





An Affiliate of the
CANCER SUPPORT COMMUNITY

January 2024 — Detroit

Mon	Tue	Thu
1 	2	4 11:00 Coffee & Community 4:00 Family Art Time 5:00 New Member Meeting 6:00 Durfee Dinner
8 1:00 (H) Living with Cancer Group 2:00 (H) Love Letters Campaign	9	11 4:00 Board Game Night! 5:00 New Member Meeting 5:30 Spin & Spill Social Gathering 6:00 (H) Women of Color Group 6:30 Cancer Fighting Smoothies with Shelby 7:00 (H) intenSati: Movement, Mantra & Meditation
15 	16	18 4:00 Family Art Time 5:00 New Member Meeting 5:00 (H) Kids Living with Cancer
22 1:00 (H) Living with Cancer Group	23 1:00 (H) New Year, New Mindset Series: The Power of Positive Thinking	25 4:00 (H) Zumba Fitness 5:00 New Member Meeting 6:00 (H) Functional Health & Fitness Series with Coach Khari
29 Registration is required for <u>all</u> programs. You can give us a call at 313.356.7600 or register online at: www.gildasclubdetroit.org	30	(H) - Indicated this is a 'Hybrid Program.' Members can register to attend in person or virtually. RED = NEW! BLUE = Children, Teens, & Family Programs