

# MARCH 2025 VIRTUAL



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

MON	TUE	WED	THU	FRI	SAT	SUN
					1 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	2
3 5 PM: PARENT'S BEREAVEMENT GROUP	4	5 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 3 PM: MINDFUL WRITING 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: PANCREATIC GROUP 6:30 PM: LIFE AFTER TREATMENT	6 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNERS BEREAVEMENT 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!	7 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 3 PM: I'M STARTING CHEMOTHERAPY, HOW SHOULD I PREPARE?	8 9 AM: MEN'S WORKSHOP 10 AM: CHAIR YOGA	9
10 4 PM: KIDS LIVING WITH CANCER GROUP	11 5 PM: PARENTING W/CANCER GROUP 6:30 PM: ADULT FAMILY BEREAVEMENT GROUP 6:30 PM: ART NIGHT!	12 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL BOOK CLUB 5 PM: KIDS TALK! 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: RECENTLY BEREAVED GROUP 7 PM: IMMUNOTHERAPY 101	13 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: ALCOHOL USE & CANCER RISK 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIGHT!	14 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: INTENSATI	15 9 AM: MEN'S WORKSHOP 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	16
17	18 6 PM: LGBTQ+& CANCERS GROUP	19 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 4 PM: TEEN TALK! 5 PM: SCATTEGORIES 6 PM CHAIR YOGA 6:30 PM: NEW TO REMISSION GROUP	20 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNER BEREAVEMENT 6 PM: WHAT SHOULD MY NUTRITION LOOK LIKE? 7 PM: GAME NIGHT!	21 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11:15 AM: WHAT IS PSHYCEDELIC THERAPY?	22 9 AM: MEN'S WORKSHOP 10 AM: CHAIR YOGA	23
24	25	26 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL BOOK CLUB 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA 6:30 PM: RECENTLY BEREAVED GROUP	27 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIHT!	28 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING	29 10 AM: CHAIR YOGA	30