



An Affiliate of the  
CANCER SUPPORT COMMUNITY

# St. Clair Shores Lake House — February 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: <a href="http://www.gildasclubdetroit.org">www.gildasclubdetroit.org</a></p>	<p>1</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>5</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>6</p> <p>10:30 Chair Yoga 11:00 <b>Coffee Hour!</b> 1:00 Timely Tuesdays Art Class 5:00 <b>Game Night!</b> 5:30 <b>Food Demos &amp; Cooking Techniques</b></p>	<p>7</p> <p>10:30 New Member Meeting 11:00 <b>Meditation for Beginners</b> 12:30 <b>Lake House Lunch!</b> 1:00 Women's Empowerment Circle</p>	<p>8</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>12</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>13</p> <p>10:30 Chair Yoga 1:00 Mindful Journaling 3:00-4:30 Reiki 4:00 <b>Noogieland Play at the Lake House!</b> 5:00 <b>Galentine's Gathering</b> 6:00 Parenting a Child w/Cancer 6:00 Living With Cancer Group</p>	<p>14</p> <p>10:30 New Member Meeting 1:00 Breast Group-Hybrid 3:00 <b>Wellness Wednesday: Mindful Coloring</b> 4:00 <b>Reiki</b> 4:30 <b>Reiki or Foot Reflexology</b> 5:00 <b>Reiki or Foot Reflexology</b></p>	<p>15</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>19</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>20</p> <p>10:30 Chair Yoga 11:00 <b>Coffee Hour!</b> 1:00 Timely Tuesdays Art Class 6:00 Euchre! 6:00 Blood Cancers Support Group</p>	<p>21</p> <p>10:30 New Member Meeting 2:30 Caregiver to Caregiver Peer Networking Group</p>	<p>22</p> <p><b>Closed</b> <b>No Programming</b></p>
<p>26</p> <p><b>Closed</b> <b>No Programming</b></p>	<p>27</p> <p>10:30 Chair Yoga 1:00 Mindful Journaling 3:00-4:30 Reiki 4:00 <b>Noogieland Play at the Lake House!</b> 4:00 Cancer Fighting Smoothies w/LaShawnda 4:30 Art Therapy 6:00 Living With Cancer Group</p>	<p>28</p> <p>10:30 New Member Meeting 1:00 Healing Arts Watercolor Basics 1:00 Women's Empowerment Circle 2:00 <b>Learn to Play the Ukulele!</b></p>	<p>29</p> <p><b>Closed</b> <b>No Programming</b></p>