (I)</p>
<p>9:30 a.m. Knit Wits (I) 16</p> <p>12 p.m. Quick Break to Meditate Workshop (I) (R)</p> <p>4 p.m. Christian Cancer Support (I)</p> <p>4 p.m. Fun with Ukuleles (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Exploring the Art of Quilting (I)</p> <p>6 p.m. Perinatal Grief Support (I)</p> <p>6 p.m. Men's Grief Support (I)</p> <p>6 p.m. The Mortals Death Discussions (I) (P)</p> <p>6 p.m. Brain Cancer Support (I) (I)</p> <p>6 p.m. Noogie Nights (I) (R)</p>	<p>10 a.m. Art &amp; Conversation Workshop (I) 17</p> <p>1 p.m. Virtual Cancer Support (I)</p> <p>1 p.m. Virtual Cancer New Member Meeting (I)</p> <p>5 p.m. 20-Minute Meditation (I) (I)</p> <p>6 p.m. Breast Cancer Support (I) (I)</p> <p>6 p.m. Virtual Grief Support (I)</p> <p>6 p.m. Living with Grief (I)</p> <p>6 p.m. Gilda's Euchre Night (I)</p>	<p>10 a.m. Sit &amp; Be Fit (I) 18</p> <p>4 p.m. Grief Support (I)</p> <p>4:30 p.m. Youth Grief New Member Meeting (I)</p> <p>4:30 p.m. Grief New Member Meeting (I)</p> <p>4:30 p.m. Paws with a Cause (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Grief Support (I)</p> <p>6 p.m. Parent Grief Support (I)</p> <p>6 p.m. Spouse Grief with Children at Home Support (I)</p> <p>6 p.m. Young Adult Grief Support (I)</p> <p>6 p.m. Teen &amp; Tween Grief Support (I)</p> <p>6 p.m. Kids Grief Support (I)</p> <p>6 p.m. Noogieland (I)</p>	<p>9:30 a.m. Conscious Breathing with Kundalini Yoga (I) 19</p> <p>1 p.m. Book Ends with Americanah by Chimanda Ngozi Adicki (I)</p> <p>3:30 p.m. Zumba (I)</p> <p>4:30 p.m. Yoga for All Levels Workshop (I)</p> <p>4:30 p.m. Youth Cancer New Member Meeting (I)</p> <p>4:30 p.m. Cancer New Member Meeting (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Cancer Support (I) (I)</p> <p>6 p.m. Family &amp; Friends Cancer Support (I) (I)</p> <p>6 p.m. Caregivers Grief Support (I)</p> <p>6 p.m. Kids Cancer Support (I)</p> <p>6 p.m. Noogieland (I)</p> <p>6 p.m. Teen &amp; Tween Cancer Support (I)</p>	<p>20</p>	<p>11 a.m. Applied Mindfulness (I) 21</p>
<p>9:30 a.m. Knit Wits (I) 23</p> <p>12 p.m. Quick Break to Meditate Workshop (I) (R)</p> <p>4 p.m. Christian Cancer Support (I)</p> <p>4 p.m. Fun with Ukuleles (I)</p> <p>6 p.m. Exploring the Art of Quilting (I)</p> <p>6 p.m. Spouse Grief Support (I)</p> <p>6 p.m. African American/Black Community Living with Grief Support (I)</p> <p>6 p.m. Cancer New Member Meeting (I)</p>	<p>10 a.m. Art &amp; Conversation Workshop (I) 24</p> <p>6 p.m. Multiple Myeloma Support (I) (I)</p> <p>6 p.m. Next Steps Grief Support (I)</p> <p>6 p.m. Grief New Member Meeting (I)</p>	<p>10 a.m. Sit &amp; Be Fit (I) 25</p> <p>4:30 p.m. Youth Grief New Member Meeting (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Grief Support (I)</p> <p>6 p.m. Parent Grief Support (I)</p> <p>6 p.m. Spouse Grief with Children at Home Support (I)</p> <p>6 p.m. Young Adult Grief Support (I)</p> <p>6 p.m. Teen &amp; Tween Grief Support (I)</p> <p>6 p.m. Kids Grief Support (I)</p> <p>6 p.m. Noogieland (I)</p> <p>6 p.m. Reiki Session (I)</p>	<p>9:30 a.m. Conscious Breathing with Kundalini Yoga (I) 26</p> <p>3:30 p.m. Zumba (I)</p> <p>4:30 p.m. Yoga for All Levels Workshop (I)</p> <p>4:30 p.m. Youth Cancer New Member Meeting (I)</p> <p>4:30 p.m. Paws with a Cause (I)</p> <p>5:30 p.m. Supper Together (I)</p> <p>6 p.m. Cancer Support (I) (I)</p> <p>6 p.m. Family &amp; Friends Cancer Support (I) (I)</p> <p>6 p.m. Kids Cancer Support (I)</p> <p>6 p.m. Noogieland (I)</p> <p>6 p.m. Teen &amp; Tween Cancer Support (I)</p> <p>6 p.m. Understanding Mindfulness (I)</p>	<p>27</p>	<p>28</p> <p>Scan to view online!</p>
<p>9:30 a.m. Knit Wits (I) 30</p> <p>12 p.m. Quick Break to Meditate Workshop (I) (R)</p> <p>4 p.m. Christian Cancer Support (I)</p> <p>4 p.m. Fun with Ukuleles (I)</p> <p>6 p.m. Exploring the Art of Quilting (I)</p>	<p>31</p> <p><b>CLOSED FOR STAFF TRAINING</b></p>	<p><b>CALENDAR KEY</b></p> <p>(I) Program offered virtually   (I) Program offered in-person   (I) (I) Program offered both virtually &amp; in-person</p> <p>(P) Public Event, Community Welcome!   (R) Pre-registration Required   (I) LaughFest Event</p> <p>Adult Support Group   Educational Opportunity   Family/Youth Program</p> <p>Healthy Lifestyle Activity   New Member Meeting   Social Event/Activity</p>			

## 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, teen 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](mailto:info@gildasclubgr.org), call us at 616.453.8300 or fill out our new member form online at [gildasclubgr.org/get-started](http://gildasclubgr.org/get-started).

- #### CANCER NEW MEMBER MEETINGS
- Thursday, March 5 / 4:30 p.m. (I)
  - Wednesday, March 11 / 4 p.m. (I)
  - Tuesday, March 17 / 1 p.m. (I)
  - Thursday, March 19 / 4:30 p.m. (I)
  - Monday, March 23 / 6 p.m. (I)

- #### YOUTH CANCER NEW MEMBER MEETINGS
- Thursdays, March 5, 12, 19, 26 / 4:30 p.m. (I)

- #### GRIEF NEW MEMBER MEETINGS
- Tuesday, March 3 / 4 p.m. (I)
  - Wednesday, March 4 / 4:30 p.m. (I)
  - Tuesday, March 10 / 4:30 p.m. (I)
  - Wednesday, March 18 / 4:30 p.m. (I)
  - Tuesday, March 24 / 6 p.m. (I)

- #### YOUTH GRIEF NEW MEMBER MEETINGS
- Wednesdays, March 4, 11, 18, 25 / 4:30 p.m. (I)

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.



**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](http://gildasclubgr.org)

## March PROGRAM HIGHLIGHTS

### LUNG CANCER SUPPORT: *The Latest Advances in Lung Cancer Diagnosis and Treatment with BAMF Health*

Tuesday, March 3 / 4 p.m. 📍 📺 📞

Gilda's Club Grand Rapids offers a monthly support group for those diagnosed with lung cancer. During this month's workshop, we'll welcome a panel of experts from BAMF Health to discuss advances in lung cancer diagnosis, cutting-edge treatments, and clinical trials available in West Michigan. All are welcome to attend this hybrid event located at Gilda's Club Grand Rapids or via Zoom.

### GOSPELFEST

Saturday, March 14 / 2 – 4:30 p.m. 📍 📺 📞

Sister to Sister's GospelFest and LaughFest are partnering to bring Gilda's Club's slogan of "Learn, Share, Laugh" to the main stage! We will learn of those and from those who are on a cancer or grief journey, share in song through several local gospel groups and share some good laughs with Artist Lena Green along the way! This event will take place at Resurrection Fellowship Church, 321 Valley Ave NW, Grand Rapids, MI 49504. There is ample parking available at the church.

### LAUGHFEST FAMILY FUN DAY!

Saturday, March 14, 9 – 12 p.m. 📍 📺 📞

9am: Drums for All with Josh Dunigan – Drums for All! Is the product of the conversations and collaborations Josh has with the people in his life who live with disabilities of all different types. All you have to bring is your hands and smiles. Josh will get the drums! After spending some time discovering the music (and laughs) you get to share through guided activities, you will jam and make a musical night together.

10am: Kids' Joke Time – Does your child love to make people laugh? Young comedians are encouraged to gather their favorite jokes and take the mic. What ensues makes this one of the most entertaining events during the festival! Kids all over West Michigan have submitted their favorite jokes, and we can't wait to share them!

11am: Family Improv – Calling all families! LaughFest invites you to be part of the funny during the Family Improv Workshop. Led by local improv instructors at The Comedy Project, families will get silly playing improvised games. Learn new games to play on long road trips and find new ways to use your imagination on a rainy day. No improv experience required!

### CAREGIVERS GRIEF SUPPORT GROUP

Thursday, March 19 / 6 p.m. 📍

A monthly support group for adults who were caregivers to someone through any illness until that person's death. This group occurs monthly on the third Thursday.

## ADULT SUPPORT

**African American/Black Community Living with Grief Support** – A monthly support group for African Americans who have experienced a death of someone in their life.

**Brain Cancer Support** – A monthly support group for adults impacted by brain cancer. Support person(s) welcome.

**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.

**Caregivers Grief Support** – A monthly support group for adults who were the caregiver to someone through any illness until that person's death.

**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 together.

**Colorectal & Related Cancer Support** – A monthly support group for adults diagnosed with colorectal 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 gynecological cancer.

**Leukemia & Lymphoma Cancer Support** – A monthly support group for adults impacted by leukemia and lymphoma. Support person(s) welcome.

**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 myeloma. Support person(s) welcome.

**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 of cancer. Support person(s) welcome.

**Spouse Grief Support** – A bimonthly support group for adults who have experienced the death of a spouse and are within the first two years of bereavement.

## SPECIAL THANKS FOR THEIR SUPPORT OF OUR PROGRAM TO



*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.*



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

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

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

[info@gildasclubgr.org](mailto:info@gildasclubgr.org)

616.453.8300

1806 Bridge St. NW  
Grand Rapids, MI 49504

865 Lincoln Lake Ave. SE  
Lowell, MI 49331

*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 Grand Rapids, please visit [gildasclubgr.org/donate](http://gildasclubgr.org/donate) or call 616.453.8300.*



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

You can see our full calendar on the reverse side, at [gildasclubgr.org/calendar](http://gildasclubgr.org/calendar) or by scanning this QR code.

**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.

**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 death of someone in their life.

**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.

**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 middle 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*).

**Living with Grief Series** – This three-week series focuses on understanding the grief from the death of a person in your life, and grief's effects on you. It is especially helpful for those who have recently begun their grief journey, though any member may attend. 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.

## 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.

**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.

# WELCOME to GILDA'S CLUB!

## MARCH 2026 PROGRAM CALENDAR



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

# Come on in!

At Gilda's Club Grand Rapids no one has to navigate cancer or grief on their own.

When you walk through the red doors of our clubhouse or join a virtual program, you'll find a welcoming, uplifting environment. Gilda's Club is a place of understanding, where our professional staff and vibrant support community truly "get" what you're going through—and we'll walk alongside you as you navigate your new normal.

*At Gilda's Club Grand Rapids, people impacted by cancer or grief due to any cause of death gather and connect to learn, share, and laugh.*

**If cancer or grief has entered your life,  
Gilda's Club is here for you.**

## This month...

**MARK YOUR CALENDARS!  
GILDA'S LAUGHFEST RETURNS  
MARCH 11-15, 2026.**



Launched by Gilda's Club Grand Rapids in March 2011 as the nation's first-ever community-wide festival of laughter, LaughFest continues to bring joy through fun events for the whole family. Check out our clubhouse events listed on the back or visit [laughfestgr.org](http://laughfestgr.org) to see a full list of events that benefit Gilda's Club Grand Rapids.

**Empowering Your Health with a Holistic Health Coach** – Join 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 tools, and valuable insights to help you lead a more balanced and healthier life.

**Healing Touch** – Learn about a method of working with the body's energy to help deal with pain and stress. This workshop is facilitated by Suzan Corbett, certified Healing Touch nurse. Space is limited for up to 5 attendees. RSVPs are required for this workshop, please register in advance.

**Quick Break to Meditate Workshop** – Join us for a Monday weekday refresh with a short and sweet lunchtime virtual meditation session. Group will include a 15-20 minute guided meditation to have you in and out in 30 minutes or less to help you jump into your week.

**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.

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

**Understanding Mindfulness** – A monthly workshop that provides discussion and activities to help you understand how mindfulness practices can fit into your life and help support your cancer or grief journey.

**Writing Together** – Let's explore "The Artist's Way" by Julia Cameron, a transformative 12-week program using the author's workbook to develop the link between our spiritual and creative artist selves. The book uses tools like Morning Pages and Artist Dates to help unlock creativity and discover self-growth. Learn to miniaturize your inner writing "Censor," or negative voice through artistic expression. It's about discovering and developing the artist within. If you want to pursue a creative dream, this book will get you started. To get the most out of this workshop, we recommend checking out this book from the library.

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

**Zumba** – Join us for Zumba with our jamming volunteer Elsie! Zumba is a fun, high-energy dance fitness program which combines Latin and international music with dance designed to keep exercising exciting. This workshop is perfect for beginners and seasoned dancers alike!

## SOCIAL PROGRAMS

**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 and stories.

**DIY Decorative Winter Branches (LOWELL)** – Join us for a cozy and creative evening as we craft beautiful winter-themed decorations using natural elements. In this hands-on workshop, you'll use branches, pine needles, cones, and ornaments to design your own decorative piece. If you'd like to personalize your project further, feel free to bring fairy lights or dried berries to incorporate into your design. All skill levels are welcome; materials and snacks will be provided. Come enjoy a relaxing evening of crafting and community!

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

