

DECEMBER 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
2	3 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 11:30 AM: <u>MIND, BODY & WELLNESS SERIES: NEW YEAR VISIONS(H)</u> 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING 6 PM: <u>TREE OF MEMORIES: CELEBRATION OF LIFE</u>	4 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11 AM-1:15PM: <u>REIKI: RECONNECTIVE HEALING</u> 12 PM: TAI CHI FOR BEGINNERS	5	6	7	8
9	10 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: <u>MINGLE & JINGLE: LAKE HOUSE COMMUNITY DINNER</u> 6 PM: LIVING WITH CANCER GROUP (H) 6 PM: MINDFUL CRAFTING FOR KIDS 6 PM: PARENTING A CHILD WITH CANCER GROUP 6 PM : <u>GRIEF, LOSS & THE HOLIDAYS</u>	11 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 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	12	13	14	15
16	17 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5:30 PM: <u>FAMILY ORNAMENT KEEPSAKE</u> 6 PM: BLOOD CANCERS SUPPORT GROUP 6 PM: <u>MIND, BODY & WELLNESS SERIES: NEW YEAR VISIONS (H)</u> 6 PM: EUCHRE!	18 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 2:30 PM : CAREGIVER-TO-CAREGIVER PEER NETWORKING GROUP 5 PM: <u>COOKIE EXCHANGE & CAROLS</u>	19	20	21	22
23	24 <u>CLOSED</u>	25 <u>CLOSED</u>	26	27	28	29
30	31 <u>CLOSED-NO IN PERSON PROGRAMMING</u>					