



An Affiliate of the
CANCER SUPPORT COMMUNITY

Virtual - January 2023

Wed	Thurs	Fri	Sat
4 11:00 Tai Chi 1:00 Book Club 4:00 Scattegories 6:00 Chair Yoga 6:00 Living with Cancer Group 6:30 Pancreatic Group 6:30 Life After Treatment Group	5 10:00 Tag Team Yoga 10:00 Art Therapy For All 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Gynecological Cancers Group 6:30 Brain Group	6 10:00 Morning Meditation 10:00 New Member Meeting 11:00 Yoga	7 10:00 Chair Yoga
11 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Book Club 4:00 Scattegories 5:00 Kids Talk 6:00 Chair Yoga 6:00 Living with Cancer Group 6:00 Family Bereavement Group 6:30 Young Adults Group	12 10:00 Tag Team Yoga 10:00 Art Therapy For All 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Mindful Journaling 6:30 Caregivers Group	13 10:00 Morning Meditation 10:00 New Member Meeting 11:00 Yoga	14 10:00 Chair Yoga
18 11:00 Tai Chi 1:00 Book Club 4:00 Scattegories 6:00 Chair Yoga 6:00 Living with Cancer Group 6:30 Men's Gathering	19 9:00 Art Therapy For All 10:00 Tag Team Yoga 12:00 Karma-Yoga Meditation 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Chinese Nutritional Therapy 6:00 Multiple Myeloma Group 6:00 Spouses Bereavement Group	20 10:00 Morning Meditation 10:00 New Member Meeting 11:00 Yoga	21 10:00 Chair Yoga
25 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Book Club 4:00 Scattegories 6:00 Chair Yoga 6:00 Living with Cancer Group 6:30 Young Adults Social	26 10:00 Tag Team Yoga 10:00 Art Therapy For All 12:00 Karma-Yoga Meditation 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Mindful Journaling 6:30 Metastatic Breast Group	27 10:00 Morning Meditation 10:00 New Member Meeting 11:00 Yoga	28 10:00 Chair Yoga
30-Tuesday 5:30 Be a Better You - Booking Reading with Dr. Saleem			Registration is required for <u>all</u> programs. You can give us a call at 248.577.0800 or register online at gildasclubdetroit.org