

MARCH 2025 DETROIT

2470 Collingwood St.
Rooms 118 & 120
Detroit MI, 48206
(313) 356-7600

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



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
<p>3 10:30 AM: STITCHING CIRCLE 11 AM: REIKI: RECONNECTIVE HEALING 12 PM: LUNCH & LEARN 12 PM: REIKI: RECONNECTIVE HEALING 1 PM: <u>LIVING WITH CANCER GROUP (H)</u> 1 PM: REIKI: RECONNECTIVE HEALING 2 PM: REIKI: RECONNECTIVE HEALING 5 PM: NEW MEMBER MEETING 6 PM: <u>BREAST CANCER NETWORKING GROUP (H)</u> 6:00PM: CHAIR YOGA (H)</p>	<p>4 1PM: PAINTING & JAZZ 3PM: <u>FELTED SOAP WORKSHOP</u></p>	<p>5 10:30AM: INDOOR WELLNESS WALKERS 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY</p>	<p>6 11 AM: COFFEE & COMMUNITY 5:30 PM: DURFEE FAMILY DINNER! 6 PM: GROOVE & HUSTLE AT GILDA'S</p>	7	8	9
<p>10 10:30 AM: WATERCOLOR FOR BEGINNERS 12 PM: LUNCH & LEARN 1 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5 PM: NEW MEMBER MEETING 6 PM: <u>LOVING SOMEONE THROUGH CANCER (H)</u></p>	<p>11 1PM: PAINTING & JAZZ 3PM: LAUGHTER YOGA (H)</p>	<p>12 10:30AM: INDOOR WELLNESS WALKERS 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY</p>	<p>13 5:30 PM: SPIN & SPILL SOCIAL TIME! 5:30 PM: CHOP, STIR, SERVE: SOUP MAKING 101 6:30 PM: HEALTH EQUITY BOOK CLUB</p>	14	15	16
<p>17 10:30 AM: DIAMOND PAINTING 12 PM: LUNCH & LEARN 1 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5 PM: NEW MEMBER MEETING 6 PM: <u>YOUNG ADULT THRIVE TRIBE (H)</u> 6 PM: CHAIR YOGA (H)</p>	<p>18 1PM: PAINTING & JAZZ</p>	<p>19 10:30AM: INDOOR WELLNESS WALKERS 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY</p>	<p>20 4 PM: ZUMBA 5:30 PM: COOKING FOR ONE SERIES</p>	21	22	23
<p>24 10 AM: SOULFUL STEPS 11:00AM: THE ART OF FABRIC 12:00 PM: LUNCH & LEARN 1 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5:00PM: NEW MEMBER MEETING 6:00 PM: <u> GROUNDED IN NATURE: WORKSHOPS FOR STRESS RELIEF (H)</u></p>	<p>25 1PM: PAINTING & JAZZ</p>	<p>26 10:30AM: INDOOR WELLNESS WALKERS 10:30 AM: DIG INTO GARDENING: NATURE'S THERAPY</p>	<p>27 5 PM: <u>LUNG CANCER GROUP (H)</u> 6 PM: ZUMBA 7 PM: CANCER-FIGHTING SMOOTHIES WITH TIFFANY</p>	28	29	30
<p>31 12 PM: LUNCH & LEARN 1 PM: <u>LIVING WITH CANCER GROUP (H)</u> 5:00 PM: NEW MEMBER MEETING</p>						