



An Affiliate of the
CANCER SUPPORT COMMUNITY

Virtual - April 2024

Wed	Thurs	Fri	Sat
3 10:00 Gentle Flow Yoga 11:00 Tai Chi 1:00 Book Club 4:00 Scattegories! 6:00 Chair Yoga 6:30 Pancreatic Group 6:30 Life After Treatment Group	4 10:00 Art Therapy For All 10:00 Weighted Yoga 11:00 Sue Fabian Series: Funerals 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Kids Living With Cancer Group 6:00 Spouses Bereavement Group 6:00 MBSR 6:30 Colon Group 7:00 Game Night!	5 10:00 New Member Meeting 10:00 Morning Meditation 3:30 Kids Story Time	6 10:00 Chair Yoga 11:00 Mindful Writing
9 5:00 Parenting with Cancer - Group <hr/> 10 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Journey Book Club 4:00 Scattegories 5:00 Kids Talk 6:00 Chair Yoga 6:00 Family Bereavement	11 10:00 Art Therapy For All 10:00 Weighted Yoga 11:00 Sue Fabian Series: Medicare Vs. Medicaid 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Art Therapy For Teens 6:00 MBSR 6:30 Caregivers Group 7:00 Game Night!	12 10:00 New Member Meeting 10:00 Morning Meditation 3:30 Kids Story Time	13 10:00 Chair Yoga 10:00 The Mindful Month: Mindful Eating
17 10:00 Gentle Flow Yoga 11:00 Tai Chi 1:00 Book Club 4:00 Scattegories 6:00 Chair Yoga 6:30 New To Remission Group	18 10:00 Art Therapy For All 10:00 Weighted Yoga 11:00 Sue Fabian Series: Hospice 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:30 Spouses Bereavement Group 6:00 MBSR 7:00 Catch Phrase!	19 10:00 New Member Meeting 10:00 Morning Meditation 3:30 Kids Story Time	20 10:00 Chair Yoga 11:00 Mindful Writing
24 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Book Club 4:00 Scattegories 6:00 Chair Yoga	25 10:00 Art Therapy For All 10:00 Weighted Yoga 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 MBSR 6:30 Caregivers Group 6:00 Metastatic Breast Group 7:00 Game Night!	26 10:00 New Member Meeting 10:00 Morning Meditation 3:30 Kids Story Time	27 10:00 Chair Yoga 10:00 The Mindful Month: Mindful Eating
	<p>Gilda's Virtual Community is open:</p> <p>Wed-Thurs 10:00 am - 8:00 pm Fridays 10:00 am - 5:00 pm & Saturdays at 10:00 am</p>		<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at 248.577.0800 or register online at gildasclubdetroit.org</p>