



An Affiliate of the
CANCER SUPPORT COMMUNITY

St. Clair Shores Lake House — September 2023

Tue		Wed	
<p>5 10:30 Chair Yoga 1:00 Timely Tuesdays Art Class</p>	<p>6 10:30 New Member Meeting 1:00 Women's Gathering</p>	<p>(H) - Indicates this is a 'Hybrid Program.' Members can register to attend in person or virtually.</p> <p>(V) - Indicates a 'Virtual Program'</p> <p>Red = NEW!</p>	
<p>12 10:30 Chair Yoga 1:00 Mindful Journaling 5:00 Reiki 6:00 Living with Cancer Group (H) 6:00 Parenting a Child with Cancer/ Survivor Group</p>	<p>13 10:30 New Member Meeting 1:00 Breast Group (H) 2:00 Uke Group</p>	<p>To see a description of these classes or to register go to www.gildasclubdetroit.org</p> <p>Registration is required for <u>all</u> programs. You can give us a call at 586-777-7761 or register online at www.gildasclubdetroit.org</p>	
<p>19 10:30 Chair Yoga 1:00 Timely Tuesdays Art Class 3:00 Turn The Towns Teal! 5:30 Insurance 101: Demystifying the System (H) 6:00 Euchre</p>	<p>20 10:30 New Member Meeting 1:00 Gynecological Cancers Group—(H) 2:30 Potpourri Book Club: "The Gifts of Imperfection", Brene Brown, PhD 7:00 IntenSati & Snacks!</p>	<p>Gilda's Club, Lake House Location 23500 Pare St. St. Clair Shores, MI 48080</p>	
<p>26 10:30 Chair Yoga 1:00 Mindful Journaling 3:00 Reiki 4:00 Sipping Smoothies w/ LaShawnda 4:30 Art Therapy 6:00 Living with Cancer Group (H)</p>	<p>27 10:30 New Member Meeting 1:00 Healing Arts, Watercolor Basics 1:00 Women's Gathering 2:00 Uke Group 3:00 Drop in: Resources!</p>		