

# JANUARY 2025 DETROIT

2470 Collingwood St.  
Rooms 118 & 120  
Detroit MI, 48206  
(313) 356-7600

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



MON	TUE	WED	THU	FRI	SAT	SUN
		1 	2 11:00 AM: COFFEE & COMMUNITY 5:30 PM: DURFEE FAMILY DINNER! 6:00 PM: GROOVE & HUSTLE AT GILDA'S	3	4	5
6 10:30 AM: STITCHING CIRCLE 12:00 PM: LUNCH & CHAT 1:00 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5:30 PM: NEW MEMBER MEETING 6:00 PM: <u>BREAST CANCER NETWORKING GROUP (H)</u> 6:00PM: CHAIR YOGA	7 1:00 PM: COLOR & CRAFT 2:00 PM: MINDFUL MOMENTS: A SELF-CARE JOURNEY (H)	8 10:30AM: INDOOR WELLNESS WALKERS 11:30AM: LUNCH 12:00 PM: BE YOU, BEAUTIFUL!	9	10	11	12
13 10:30 AM: WATERCOLOR FOR BEGINNERS 12:00 PM: LUNCH & CHAT 1:00 PM: LIVING WITH CANCER GROUP (H) 5:30 PM: NEW MEMBER MEETING 6:00 PM: <u>LOVING SOMEONE THROUGH CANCER (H)</u>	14 1:00 PM: COLOR & CRAFT 2:00 PM: MINDFUL MOMENTS: MOVING THE BODY (H) 3:00 PM: LAUGHTER YOGA (H)	15 10:30AM: INDOOR WELLNESS WALKERS	16 4:00 PM: ZUMBA 5:30 PM: COOKING FOR ONE SERIES	17	18	19
20 <b>MARTIN LUTHER KING JR DAY CLOSED-NO IN PERSON PROGRAMMING</b>	21 1:00 PM: COLOR & CRAFT 2:00 PM: MINDFUL MOMENTS: ASSESSING YOUR SURROUNDINGS (H)	22 10:30AM: INDOOR WELLNESS WALKERS	23 5:00PM: <u>LUNG CANCER GROUP</u> 6:00 PM: ZUMBA	24	25	26
27 10:00 AM: SOULFUL STEPS 11:00AM: REIKI: RECONNECTIVE HEALING 12:00 PM: LUNCH & CHAT 12:00PM: REIKI: RECONNECTIVE HEALING 1:00PM: REIKI: RECONNECTIVE HEALING 1:00 PM: LIVING WITH CANCER GROUP (H) 2:00PM: REIKI: RECONNECTIVE HEALING 5:30PM: NEW MEMBER MEETING	28 1:00 PM: COLOR & CRAFT 2:00 PM: MINDFUL MOMENTS: PERSONAL DEVELOPMENT (H)	29 10:30AM: INDOOR WELLNESS WALKERS	30 5:30 PM: <u>REAL TALK: BREAST CANCER (H)</u>	31		