

OCTOBER 2024 ST. CLAIR SHORES

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St. Clair Shores, MI 48080
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GILDA'S CLUB
METRO DETROIT
An Affiliate of the
CANCER SUPPORT COMMUNITY



MON	TUE	WED	THU	FRI	SAT	SUN
	<p>1</p> <p>10:30 AM: CHAIR YOGA 11:00 AM: BEADING WORKSHOP 11:30 AM: COFFEE HOUR 11:30 AM: <u>MIND, BODY & WELLNESS SERIES: HOLIDAY MINDFULLNESS CHEER=LESS STRESS(H)</u> 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING 6 PM: <u>GYNECOLOGICAL CANCERS: PREVENTION, SYMPTOMS AND TREATMENT (H)</u></p>	<p>2</p> <p>10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 2:30 PM : PAINTING & SOOTHING SOUND</p>	3	4	5	6
7	<p>8</p> <p>10:30 AM: CHAIR YOGA 11:30 AM: BOOK CLUB: CHAPTERS & CONVERSATIONS 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>9</p> <p>10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 2:30 PM : PAINTING & SOOTHING SOUNDS 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY</p>	10	11	12	13
14	<p>15</p> <p>10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 1 PM: KNITTING AND CROCHET CIRCLE 1 PM: <u>AUTUMN BLISS: CIDER, DONUTS AND MINI WREATH MAKING WORKSHOP</u> 5 PM: RELAX AND RESTORE YOGA 6 PM: BLOOD CANCERS SUPPORT GROUP 6 PM: <u>MIND, BODY & WELLNESS SERIES: HOLIDAY MINDFULLNESS CHEER=LESS STRESS (H)</u> 6 PM: EUCHRE!</p>	<p>16</p> <p>10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11:30 AM: <u>HEALTH CONSULTATIONS W/DR. MENSAH</u> 12 PM: TAI CHI FOR BEGINNERS 2:30 PM : CAREGIVER-TO-CAREGIVER PEER NETWORKING GROUP</p>	17	18	19	20
21	<p>22</p> <p>10:30 AM: CHAIR YOGA 11:00 AM-1:15 PM: REIKI: RECONNECTIVE HEALING 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)</p>	<p>23</p> <p>10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 12 :30 PM LAKE HOUSE LUNCH! 1 PM: HEALING ARTS, WATERCOLOR BASICS 2:30 PM : PAINTING & SOOTHING SOUNDS 4 PM : LEARN TO PLAY UKULELE!</p>	24	25	26	27
28	29	30	31			