

SEPTEMBER 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 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING	4 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 2:30 PM : PAINTING & SOOTHING SOUND	5	6	7	8
9	10 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	11 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	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 6 PM: <u>LET'S TALK BLOOD CANCERS W/DR. MENSAH</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 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY	19	20	21	22
23	24 10:30 AM: CHAIR YOGA 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)	25 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11:00 AM-1:15 PM: REIKI: RECONNECTIVE HEALING 12 PM: TAI CHI FOR BEGINNERS 12:30 PM LAKE HOUSE LUNCH! 2:30 PM : PAINTING & SOOTHING SOUNDS 4 PM : LEARN TO PLAY UKULELE! 5 PM: <u>FALL FEST!</u>	26	27	28	29
30						