




An Affiliate of the  
CANCER SUPPORT COMMUNITY

# St. Clair Shores Lake House — December 2023

23500 Pare St. Saint Clair Shores, MI 48080

Mon	Tue	Wed	Thu
<p>4</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>5</p> <p>10:30 Chair Yoga 11:00 <b>Coffee Hour!</b> 1:00 Timely Tuesdays Art Class 5:00 <b>Game Night!</b> 6:00 <b>The Many Benefits of Acupuncture and Qigong (H)</b></p>	<p>6</p> <p>10:30 New Member Meeting 1:00 Women's Empowerment Circle</p>	<p>7</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>11</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>12</p> <p>10:30 Chair Yoga 1:00 Mindful Journaling 3:00 Reiki 6:00 <b>Cancer Fighting Foods During the Holidays Series (H)</b> 6:00 <b>Living with Cancer Group (H)</b> 6:00 <b>Parenting a Child w/Cancer Group</b></p>	<p>13</p> <p>10:30 New Member Meeting 1:00 Breast Group <b>(H)</b> 3:00 <b>Wellness Wednesday: Craft your own Aromatherapy Spray</b> 4:30 <b>Reiki or Foot Reflexology</b></p>	<p>14</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>18</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>19</p> <p>10:30 Chair Yoga 11:00 <b>Coffee Hour!</b> 1:00 Timely Tuesdays Art Class 6:00 <b>Lake House Holiday Party!</b> 6:00 <b>Blood Cancer Group (H)</b> 6:00 Euchre!</p>	<p>20</p> <p>10:30 New Member Meeting 1:00 Gynecological Cancers Group <b>(H)</b> 2:30 <b>Caregiver to Caregiver Peer Networking Group</b></p>	<p>21</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>25</p> 	<p>26</p> <p>27</p> <p><b>VIRTUAL PROGRAMMING ONLY!</b></p>		<p>28</p>
		<p>H - Indicated this is a 'Hybrid Program.' Members can register to attend in person or virtually.</p> <p><b>Red = NEW!</b></p>	<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at 586-777-7761 or register online at: <a href="http://www.gildasclubdetroit.org">www.gildasclubdetroit.org</a></p>