

# MARCH 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	4 <b>10:30 AM:</b> CHAIR YOGA <b>11:30 AM:</b> COFFEE HOUR! <b>1 PM:</b> KNITTING AND CROCHET CIRCLE <b>4 PM:</b> NOOGIELAND PLAY AT THE LAKE HOUSE! <b>5 PM:</b> RELAX AND RESTORE YOGA <b>5 PM:</b> MEN'S GATHERING	5 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> TAI CHI FOR BEGINNERS	6	7	8	9
10	11 <b>10:30 AM:</b> CHAIR YOGA <b>11 AM-1:15 PM:</b> REIKI: RECONNECTIVE HEALING <b>12:30 PM:</b> <u>LUNCH &amp; LEARN: SLEEP BETTER, LIVE BETTER</u> <b>1 PM:</b> KNITTING AND CROCHET CIRCLE <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>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	12 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> TAI CHI FOR BEGINNERS <b>1 PM:</b> <u>SNACKING IN SEASON</u> <b>4 PM</b> REIKI <b>4:30 PM:</b> REIKI OR FOOT REFLEXOLOGY <b>5 PM:</b> REIKI OR FOOT REFLEXOLOGY <b>5 PM:</b> <u>ST. PATRICK'S DAY-FAMILY FUN DAY!</u>	13	14	15	16
17	18 <b>10:30 AM:</b> CHAIR YOGA <b>11:30 AM:</b> COFFEE HOUR! <b>1 PM:</b> KNITTING AND CROCHET CIRCLE <b>5 PM:</b> RELAX AND RESTORE YOGA <b>6 PM:</b> <u>I'VE BEEN DIAGNOSED WITH COLORECTAL CANCER, NOW WHAT?</u> <b>6 PM:</b> BLOOD CANCERS GROUP (H) <b>6 PM:</b> EUCHRE!	19 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> TAI CHI FOR BEGINNERS <b>1 PM:</b> <u>SELF CARE WORKSHOP-CARING FOR YOU!</u>	20	21	22	23
24	25 <b>10:30 AM:</b> CHAIR YOGA <b>1 PM:</b> KNITTING AND 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)	26 <b>10:30 AM:</b> NEW MEMBER MEETING <b>12 PM:</b> LAKE HOUSE LUNCH! <b>12 PM:</b> TAI CHI FOR BEGINNERS <b>1 PM:</b> HEALING ARTS, WATERCOLORS BASICS <b>2:30PM:</b> CAREGIVER TO CAREGIVER PEER SUPPORT GROUP <b>4 PM:</b> <u>SOUND BOWL THERAPY</u>	27	28	29	30