




An Affiliate of the  
CANCER SUPPORT COMMUNITY

# St. Clair Shores Lake House — November 2023

23500 Pare St. Saint Clair Shores, MI 48080

Mon	Tue	Wed	Thu
<p>30</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>31</p>	<p>1</p> <p><b>10:30</b> New Member Meeting <b>1:00</b> Women's Empowerment Circle</p>	<p>2</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>6</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>7</p> <p><b>10:30</b> Chair Yoga <b>11:00</b> <b>Coffee Hour!</b> <b>1:00</b> Timely Tuesdays Art Class <b>5:00</b> <b>Game Night!</b></p>	<p>8</p> <p><b>10:30</b> New Member Meeting <b>1:00</b> Breast Group <b>(H)</b></p>	<p>9</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>13</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>14</p> <p><b>10:30</b> Chair Yoga <b>1:00</b> Mindful Journaling <b>3:00</b> Reiki <b>6:00</b> <b>Cannabis in Cancer Care (H)</b> <b>6:00</b> Living with Cancer Group <b>(H)</b> <b>6:00</b> Parenting a Child w/ Cancer/Survivor Group <b>6:00</b> Euchre!</p>	<p>15</p> <p><b>10:30</b> New Member Meeting <b>1:00</b> Gynecological Cancers Group <b>(H)</b> <b>2:30</b> <b>Caregiver to Caregiver Peer Networking Group</b> <b>7:00</b> <b>Cancer Fighting Foods During the Holidays</b></p>	<p>16</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>20</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>21</p> <p><b>10:30</b> Chair Yoga <b>11:00</b> Coffee Hour! <b>1:00</b> Timely Tuesday Art Class <b>6:00</b> Euchre <b>6:00</b> <b>Blood Cancers Support Group</b> <b>6:00</b> <b>Friendsgiving Charcuterie &amp; Mocktails</b></p>	<p>22</p> <p><b>10:30</b> New Member Meeting <b>1:00</b> Women's Empowerment Circle <b>2:00</b> Uke Group <b>3:00</b> Drop in: Resources!</p>	<p>^^</p> 
<p>30</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>28</p> <p><b>10:30</b> Chair Yoga <b>11:00</b> Mindful Journaling <b>4:00</b> Cancer Fighting Smoothies w/LaShawnda <b>4:30</b> Art Therapy <b>6:00</b> Living with Cancer Group</p>	<p>29</p> <p><b>10:30</b> New Member Meeting</p> <p><small>(H) - Indicated this is a 'Hybrid Program.' Members can register to attend in person or virtually.</small></p> <p><small>Red = NEW!</small></p>	<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at 586-777-7761 or register online at: <a href="http://www.gildasclubdetroit.org">www.gildasclubdetroit.org</a></p>