

FEBRUARY 2025 ST. CLAIR SHORES

23500 Pare Street, Suite 1
St. Clair Shores, MI 48080
(586) 777-7761

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



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	<p>4</p> <p>10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR! 11:30 AM: <u>MIND, BODY & WELLNESS SERIES:: SPRING CLEANING FOR MIND, BODY & HOME</u> 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING</p>	<p>5</p> <p>10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 1 PM: <u>GOAL SETTING FOR BALANCED WELLNESS: FOLLOW UP SESSION (H)</u> 2 PM: <u>VALENTINES DAY CHARCUTERIE BOARD MAKING</u></p>	6	7	8	9
10	<p>11</p> <p>10:30 AM: CHAIR YOGA 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 5 PM: LAKE HOUSE COMMUNITY DINNER 6 PM: LIVING WITH CANCER GROUP (H) 6 PM: MINDFUL CRAFTING FOR KIDS 6 PM: PARENTING A CHILD WITH CANCER GROUP</p>	<p>12</p> <p>10:30 AM: NEW MEMBER MEETING 11 AM-1:15 PM: REIKI: RECONNECTIVE HEALING 12 PM: TAI CHI FOR BEGINNERS 1 PM: <u>SNACKING IN SEASON</u> 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY</p>	13	14	15	16
17	<p>18</p> <p>10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 6 PM: <u>MIND, BODY & WELLNESS SERIES:: SPRING CLEANING FOR MIND, BODY & HOME</u> 6 PM: BLOOD CANCERS GROUP (H) 6 PM: EUCHRE!</p>	<p>19</p> <p>10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNER 1 PM: <u>SELF CARE WORKSHOP: CARING FOR YOU!</u></p>	20	21	22	23
24	<p>25</p> <p>10:30 AM: CHAIR YOGA 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: CANCER FIGHTING SMOOTHIES WITH LASHAWNDA! 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 6 PM: BREAST GROUP (H)</p>	<p>26</p> <p>10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 12:30 PM: LAKE HOUSE LUNCH! 1 PM: HEALING ARTS, WATER COLOR BASICS 2:30 PM: CAREGIVER-TO-CAREGIVER PEER NETWORKING GROUP 4:00 PM: <u>SOUND BOWL THERAPY</u></p>	27	28	29	30