



Virtual - January 2024

Wed	Thurs	Fri	Sat
3 10:00 Gentle Flow Yoga 11:00 Tai Chi 1:00 Book Club 4:00 Scattergories! 6:00 Chair Yoga 6:00 Living with Cancer Group 6:30 Pancreatic Group 6:30 Life After Treatment Group	4 10:00 Art Therapy For All 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Kids Living W/ Cancer Group 6:30 Brain Group 7:00 Catch Phrase!	5 10:00 New Member Meeting 10:00 Morning Meditation 1:00 Yoga	6 10:00 Chair Yoga 11:00 Mindful Writing
9 (Tuesday) 5:00 Parenting w/Cancer Group <hr/> 10 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Journey Book Club 4:00 Scattergories 5:00 Kids Talk 6:00 Chair Yoga 6:00 Living with Cancer Group 6:00 Family Bereavement 6:30 Young Adults Group	11 10:00 Art Therapy For All 1:00 Mindful Hour 4:00 Gentle Flow Yoga 5:00 Art Therapy For Teens 6:30 Caregivers Group 7:00 Catch Phrase!	12 10:00 Morning Meditation 10:00 New Member Meeting 11:00 Yoga	13 10:00 Chair Yoga
17 10:00 Gentle Flow Yoga 11:00 Tai Chi 1:00 Book Club 4:00 Scattergories 6:00 Chair Yoga 6:00 Living with Cancer Group 6:00 Men's Meeting 6:30 New To Remission Group	18 10:00 Art Therapy For All 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:00 Spouses Bereavement Group 7:00 Catch Phrase!	19 10:00 Morning Meditation 10:00 New Member Meeting 11:00 Yoga	20 10:00 Chair Yoga 11:00 Mindful Writing
24 10:00 Gentle Flow Yoga 11:00 Tai Chi 2:00 Mindful Meditation 3:00 Mindful Book Club 4:00 Scattergories 6:00 Chair Yoga 6:00 Living with Cancer Group 6:30 Young Adults Social	25 10:00 Art Therapy For All 1:00 Mindful Hour 4:00 Gentle Flow Yoga 6:30 Caregiver's Group 6:30 Metastatic Breast Group 7:00 Catch Phrase!	26 10:00 Morning Meditation 10:00 New Member Meeting 11:00 Yoga	27 10:00 Chair Yoga
31 10:00 Gentle Flow Yoga 11:00 Tai Chi 4:00 Scattergories 6:00 Chair Yoga 6:00 Living with Cancer Group 6:00 Qigong Session	Gilda's Virtual Community is open: Wed-Thurs 10:00 am - 8:00 pm Fridays 10:00 am - 5:00 pm & Saturdays at 10:00 am	Registration is required for <u>all</u> programs. You can give us a call at 248.577.0800 or register online at gildasclubdetroit.org	