

# OCTOBER 2024 VIRTUAL



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

MON	TUE	WED	THU	FRI	SAT	SUN
	1 <b>10 AM:</b> AML MORNING MEDITATION	2 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>1 PM:</b> BYOB BOOK CLUB! <b>3 PM:</b> THE MINDFUL APPROACH TO WRITING <b>4 PM:</b> SCATTEGORIES <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> PANCREATIC GROUP <b>6:30 PM:</b> LIFE AFTER TREATMENT GROUP <b>6:30 PM:</b> HPV RELATED CANCERS	3 <b>10 AM:</b> WEIGHTED YOGA <b>11:30 AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>5 PM:</b> KIDS LIVING WITH CANCER GROUP <b>5:30 PM:</b> <u>COPING SKILLS 101 SERIES</u> <b>6 PM:</b> SPOUSES BEREAVEMENT <b>6:30 PM:</b> COLON CANCER GROUP <b>7 PM:</b> GAME NIGHT!	4 <b>9 AM:</b> GENTLE GLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> MBSR	5 <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL WRITING <b>11 AM:</b> <u>HALLOWEEN JEOPARDY!</u>	6
7	8 <b>10 AM:</b> MORNING MEDITATION <b>5 PM:</b> PARENTING W/CANCER <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	9 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>2 PM:</b> MINDFUL MEDITATION <b>3 PM:</b> MINDFUL JOURNEY BOOK CLUB <b>5 PM:</b> SCATTEGORIES! <b>5 PM:</b> KIDS TALK <b>6 PM:</b> CHAIR YOGA	10 <b>10 AM:</b> WEIGHTED YOGA <b>11:30AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>5:30 PM:</b> <u>COPING SKILLS 101 SERIES</u> <b>6:30 PM:</b> CAREGIVER'S GROUP <b>7 PM:</b> GAME NIGHT!	11 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MBSR <b>11 AM:</b> <u>INTENSATI</u>	12 <b>10 AM:</b> CHAIR YOGA	13
14	15 <b>10 AM:</b> MORNING MEDITATION	16 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>1 PM:</b> BYO BOOK CLUB! <b>3 PM:</b> THE MINDFUL APPROACH TO WRITING <b>4 PM:</b> TEEN TALK <b>5 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> NEW TO REMISSION GROUP	17 <b>10 AM:</b> WEIGHTED YOGA <b>11:30AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>5:30 PM:</b> <u>COPING SKILLS 101 SERIES</u> <b>6 PM:</b> SPOUSES BEREAVEMENT GROUP <b>7 PM:</b> GAME NIGHT!	18 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> MBSR	19 <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL WRITING	20
21	22 <b>10 AM:</b> MORNING MEDITATION <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	23 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>2 PM:</b> MINDFUL MEDITATION <b>3 PM:</b> MINDFUL JOURNEY BOOK CLUB <b>5 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA	24 <b>10 AM:</b> WEIGHTED YOGA <b>11:30 AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>5:30 PM:</b> <u>COPING SKILLS 101 SERIES</u> <b>6:30 PM:</b> CAREGIVERS GROUP <b>7 PM:</b> GAME NIGHT!	25 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> MBSR <b>11 AM:</b> <u>INTENSATI</u>	26 <b>10 AM:</b> CHAIR YOGA	27
28	29 <b>10 AM:</b> MORNING MEDITATION	30 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>5 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA	31 <b>10 AM:</b> WEIGHTED YOGA <b>11:30 AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>7 PM:</b> GAME NIGHT!	<b>NEW VIRTUAL PROGRAMS COMING NOVEMBER!</b>		