




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>	<p>1 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session 12:30 1:1 Stress Relief Reiki Session 2:00 Self-Care 101– Learning why self-love is the BEST love.</p>
<p>5 1:00 Mindfulness Resilience Yoga (H)</p>	<p>6 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!</p>	<p>7 10:00 New Member Meeting 11:00 Coffee, Cancer & Conversations 11:30 Living with Cancer (H) 4:00 Noogieland Family Play 6:30 Leukemia/ Lymphoma Group (H) 6:30 Men's Meeting H)</p>	<p>8 1:00 Jazzy Paint & Sip</p>
<p>12 10:00 Angel Pillow Project 1:00 Mindfulness Creative Art Class (H)</p>	<p>13 11:00 Tranquility Yoga with Susan Jane 5:30 Coffeehouse (Open Mic Night) 5:00 Kids Valentine's Craft Party 6:00 Inner Self 'Makeover' through Self Love and Self Forgiveness 6:30 Caregivers Group 6:30 Spouses Bereavement</p>	<p>14 10:00 New Member Meeting 11:30 Living with Cancer (H) 1:30 Knitting & Crochet Crafters 1:30 Book Club 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)</p>	<p>15 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session</p>
<p>19 1:00 Mindfulness Resilience Yoga (H)</p>	<p>20 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers 6:00 Strength Training & Cancer.. Oh My! (H) 6:30 Art Night</p>	<p>21 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Noogieland Family Play 6:00 Improv! 6:00 Thriving & Surviving After Cancer</p>	<p>22 11:30 Motown Brunch</p>
<p>26 1:00 Mindfulness Creative Art Class (H)</p> 	<p>27 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 2: Incorporating Movement (H) 6:30 Women of Color (H) 6:30 Life After Loss Gathering</p>	<p>28 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Noogieland Family Play 4:00 Cancer Fighting Smoothies with Ashley 5:00 Exploring Emotions Through Art 6:30 Breast Group (H)</p>	<p>29 5:00 Children's Yoga</p>