

# FEBRUARY 2025 VIRTUAL



**GILDA'S CLUB  
METRO DETROIT**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

MON	TUE	WED	THU	FRI	SAT	SUN
					1 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	2
3 5 PM: PARENT'S BEREAVEMENT GROUP	4	5 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 2 PM: <b>MEDICAL HYPNOSIS FOR PAIN</b> 3 PM: MINDFUL APPROACH TO WRITING 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: PANCREATIC GROUP 6:30 PM: LIFE AFTER TREATMENT GROUP	6 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNERS BEREAVEMENT GROUP 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!	7 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING	8 10 AM: CHAIR YOGA	9
10 4 PM: KIDS LIVING W/CANCER GROUP	11 5 PM: PARENTING W/CANCER GROUP 6:30 PM: ADULT FAMILY BEREAVEMENT GROUP	12 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOK CLUB 5 PM: SCATTEGORIES! 5 PM: KIDS TALK! 6 PM: CHAIR YOGA 6:30 PM: <b>RECENTLY BEREAVED GROUP</b>	13 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIGHT!	14 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: INTENSATI	15 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	16
17	18 6:30 PM: <b>LGBTQ+ &amp; CANCER GROUP</b>	19 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: MINDFUL APPROACH TO WRITING 4 PM: TEEN TALK 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: NEW TO REMISSION GROUP	20 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNERS BEREAVEMENT GROUP 7 PM: GAME NIGHT!	21 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING	22 10 AM: CHAIR YOGA	23
24	25	26 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA 6:30 PM: <b>RECENTLY BEREAVED GROUP</b>	27 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVER'S GROUP 7 PM: GAME NIGHT!	28 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER'S GROUP		