




An Affiliate of the
CANCER SUPPORT COMMUNITY

Clubhouse - January 2023

Mon	Tue	Wed	Thu
<p>2</p> <p><u>*Closed in observance of New Years Day.*</u></p>	<p>3</p> <p>9:00 Early Bird Chair Yoga (H) 12:00 Open Beading Circle 4:00 Uke Group 6:30 Art Night (H) 6:30 Spouses Bereavement</p>	<p>4</p> <p>10:00 New Member Meeting 11:00 Living with Cancer Group 6:30 Leukemia/ Lymphoma Group 6:30 Men's Gathering (H)</p>	<p>5</p> <p>10:30 Reiki Healing Circle 11:00 A Mindful Holiday: Create a Vision Board of Your 2023 Intentions 1:00 Restorative Yoga 2:00 Self Care 101 Group</p>
<p>9</p> <p>10:00 Angel Pillow Project 1:00 Yoga (H)</p>	<p>10</p> <p>9:00 Early Bird Chair Yoga (H) 12:00 Open Beading Circle 4:00 Uke Group 6:30 Caregivers Group</p>	<p>11</p> <p>10:00 New Member Meeting 11:00 Living with Cancer Group 6:30 Ovarian/ Gynecological Group</p>	<p>12</p> <p>1:00 Restorative Yoga 2:00 Water Color Art Group (provided by Karmanos)</p>
<p>16</p> <p><u>*Closed in observance of Martin Luther King Jr. Day*</u></p> 	<p>17</p> <p>9:00 Early Bird Chair Yoga (H) 12:00 Open Beading Circle 4:00 Uke Group 6:30 Art Night (H)</p>	<p>18</p> <p>10:00 New Member Meeting 11:00 Living with Cancer Group 6:00 Improv!</p>	<p>19</p> <p>10:30 Reiki Healing Circle 1:00 Restorative Yoga 2:00 Water Color Art Class (provided by Karmanos)</p>
<p>23</p> <p>11:00 Unplug & Paint 1:00 Yoga (H)</p>	<p>24</p> <p>9:00 Early Bird Chair Yoga (H) 12:00 Open Beading Circle 4:00 Uke Group 6:00 Multiple Myeloma 6:30 Women of Color (H)</p>	<p>25</p> <p>10:00 New Member Meeting 11:00 Living with Cancer Group 6:00 Family Bereavement 6:30 Breast Group</p>	<p>26</p> <p>1:00 Restorative Yoga 2:00 Water Color Art Class (provided by Karmanos)</p>
<p>30</p> <p>1:00 Yoga (H)</p>	<p>31</p> <p>9:00 Early Bird Chair Yoga (H) 12:00 Open Beading Circle 4:00 Uke Group</p>		<p>Registration is required for <u>all</u> programs. H= Hybrid Programming</p> <p>You can give us a call at 248.577.0800 or register online at www.gildasclubdetroit.org</p>