

MAY 2025 DETROIT

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Rooms 118 & 120
Detroit MI, 48206
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**GILDA'S CLUB
METRO DETROIT**
An Affiliate of the
CANCER SUPPORT COMMUNITY



MON	TUE	WED	THU	FRI	SAT	SUN
			1 11:00 AM: COFFEE & COMMUNITY 11:00 AM: DROP IN: RESOURCES AND SUPPORT	2	3	4
5 10:30 AM: STITCHING CIRCLE 12:00 PM: LUNCH & LEARN 1:00 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5:00 PM: NEW MEMBER MEETING 6:00 PM: <u>BREAST CANCER NETWORKING GROUP (H)</u> 6:00PM: <u>CHAIR YOGA (H)</u>	6 11:00 AM: DROP IN: RESOURCES AND SUPPORT 1:00 PM: PAINTING & JAZZ	7 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY	8 11:00 AM: DROP IN: RESOURCES AND SUPPORT 5:30 PM: SPIN & SPILL SOCIAL TIME! 5:30 PM: DURFEE FAMILY DINNER! 6:00 PM: GROOVE & HUSTLE AT GILDA'S 6:30 PM: HEALTH EQUITY BOOK CLUB	9	10 11:00 AM: <u>MOTHER'S DAY PAMPER PARTY!</u>	11
12 10:30 AM: WATERCOLOR FOR BEGINNERS 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM: REIKI: RECONNECTIVE HEALING 12:00 PM: LUNCH & LEARN 1:00 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5:00 PM: NEW MEMBER MEETING 6:00PM: <u>LOVING SOMEONE THROUGH CANCER (H)</u>	13 11:00 AM: DROP IN: RESOURCES AND SUPPORT 1:00 PM: PAINTING & JAZZ 300 PM: <u>LAUGHTER YOGA (H)</u>	14 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY	15 11:00 AM: DROP IN: RESOURCES AND SUPPORT 4 PM: ZUMBA 5:00 PM: <u>PLAY BALL!- BASEBALL FAMILY FUN DAY</u> 6:00 PM: <u>CAREGIVER DINNER</u>	16	17	18
19 10:30 AM: DIAMOND PAINTING 12:00 PM: LUNCH & LEARN 1:00 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5:00 PM: NEW MEMBER MEETING 6:00 PM: <u>YOUNG ADULT THRIVE TRIBE (H)</u> 6:00 PM: <u>CHAIR YOGA (H)</u>	20 11:00 AM: DROP IN: RESOURCES AND SUPPORT 1:00 PM: PAINTING & JAZZ	21 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY	22 11:00 AM: DROP IN: RESOURCES AND SUPPORT 5:00PM: <u>LUNG CANCER GROUP (H)</u> 6:00 PM: ZUMBA 7:00 PM: CANCER-FIGHTING SMOOTHIES WITH TIFFANY	23	24	25
26 	27 11:00 AM: DROP IN: RESOURCES AND SUPPORT 1:00 PM: PAINTING & JAZZ	28 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY	29 11:00 AM: DROP IN: RESOURCES AND SUPPORT 6:00 PM: <u>GROUNDING IN NATURE: WORKSHOPS FOR STRESS RELIEF (H)</u>	30	31	