

JANUARY 2025 ST. CLAIR SHORES

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



MON	TUE	WED	THU	FRI	SAT	SUN
		1 Happy New Year! CLOSED-NO IN PERSON PROGRAMMING	2	3	4	5
6	7 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR! 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S MEETING	8 10:15 AM: MINDFUL STRENGTH (FITNESS) 11AM-1:15PM: REIKI: RECONNECTIVE HEALING 12 PM: TAI CHI FOR BEGINNERS 1 PM: SNACKING IN SEASON 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY	9	10	11	12
13	14 10:30 AM: CHAIR YOGA 1 PM: KNITTING AND CROCHET CIRCLE 12 PM: GOAL SETTING FOR BALANCED WELLNESS SERIES: WHAT WELLNESS MEANS FOR YOU (H) 5 PM: RELAX AND RESTORE YOGA 5 PM: LAKE HOUSE COMMUNITY DINNER 6 PM: LIVING WITH CANCER GROUP (H) 6 PM: MINDFUL CRAFTING FOR KIDS 6 PM: PARENTING A CHILD WITH CANCER GROUP (H)	15 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11 AM: HEALING RETREAT WITH DR. LAKSHMI SALEEM 12 PM: TAI CHI FOR BEGINNERS	16	17	18	19
20	21 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR! 12 PM: GOAL SETTING FOR BALANCED WELLNESS SERIES: WHAT WELLNESS MEANS FOR YOU (H) 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 6 PM: BLOOD CANCERS SUPPORT GROUP (H) 6 PM : COURAGEOUS CONVERSATIONS ABOUT CANCER IN ADOLESCENTS AND YOUNG ADULTS (H)	22 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 12 PM: LUNCH AND LEARN: SEASONAL AFFECTIVE DISORDER 1 PM: HEALING ARTS, WATERCOLORS BASICS 2:30 PM: CAREGIVER-TO-CAREGIVER PEER NETWORKING 4 PM: LEARN TO PLAY THE UKULELE!	23	24	25	26
27	28 10:30 AM: CHAIR YOGA 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 4 PM: CANCER FIGHTING SMOOTHIES 4:30 PM: ART THERAPY 5 PM: RELAX AND RESTORE YOGA 6 PM: BREAST CANCER SUPPORT GROUP (H)	29 10:15 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 1 PM: GOAL SETTING FOR BALANCED WELLNESS FOLLOW-UP SESSIONS	30	31		