



NOVEMBER 2024 VIRTUAL



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

MON	TUE	WED	THU	FRI	SAT
				<p>1 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 10 AM: MBSR <u>11 AM: ONCOLOGY REHABILITATION FOR METASTATIC CANCER</u></p>	<p>2 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>
4	<p>5 10 AM: MORNING MEDITATION <u>6 PM: DOING YOUR MEDICAL POWER OF ATTORNEY</u></p> 	<p>6 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYO BOOK CLUB! 3 PM: THE MINDFUL APPROACH TO WRITING 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: PANCREATIC GROUP 6:30 PM: LIFE AFTER TREATMENT</p>	<p>7 10 AM: WEIGHTED YOGA 11:30AM: ART THERAPY FOR ALL <u>12 PM: LUNCH TIME TRIVIA!</u> 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 5 PM: KIDS LIVING WITH CANCER 5:30 PM: COPING SKILLS 101 SERIES 6 PM: SPOUSES/PARTNER BEREAVEMENT 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!</p>	<p>8 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: INTENSATI</p>	9
11	<p>12 10 AM: MORNING MEDITATION 5 PM: PARENTING W/CANCER GROUP <u>6 PM: PATIENT ADVOCACY</u> 6:30 PM: ADULT FAMILY BEREAVEMENT</p>	<p>13 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOK CLUB 5 PM: KIDS TALK 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA <u>6 PM: I WAS JUST DIAGNOSED WITH OVARIAN CANCER. WHAT'S NEXT?</u></p>	<p>14 10 AM: WEIGHTED YOGA 11:30AM: ART THERAPY FOR ALL <u>12 PM: LUNCH TIME TRIVIA!</u> 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 5:30 PM: COPING SKILLS 101 SERIES 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIGHT!</p>	<p>15 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING <u>10 AM: MINDFUL EATING PRESENTATION</u></p>	<p>16 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>
18	<p>19 10 AM: MORNING MEDITATION <u>6 PM: JOINT REPLACEMENT ADVOCACY</u></p>	<p>20 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYO BOOK CLUB! 3 PM: THE MINDFUL APPROACH TO WRITING 4 PM: TEEN TALK 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: NEW TO REMISSION GROUP</p>	<p>21 10 AM: WEIGHTED YOGA 11:30 AM: ART THERAPY FOR ALL <u>12 PM: LUNCH TIME TRIVIA!</u> 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNER BEREAVEMENT 6:30 PM: CAREGIVER'S GROUP 7 PM: GAME NIGHT!</p>	<p>22 10 AM: NEW MEMBER MEETING 10 AM: GENTLE FLOW YOGA <u>10 AM: UNITE FOR HER: BREAST & OVARIAN CANCERS</u> <u>11 AM: INTENSATI</u></p>	<p>23 10 AM: CHAIR YOGA</p>
25	<p>26 10 AM: MORNING MEDITATION <u>6 PM: CAREGIVING</u> 6:30 PM: ADULT FAMILY BEREAVEMENT</p>	<p>27 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOK CLUB 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA</p>	<p>28 </p>	<p>29</p>	<p>30 10 AM: CHAIR YOGA</p>