

# JULY 2024 VIRTUAL



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

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 <b>10 AM:</b> MORNING MEDITATION	3 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>1 PM:</b> BOOK CLUB <b>4 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> LIFE AFTER TREATMENT	4 CLOSED FOR THE 4TH OF JULY	5 CLOSED FOR THE 4TH OF JULY	6 CLOSED FOR THE 4TH OF JULY	7
8	9 <b>10 AM:</b> MORNING MEDITATION <b>5 PM:</b> PARENTING W/CANCER GROUP <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	10 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>2 PM:</b> MINDFUL BOOKCLUB <b>4 PM:</b> SCATTEGORIES! <b>5 PM:</b> KIDS TALK <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> PANCREATIC GROUP – MOVED	11 <b>10 AM:</b> WEIGHTED YOGA <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>6 PM:</b> MBSC SERIES <b>6:30 PM:</b> CAREGIVERS GROUP <b>7 PM:</b> INTENSATI: MOVEMENT & MANTRA <b>7 PM:</b> GAME NIGHT!	12 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> NEW MEMBER MEETING	13 <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL MONTH: TAPPING INTO CREATIVITY	14
15	16 <b>10 AM:</b> MORNING MEDITATION	17 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>1 PM:</b> BOOK CLUB <b>4 PM:</b> SCATTEGORIES! <b>4 PM:</b> TEEN TALK <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> NEW TO REMISSION GROUP	18 <b>10 AM:</b> WEIGHTED YOGA <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>6 PM:</b> SPOUSES BEREAVEMENT GROUP <b>6 PM:</b> MBSC SERIES <b>7 PM:</b> GAME NIGHT!	19 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION	20 <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL WRITING	21
22	23 <b>10 AM:</b> MORNING MEDITATION <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	24 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>2 PM:</b> MINDFUL MEDITATION <b>3 PM:</b> MINDFUL JOURNEY BOOK CLUB <b>4 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA	25 <b>10 AM:</b> WEIGHTED YOGA <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>6 PM:</b> MBSC <b>6:30 PM:</b> CAREGIVERS GROUP <b>6:30 PM:</b> METASTATIC BREAST CANCER <b>7 PM:</b> GAME NIGHT!	26 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION	27 <b>10 AM:</b> CHAIR YOGA <b>10 AM:</b> MINDFUL MONTH: TAPPING INTO CREATIVITY	28
29	30 <b>10 AM:</b> MORNING MEDITATION	31 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>4 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA				