

JUNE 2025

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 & CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING 6 PM: EUCHRE NIGHT!	4 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 12:30 PM: NAVIGATING HOSPICE: A FAMILIES GUIDE TO CARE AND COMFORT 1 PM: BEGINNER BOOK ART 3 PM: SIMPLY YOGA	5	6	7	8
9	10 10:30 AM: CHAIR YOGA 1 PM: KNITTING AND CROCHET CIRCLE 3 PM: LAUGHTER YOGA: LAKE HOUSE LIVE STREAM! 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 5 PM: LAKE HOUSE COMMUNITY DINNER 6 PM: MINDFUL CRAFTING FOR KIDS 6 PM: PARENTING A CHILD WITH CANCER GROUP	11 10:30 AM: NEW MEMBER MEETING 11AM-1:15PM: REIKI: RECONNECTIVE HEALING 12 PM: TAI CHI FOR BEGINNERS 1 PM: SNACKING IN SEASON 3 PM: SIMPLY YOGA 4 PM REIKI SESSION 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 & CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA <u>6 PM: I JUST STARTED RADIATION. NOW WHAT?</u> 6 PM: EUCHRE NIGHT!	18 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 1 PM: SELF CARE WORKSHOP-CARING FOR YOU! 3 PM: SIMPLY YOGA <u>5:30 PM: PETTING ZOO PARTY AND FAMILY FUN DAY!</u>	19 	20	21	22
23	24 <u>GILDA'S CLUB SPIRIT WEEK!</u> 10:30 AM: CHAIR YOGA 1 PM: KNITTING & CROCHET CIRCLE <u>1 PM: PAMPERING PEDICURES</u> 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 <u>GILDA'S CLUB SPIRIT WEEK!</u> 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 12:30 PM: <u>LUNCH & LEARN: DITCH CHEMICALS & TOXINS IN YOUR HOME</u> 1 PM: HEALING ARTS, WATERCOLOR BASICS 2:30PM: CAREGIVER TO CAREGIVER PEER SUPPORT GROUP 3 PM: SIMPLY YOGA	26	27	28 	29
30						