

St. Clair Shores Lake House — January 2024

23500 Pare St. Saint Clair Shores, MI 48080

Mon	Tue	Wed	Thu
1 HAPPY NEW YEAR!!!	2 10:30 Chair Yoga 11:00 Coffee Hour!-Cancelled 1:00 Timely Tuesdays Art Class 5:00 Game Night!	3 10:30 New Member Meeting 1:00 Women's Empowerment Circle	4 Closed No Programming
8 Closed No Programming	9 10:30 Chair Yoga 1:00 Mindful Journaling 3:00-4:30 Reiki 6:00 What is Naturopathic Medicine and How Can it Help Me? (H) 6:00 Living with Cancer Group (H) 6:00 Parenting a Child w/Cancer	10 10:30 New Member Meeting 1:00 Breast Group (H) 3:00 2024 Vision Board 4:00-5:00 Reiki or Foot Reflexology	11 Closed No Programming
15 Closed No Programming	16 10:30 Chair Yoga 11:00 Coffee Hour! 1:00 Timely Tuesdays Art Class 6:00 New Year, New Nutrition! 6:00 Blood Cancer Group (H) 6:00 Euchre!	17 10:30 New Member Meeting 11: 00 Yoga for Success 1:00 Gynecological Cancers Group (H) 2:30 Caregiver to Caregiver Peer Networking Group	18 Closed No Programming
22 Closed No Programming	23 10:30 Chair Yoga 1:00 Mindful Journaling 4:00 Cancer Fighting Smoothies! 4:30 Art Therapy 6:00 Living with Cancer Group (H) 6:00 Medical Hypnosis for Pain Management	24 10:30 New Member Meeting 1:00 Healing Arts Watercolor Basics 1:00 Women's Empowerment Circle 2:00 Learn to Play the Ukulele!	25 Closed No Programming
29 Closed No Programming	30 10:30 Chair Yoga	31 10:30 New Member Meeting	Registration is required for <u>all</u> programs. You can give us a call at 586-777-7761 or register online at: www.gildasclubdetroit.org