

JUNE 2025 DETROIT

2470 Collingwood St.
Rooms 118 & 120
Detroit MI, 48206
(313) 356-7600

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



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