




Mon	Tue	Wed	Thu
1 1:00 Mindful Resilience Yoga (H)	2 11:00 Tranquility Yoga with Susan Jane (H) 4:00 Gilda's Singers & Stringers 4:00 Metastatic Breast Cancer Social 5:00 Cancer 101 For Kids 6:30 Art Night! (H) 6:30 Bingo!	3 10:00 New Member Meeting 11:00 Coffee, Cancer & Conversations 11:30 Living with Cancer (H) 1:30 Beginner's Tap Dance 4:00 Noogieland Family Play 5:00 Make & Take workshop— Spiral Cane Earrings 6:30 Men's Meeting (H)	4 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session 12:00 Knitting & Crochet Crafters 12:30 1:1 Stress Relief Reiki Session 2:00 Painting & Jazz
8 10:00 Angel Pillow Project 1:00 Slow Flow Yoga with Carey (H)	9 11:00 Tranquility Yoga with Susan Jane (H) 5:30 Coffeehouse (Open Mic Night) 6:30 Caregivers Group 6:30 Spouses Bereavement	10 10:00 New Member Meeting 11:00 Coffee, Cancer & Conversations 11:30 Living with Cancer (H) 1:30 Book Club 1:30 Beginner's Tap Dance 4:00 Noogieland Family Play 5:00 Exploring Emotions Through Art 6:00 Bosom Buddies 6:00 Head & Neck Cancers Group 6:30 Ovarian/ Gynecological Group (H)	11 12:00 Farm to Table 2:00 Painting & Jazz
15 10:00 Angel Pillow Project	16 11:00 Tranquility Yoga with Susan Jane	17 10:00 New Member Meeting 11:30 Living with Cancer (H) 1:30 Book Club 1:30 Beginner's Tap Dance 4:00 Noogieland Family Play 6:00 Improv! 6:30 Men's Meeting (H)	18 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session 6:00 Gilda's Big Night Out— Garden Theatre 3929 Woodward Ave Detroit, MI 48201
22 No programming scheduled.	23 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers 5:00 Parenting with Cancer 5:00 Little Kids, Big Feelings 6:00 Multiple Myeloma 6:00 Life After Loss Gathering 6:30 Women of Color (H)	24 10:00 New Member Meeting 11:30 Living with Cancer Group 1:30 Beginner's Tap Dance 4:00 Noogieland Family Play 5:00 Exploring Emotions Through Art 6:30 Young Adults Caring Through Cancer (H)	25 2:00 Painting & Jazz
29 No programming scheduled.	30 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers		Registration is required for <u>all</u> programs. H= Hybrid Programming Red = New Program! You can give us a call at 248.577.0800 or register online at www.gildasclubdetroit.org