

APRIL 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
	<p>1</p> <p>10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR! 11:30 AM: <u>MIND, BODY & WELLNESS SERIES: MINDFUL MEDITATION</u> 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING 5 PM: <u>COPING 101</u> 6 PM: <u>NATURAL STRATEGIES FOR CANCER CARE</u></p>	<p>2</p> <p>10 AM: <u>FLOWER VASE BASKET WEAVING WORKSHOP</u> 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 3 PM: <u>SIMPLY YOGA</u></p>	3	4	5	6
7	<p>8</p> <p>10:30 AM: CHAIR YOGA 12:30 AM: <u>LUNCH & LEARN: NUTRITION AND YOUR WELL-BEING</u> 1 PM: KNITTING AND CROCHET CIRCLE 3 PM: <u>LAUGHTER YOGA: LAKE HOUSE LIVE STREAM!</u> 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 5 PM: <u>SPRING POTLUCK!</u> 5 PM: <u>COPING 101</u> 6 PM: LIVING WITH CANCER GROUP (H) 6 PM: MINDFUL CRAFTING FOR KIDS 6 PM: PARENTING A CHILD WITH CANCER GROUP</p>	<p>9</p> <p>10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 1 PM: <u>SNACKING IN SEASON</u> 1 PM: <u>SKIN & BEAUTY CARE WORKSHOP</u> 3 PM: <u>SIMPLY YOGA</u> 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY</p>	10	11	12	13
14	<p>15</p> <p>10:30 AM: CHAIR YOGA 11 AM-1:15 PM: REIKI: RECONNECTIVE HEALING 11:30 AM: COFFEE HOUR 1 PM: <u>SWEATER KNITTING WORKSHOP</u> 5 PM: RELAX AND RESTORE YOGA 5:00 PM: <u>COPING 101</u> 6 PM: BLOOD CANCERS SUPPORT GROUP 6 PM: <u>MIND, BODY & WELLNESS SERIES: MINDFUL MEDITATION</u> 6 PM: EUCHRE NIGHT!</p>	<p>16</p> <p>10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 1 PM: <u>SELF CARE WORKSHOP-CARING FOR YOU!</u> 3 PM: <u>SIMPLY YOGA</u></p>	17	18	19	20
21	<p>22</p> <p>10:30 AM: CHAIR YOGA 1 PM: <u>EARTH DAY SEED BOMBS WORKSHOP</u> 1 PM: <u>SWEATER KNITTING WORKSHOP</u> 4 PM: CANCER FIGHTING SMOOTHIES WITH LASHAWNDA! 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: <u>COPING 101</u> 5 PM: RELAX AND RESTORE YOGA 6 PM: BREAST GROUP (H)</p>	<p>23</p> <p>10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 1 PM: HEALING ARTS, WATERCOLORS BASICS 2:30PM: CAREGIVER TO CAREGIVER PEER SUPPORT GROUP 3 PM: <u>SIMPLY YOGA</u> 4 PM: <u>SOUND BOWL THERAPY</u></p>	24	25	26	27
28	<p>29</p> <p>10:30 AM: CHAIR YOGA 1 PM: <u>SWEATER KNITTING WORKSHOP</u> 5 PM: <u>COPING 101</u> 5 PM: RELAX AND RESTORE YOGA</p>	<p>32</p> <p>10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 3 PM: <u>SIMPLY YOGA</u></p>				