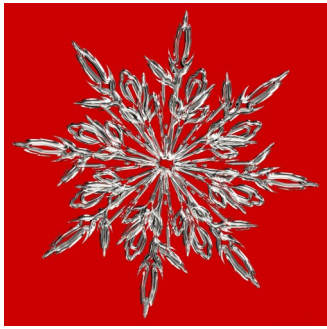




**GILDA'S
CLUB
METRO
DETROIT**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Virtual - December 2023

Wed	Thurs	Fri	Sat
	<p>Gilda's Virtual Community is open:</p> <p>Wed-Thurs 10:00 am - 8:00 pm Fridays 10:00 am - 5:00 pm & Saturdays at 10:00 am</p>	<p>1 10:00 New Member Meeting 10:00 Morning Meditation</p>	<p>2 10:00 Chair Yoga 11:00 Mindful Writing</p>
<p>6 10:00 Gentle Flow Yoga 1:00 Book Club 4:00 Scattagories! 6:00 Chair Yoga 6:00 Living with Cancer Group 6:30 Pancreatic Group 6:30 Life After Treatment Group</p>	<p>7 10:00 Art Therapy For All 10:00 Gentle Stretch Yoga 4:00 Gentle Flow Yoga 5:00 Kids Living With Cancer Group 6:00 Spouses Bereavement Group 6:00 A Mindful (&Calm) Holiday Series 6:30 Brain Group 7:00 Catch Phrase!</p>	<p>8 10:00 Morning Meditation 10:00 New Member Meeting</p>	<p>9 10:00 Chair Yoga</p>
<p>13 10:00 Gentle Flow Yoga 3:00 Mindful Journey Book Club 5:00 Kids Talk 6:00 Chair Yoga 6:00 Living with Cancer Group 6:30 Young Adults Group</p>	<p>14 10:00 Art Therapy For All 10:00 Gentle Stretch Yoga 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Art Therapy For Teens 6:00 A Mindful (&Calm) Holiday Series 6:30 Caregivers Group 7:00 Catch Phrase!</p>	<p>15 10:00 Morning Meditation 10:00 New Member Meeting 12:00 Winter wonderland Jeopardy!</p>	<p>16 10:00 Chair Yoga 11:00 Mindful Writing</p>
<p>20 10:00 Gentle Flow Yoga 1:00 Book Club 4:00 Scattagories 6:00 Chair Yoga 6:00 Living with Cancer Group 6:00 Men's Gathering 6:30 New To Remission Group</p>	<p>21 10:00 Art Therapy For All 10:00 Gentle Stretch Yoga 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Spouses Bereavement Group 7:00 Catch Phrase!</p>	<p>22 10:00 Morning Meditation 10:00 New Member Meeting 12:00 Winter wonderland Jeopardy!</p>	<p>23 10:00 Chair Yoga</p>
<p>27 10:00 Gentle Flow Yoga 11:30 Living with Cancer Group 1:00 Kids Trivia! 2:00 Mindful Meditation 3:00 Mindful Book Club 6:00 Chair Yoga 6:00 Living with Cancer Group 6:00 Mid-Week Manifest: A virtual Healing Arts Workshop 6:30 Young Adults Social</p>	<p>28 10:00 Art Therapy For All 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Mid-Week Manifest: A virtual Healing Arts Workshop 6:30 Metastatic Breast Group 6:30 Caregiver's Group</p>	<p>29 10:00 New Member Meeting</p>	<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at 248.577.0800 or register online at gildasclubdetroit.org</p>