


# NOVEMBER 2024 ST. CLAIR SHORES

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



MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 11:45 AM: <u>THE GRATITUDE PROJECT: SHARING THE JOY OF GRATITUDE (H)</u> 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S MEETING	6 10:00 AM: HOLIDAY BASKET WEAVING WORKSHOP 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11 AM: <u>EXPLORING YOUR SAFE PLACE...MANAGING ANXIETY (H)</u> 12 PM: TAI CHI FOR BEGINNERS	7	8	9	10
11	12 10:30 AM: CHAIR YOGA 11:45 AM: <u>THE GRATITUDE PROJECT: SHARING THE JOY OF GRATITUDE</u> 1 PM: KNITTING AND CROCHET CIRCLE 1 PM: <u>MELODIES IN MOTION: CREATE YOUR OWN MUSIC BOX</u> 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 5 PM: <u>CULTURAL TRADITIONS POTLUCK (WITH A CRAFT)</u> 6 PM: LIVING WITH CANCER GROUP (H) 6 PM: MINDFUL CRAFTING FOR KIDS 6 PM: PARENTING A CHILD WITH CANCER GROUP	13 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11 AM: <u>MANAGING YOUR NEUROPATHY (H)</u> 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	14	15	16	17
18	19 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 11:45 AM: <u>THE GRATITUDE PROJECT: SHARING THE JOY OF GRATITUDE</u> 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 6 PM: EUCHRE 6 PM: BLOOD CANCERS SUPPORT GROUP 6 PM: <u>UNDERSTANDING PANCREATIC CANCER</u>	20 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING <u>11 AM: FIGHTING BRAIN FOG</u> 12 PM: TAI CHI FOR BEGINNERS 2:30 PM : CAREGIVER-TO-CAREGIVER PEER NETWORKING GROUP	21	22	23	24
25	26 10:30 AM: CHAIR YOGA 11:45 AM: <u>THE GRATITUDE PROJECT: SHARING THE JOY OF GRATITUDE</u> 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: CANCER FIGHTING SMOOTHIES WITH LASHAWNDA! 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 4:30 PM: ART THERAPY 5 PM: RELAX AND RESTORE YOGA 6 PM: BREAST GROUP (H)	27 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11:45 AM: <u>ENERGIZE YOUR DAY, THE ART OF CONSERVATION</u> 12 PM: TAI CHI FOR BEGINNERS 12 :30 PM LAKE HOUSE LUNCH! 1 PM: HEALING ARTS, WATERCOLOR BASICS 4 PM : LEARN TO PLAY UKULELE!	28 	29	30	