

AUGUST 2024 VIRTUAL

MON	TUE	WED	THU	FRI	SAT	SUN
			<p>1</p> <p>10 AM: WEIGHTED YOGA 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 5 PM: KIDS LIVING WITH CANCER GROUP 6 PM: SPOUSES BEREAVEMENT 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!</p>	<p>2</p> <p>9 AM: GENTLE GLOW YOGA 10 AM: NEW MEMBER MEETING 10 AM: MORNING MEDITATION</p>	<p>3</p> <p>10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>	4
5	<p>6</p> <p>10 AM: MORNING MEDITATION</p>	<p>7</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYO BOOKCLUB! 3 PM: THE MINDFUL APPROACH TO WRITING FEARLESSLY 4 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: PANCREATIC GROUP 6:30 PM: LIFE AFTER TREATMENT GROUP</p>	<p>8</p> <p>10 AM: WEIGHTED YOGA 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVER'S GROUP 7 PM: INTENSATI: MOVEMENT & MANTRA 7 PM: GAME NIGHT!</p>	<p>9</p> <p>9 AM: GENTLE FLOW YOGA 10 AM: MORNING MEDITATION 10 AM: NEW MEMBER MEETING</p>	<p>10</p> <p>10 AM: CHAIR YOGA</p>	11
12	<p>13</p> <p>10 AM: MORNING MEDITATION 5 PM: PARENTING W/CANCER GROUP 6:30 PM: ADULT FAMILY BEREAVEMENT</p>	<p>14</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOKCLUB 4 PM: SCATTEGORIES! 5 PM: KIDS TALK 6 PM: CHAIR YOGA</p>	<p>15</p> <p>10 AM: WEIGHTED YOGA 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES BEREAVEMENT GROUP 7 PM: GAME NIGHT!</p>	<p>16</p> <p>9 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 10 AM: MORNING MEDITATION</p>	<p>17</p> <p>10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING</p>	18
19	<p>20</p> <p>10 AM: MORNING MEDITATION</p>	<p>21</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYO BOOK CLUB! 3 PM: THE MINDFUL APPROACH TO WRITING FEARLESSLY 4 PM: SCATTEGORIES! 4 PM: TEEN TALK 6 PM: CHAIR YOGA 6 PM: SETTING FINANCIAL GOALS 6:30 PM: NEW TO REMISSION</p>	<p>22</p> <p>10 AM: WEIGHTED YOGA 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 6:30 PM: METASTATIC BREAST CANCER 7 PM: GAME NIGHT!</p>	<p>23</p> <p>9 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 10 AM: MORNING MEDITATION</p>	<p>24</p> <p>10 AM: CHAIR YOGA</p>	25
26	<p>27</p> <p>10 AM: MORNING MEDITATION 6:30 PM: ADULTS FAMILY BEREAVEMENT</p>	<p>28</p> <p>10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOKCLUB 4 PM: SCATTEGORIES! 6 PM: CHAIR YOGA</p>	<p>29</p> <p>10 AM: WEIGHTED YOGA 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 7 PM: GAME NIGHT!</p>	<p>30</p> <p>9 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 10 AM: MORNING MEDITATION</p>	<p>31</p> <p>10 AM: CHAIR YOGA</p>	



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