


JANUARY 2025 VIRTUAL



GILDA'S CLUB
METRO DETROIT
An Affiliate of the
CANCER SUPPORT COMMUNITY

MON	TUE	WED	THU	FRI	SAT	SUN
		<p>1</p> 	<p>2</p> <p>10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 12 PM: LUNCH TIME TRIVIA! 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNER BEREAVEMENT 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!</p>	<p>3</p> <p>10 AM: NEW MEMBER MEETING 10 AM: GENTLE FLOW YOGA 10 AM: NUTRITION THAT STICKS WITH YOU</p>	<p>4</p> <p>10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>	<p>5</p>
6	<p>7</p> <p>4:30 PM: KIDS LIVING W/CANCER GROUP 6 PM: EMERGENCY PREPAREDNESS 7 PM: PARENTS BEREAVEMENT GROUP</p>	<p>8</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOKCLUB 5 PM: KIDS TALK 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA</p>	<p>9</p> <p>10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 12 PM: LUNCH TIME TRIVIA! 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIGHT!</p>	<p>10</p> <p>10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: INTENSATI</p>	<p>11</p> <p>10 AM: CHAIR YOGA</p>	<p>12</p>
13	<p>14</p> <p>5 PM: PARENTING W/CANCER GROUP 6 PM: HOSPICE PLANNING 6:30 PM: ADULT FAMILY BEREAVEMENT</p>	<p>15</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 3 PM: THE MINDFUL APPROACH TO WRITING 4 PM: TEEN TALK 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: NEW TO REMISSION 6:30 PM: TAMING YOUR GREMLIN</p>	<p>16</p> <p>10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 12 PM: LUNCH TIME TRIVIA! 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: PARTNERS BEREAVEMENT GROUP 7 PM: GAME NIGHT!</p>	<p>17</p> <p>10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING</p>	<p>18</p> <p>10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>	<p>19</p>
20	<p>21</p> <p>6 PM: FUNERAL CONSUMERISM</p>	<p>22</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL BOOK CLUB 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA 6:30 PM: TAMING YOUR GREMLIN</p>	<p>23</p> <p>10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 12 PM: LUNCH TIME TRIVIA! 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIGHT!</p>	<p>24</p> <p>10 AM: NEW MEMBER MEETING 10 AM: GENTLE FLOW YOGA</p>	<p>25</p> <p>10 AM: CHAIR YOGA</p>	<p>26</p>
27	<p>28</p> <p>6 PM: MY SPOUSE DIED, WHAT DO I DO NOW?</p>	<p>29</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA 6:30 PM: TAMING YOUR GREMLIN</p>	<p>30</p> <p>10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 12 PM: LUNCH TIME TRIVIA! 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 7 PM: GAME NIGHT!</p>	<p>31</p> <p>10 AM: NEW MEMBER MEETING 10 AM: GENTLE FLOW YOGA</p>		