



# JUNE 2025 DETROIT

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Rooms 118 & 120  
Detroit MI, 48206  
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**GILDA'S CLUB  
METRO DETROIT**  
An Affiliate of the  
CANCER SUPPORT COMMUNITY



MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 <b>10:30 AM:</b> STITCHING CIRCLE <b>12:00 PM:</b> <u>LUNCH &amp; CHAT</u> <b>5:00 PM:</b> NEW MEMBER MEETING <b>6:00PM:</b> <b>CHAIR YOGA (H)</b>	3 <b>11:00 AM:</b> DROP IN: RESOURCES AND SUPPORT <b>1:00 PM:</b> PAINTED PEACE: A WOODEN MANDALA WORKSHOP	4	5 <b>11:00 AM:</b> COFFEE & COMMUNITY <b>11AM-2PM:</b> REIKI: RECONNECTIVE HEALING <b>5:30 PM:</b> <b>DURFEE FAMILY DINNER!</b> <b>6:00 PM:</b> <b>GROOVE &amp; HUSTLE AT GILDA'S</b>	6	7	8
9 <b>10:30 AM:</b> WATERCOLOR FOR BEGINNERS <b>12:00 PM:</b> <u>LUNCH &amp; CHAT</u> <b>5:00 PM:</b> NEW MEMBER MEETING <b>6:00 PM:</b> <u>LOVING SOMEONE THROUGH CANCER</u>	10 <b>10:30 AM:</b> DIG INTO GARDENING: NATURE'S THERAPY <b>12:00 PM:</b> PLANTING SEEDS FOR HEALTH NUTRITION CLASS <b>1:00 PM:</b> PIECE BY PIECE: PUZZLE MOSAIC ART WORKSHOP <b>300 PM:</b> <b>LAUGHTER YOGA (H)</b>	11	12 <b>5:00 PM:</b> <u>ART THERAPY</u> <b>5:30 PM:</b> SPIN & SPILL SOCIAL TIME! <b>6:00 PM:</b> CAREGIVER'S DINNER	13	14 <b>11:00 AM:</b> <u><b>A DAY FOR DADS</b></u>	15
16 <b>10:30 AM:</b> DIAMOND PAINTING <b>12:00 PM:</b> <u>LUNCH &amp; CHAT</u> <b>5:00 PM:</b> NEW MEMBER MEETING <b>6:00 PM:</b> <b>CHAIR YOGA (H)</b>	17 <b>11:00 AM:</b> DROP IN: RESOURCES AND SUPPORT <b>11:00 AM:</b> <b>LUNCH &amp; LEARN: DEDICATED SENIOR MEDICAL CENTER</b> <b>1:00 PM:</b> PAINT YOUR PARTNER: A CREATIVE PORTRAIT EXPERIENCE	18	19 	20	21	22
23 <b><u>GILDA'S CLUB SPIRIT WEEK!</u></b> <b>10:00 AM:</b> <b>SOULFUL STEPS</b> <b>11:00 AM:</b> THE ART OF FABRIC <b>12:00 PM:</b> <u>LUNCH &amp; CHAT</u> <b>5:00PM:</b> NEW MEMBER MEETING <b>6:00 PM:</b> <b><u>GROUNDED IN NATURE: WORKSHOPS FOR STRESS RELIEF</u></b>	24 <b><u>GILDA'S CLUB SPIRIT WEEK!</u></b> <b>10:30 AM:</b> DIG INTO GARDENING: NATURE'S THERAPY <b>12:00 PM:</b> PLANTING SEEDS FOR HEALTH NUTRITION CLASS <b>1:00 PM:</b> OPEN ART STUDIO	25 <b><u>GILDA'S CLUB SPIRIT WEEK!</u></b> <b>10:30 AM:</b> <b>LUNCH &amp; LEARN: CHRONIC PAIN &amp; MANAGEMENT</b>	26 <b><u>GILDA'S CLUB SPIRIT WEEK!</u></b> <b>10:30 AM:</b> <u>ART THERAPY</u> <b>5:00PM:</b> <u>LUNG CANCER GROUP (H).</u> <b>6:00 PM:</b> ZUMBA <b>7:00 PM:</b> CANCER-FIGHTING SMOOTHIES WITH TIFFANY	27	28 	29
30 <b>12:00 PM:</b> <u>LUNCH &amp; CHAT</u> <b>5:00PM:</b> NEW MEMBER MEETING <b>6:00 PM:</b> KARAOKE & CONNECTION						