

# MAY 2025 ST. CLAIR SHORES

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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	3 <b>2 PM THE POWER OF BREATH: A WORKSHOP FOR WELLBEING</b>  <b>4PM: BREATHE AND CONNECT SOCIAL</b>	4
5	6 <b>10:30 AM:</b> CHAIR YOGA <b>11:30 AM:</b> COFFEE HOUR! <b>1 PM:</b> SWEATER KNITTING WORKSHOP <b>5 PM:</b> RELAX AND RESTORE YOGA <b>5 PM:</b> MEN'S GATHERING <b>5 PM:</b> <b>COPING 101</b> <b>6 PM:</b> EUCHRE NIGHT!	7 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> TAI CHI FOR BEGINNERS <b>1 PM:</b> <b>FELTED SOAP WORKSHOP</b> <b>3 PM:</b> <b>SIMPLY YOGA</b>	8	9	10	11
12	13 <b>10:30 AM:</b> CHAIR YOGA <b>1 PM:</b> KNITTING AND CROCHET CIRCLE <b>3 PM:</b> <b>LAUGHTER YOGA: LAKE HOUSE LIVE STREAM!</b> <b>4 PM:</b> NOOGIELAND PLAY AT THE LAKE HOUSE! <b>5 PM:</b> RELAX AND RESTORE YOGA <b>5 PM:</b> LAKE HOUSE COMMUNITY DINNER <b>5 PM:</b> <b>COPING 101</b> <b>6 PM:</b> LIVING WITH CANCER GROUP (H) <b>6 PM:</b> MINDFUL CRAFTING FOR KIDS <b>6 PM:</b> PARENTING A CHILD WITH CANCER GROUP	14 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> TAI CHI FOR BEGINNERS <b>1 PM:</b> <b>SNACKING IN SEASON</b> <b>3 PM:</b> <b>SIMPLY YOGA</b> <b>4 PM</b> REIKI <b>4:30 PM:</b> REIKI OR FOOT REFLEXOLOGY <b>5 PM:</b> REIKI OR FOOT REFLEXOLOGY	15	16	17	18
19	20 <b>10:30 AM:</b> CHAIR YOGA <b>11 AM-1:15 PM:</b> REIKI: RECONNECTIVE HEALING <b>11:30 AM:</b> COFFEE HOUR <b>1 PM:</b> KNITTING & CROCHET CIRCLE <b>5 PM:</b> RELAX AND RESTORE YOGA <b>6 PM:</b> BLOOD CANCERS SUPPORT GROUP <b>6 PM:</b> <b>NUTRITION DURING AND AFTER CANCER TREATMENT</b> <b>6 PM:</b> EUCHRE NIGHT!	21 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> TAI CHI FOR BEGINNERS <b>1 PM:</b> <b>SELF CARE WORKSHOP- CARING FOR YOU!</b> <b>1:30 PM:</b> <b>GLASS PAINTING CLASS</b> <b>3 PM:</b> <b>SIMPLY YOGA</b>	22	23	24	25
26	27 <b>10:30 AM:</b> CHAIR YOGA <b>11 AM-2:30PM:</b> <b>JELLY JAR BASKETWEAVING WORKSHOP</b> <b>2:30 PM-3:30 PM:</b> <b>BASKET STAINING</b> <b>1 PM:</b> KNITTING & CROCHET CIRCLE <b>4 PM:</b> CANCER FIGHTING SMOOTHIES WITH LASHAWNDA! <b>4 PM:</b> NOOGIELAND PLAY AT THE LAKE HOUSE! <b>5 PM:</b> RELAX AND RESTORE YOGA <b>6 PM:</b> BREAST GROUP (H)	28 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> TAI CHI FOR BEGINNERS <b>12:30 PM:</b> <b>LUNCH &amp; LEARN: REDUCE STRESS WITH MEDITATION</b> <b>1 PM:</b> HEALING ARTS, WATERCOLORS BASICS <b>2:30PM:</b> CAREGIVER TO CAREGIVER PEER SUPPORT GROUP <b>3 PM:</b> <b>SIMPLY YOGA</b>	29	30	31	