



Mon	Tue	Wed	Thu
<p>Registration is required for <u>all</u> programs. H= Hybrid Programming Red = New Program!</p> <p>You can give us a call at 248.577.0800 or register online at www.gildasclubdetroit.org</p>			
4 1:00 Mindfulness Resilience Yoga (H)	5 11:00 Tranquility Yoga with Susan Jane (H) 4:00 Gilda's Singers & Stringers 4:00 Metastatic Breast Cancer Social 6:30 Art Night! (H) 6:30 Bingo!	6 10:00 New Member Meeting 11:00 Coffee, Cancer & Conversations 11:30 Living with Cancer (H) 1:30 Beginner's Tap Dance 4:00 Noogieland Family Play 5:00 Make & Take workshop 6:30 Men's Meeting H)	7 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session 12:00 Knitting & Crochet Crafters 12:30 1:1 Stress Relief Reiki Session 2:00 Self-Care 101- Spring Cleaning for the Soul
11 10:00 Angel Pillow Project 1:00 Mindfulness Creative Art Class (H)	12 11:00 Tranquility Yoga with Susan Jane 5:30 Coffeehouse (Open Mic Night) 6:00 Strength Training & Cancer.. Oh My! (H) 6:30 Caregivers Group 6:30 Spouses Bereavement	13 10:00 New Member Meeting 11:30 Living with Cancer (H) 1:30 Book Club 1:30 Beginner's Tap Dance 3:30 Club Red 5:00 Exploring Emotions Through Art 6:00 Bosom Buddies 6:00 Head & Neck Cancers Group 6:30 Ovarian/ Gynecological Group (H)	14 12:00 Farm to Table
18 1:00 Mindfulness Resilience Yoga (H)	19 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers 5:30 Egg Decorating Party 6:30 Art Night	20 10:00 New Member Meeting 11:30 Living with Cancer Group 1:30 Beginner's Tap Dance 4:00 Noogieland Family Play 6:00 Improv!	21 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session
25 1:00 Mindfulness Creative Art Class (H)	26 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers 5:00 Parenting with Cancer 5:00 Little Kids, Big Feelings 6:00 Multiple Myeloma- 6:00 Self-care for your Body- Part 3: Incorporating Movement (H) 6:00 Life After Loss Gathering 6:30 Women of Color (H)	27 10:00 New Member Meeting 11:30 Living with Cancer Group 1:30 Beginner's Tap Dance 4:00 Noogieland Family Play 4:00 Cancer Fighting Smoothies with Ashley 5:00 Exploring Emotions Through Art 6:30 Young Adults Caring Through Cancer (H)	28 12:30 Conscious Breathing to Create Balance & Calm (H)