

St. Clair Shores Lake House — March 2024

23500 Pare St. Saint Clair Shores, MI 48080

Mon	Tue	Wed	Thu
		<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at 586-777-7761 or register online at: www.gildasclubdetroit.org</p>	
4 Closed No Programming	5 10:30 Chair Yoga 11:00 Coffee Hour! 1:00 Timely Tuesdays Art Class 5:00 Game Night! 6:00 Spring Shamrock Family Fun Day!	6 10:30 New Member Meeting 12:30 Lake House Lunch! 1:00 Women's Empowerment Circle	7 Closed No Programming
11 Closed No Programming	12 10:30 Chair Yoga 3:00-4:30 Reiki 4:00 Noogieland Play at the Lake House! 5:30 The Effect of Oral Health on Overall Health 6:00 Parenting a Child w/Cancer 6:00 Living With Cancer Group	13 10:30 New Member Meeting 3:00 Wellness Wednesday: Health Benefits of Painting 4:00 Reiki 4:30 Reiki or Foot Reflexology 5:00 Reiki or Foot Reflexology	14 Closed No Programming
18 Closed No Programming	19 10:30 Chair Yoga 11:00 Coffee Hour! 1:00 Timely Tuesdays Art Class 6:00 Euchre! 6:00 Blood Cancers Support Group	20 10:30 New Member Meeting 2:30 Caregiver to Caregiver Peer Networking Group 4:00 Hello Spring! 2-Part Floral Workshop	21 Closed No Programming
25 Closed No Programming	26 10:30 Chair Yoga 12:00 Keep Calm & Carry Yarn-Knitting & Crochet Circle 3:00 The Best Therapist Have Four Legs! 4:00 Noogieland Play at the Lake House! 4:00 Cancer Fighting Smoothies w/ LaShawnda 4:30 Art Therapy 6:00 Breast Group	27 10:30 New Member Meeting 1:00 Healing Arts Watercolor Basics 1:00 Women's Empowerment Circle 2:00 Learn to Play the Ukulele! 4:00 Hello Spring! 2-Part Floral Workshop	28 Closed No Programming