



# VIRTUAL JUNE 2025



**GILDA'S CLUB**  
METRO DETROIT  
An Affiliate of the  
CANCER SUPPORT COMMUNITY

MON	TUE	WED	THU	FRI	SAT	SUN
2 <b>5 PM:</b> PARENT'S BEREAVEMENT GROUP <b>6 PM:</b> MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES	3	4 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> <u>TAI CHI</u> <b>1 PM:</b> BYOB BOOK CLUB! <b>3 PM:</b> THE WRITING LIFE <b>5 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> PANCREATIC GROUP <b>6:30 PM:</b> LIFE AFTER TREATMENT	5 <b>10 AM:</b> WEIGHTED YOGA <b>10 AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>6 PM:</b> SPOUSES/PARTNERS BEREAVEMENT GROUP <b>6:30 PM:</b> COLON CANCER GROUP <b>6:30 PM:</b> THE LIVING KINDFULLY PROJECT	6 <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> <u>CHINESE NUTRITIONAL THERAPY</u>	7 <b>9 AM:</b> <u>RENEW &amp; REIMAGINE: A MEN'S WORKSHOP</u> <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL WRITING	8
9 <b>4 PM:</b> KIDS LIVING WITH CANCER GROUP <b>6 PM:</b> MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES	10 <b>5 PM:</b> PARENTNG W/CANCER GROUP <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	11 <b>10 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> <u>TAI CHI</u> <b>2 PM:</b> MINDFUL MEDITATION <b>3 PM:</b> MINDFUL JOURNEY BOOKCLUB <b>5 PM:</b> KIDS TALK! <b>5 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> RECENTLY BEREAVED GROUP	12 <b>10 AM:</b> WEIGHTED YOGA <b>11:30AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>5:30 PM:</b> <u>LONG-TERM GRIEF AND WHAT THAT CAN LOOK LIKE</u> <b>6 PM:</b> SPOUSES/PARTNERS BEREAVEMENT <b>6:30 PM:</b> CAREGIVERS GROUP <b>6:30 PM:</b> THE LIVING KINDFULLY PROJECT	13 <b>10 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING	14 <b>9 AM:</b> <u>RENEW &amp; REIMAGINE: A MEN'S WORKSHOP</u> <b>10 AM:</b> CHAIR YOGA	15
16	17 <b>6 PM:</b> LGBTQ+ & CANCERS GROUP	18 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> <u>TAI CHI</u> <b>1 PM:</b> BYOB BOOK CLUB! <b>3 PM:</b> THE WRITING LIFE <b>4 PM:</b> TEEN TALK <b>5 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA	19 	20 <b>10 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>11 AM:</b> <b>DEPRESSION: KNOW THE SIGNS &amp; WHEN TO ASK FOR HELP</b>	21 <b>9 AM:</b> <u>RENEW &amp; REIMAGINE: A MEN'S WORKSHOP</u> <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL WRITING	22
23 <u>GILDA'S CLUB SPIRIT WEEK!</u> <b>6 PM:</b> BLOOD CANCERS GROUP	24 <u>GILDA'S CLUB SPIRIT WEEK!</u> <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	25 <u>GILDA'S CLUB SPIRIT WEEK!</u> <b>10 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> <u>TAI CHI</u> <b>2 PM:</b> MINDFUL MEDITATION <b>3 PM:</b> MINDFUL JOURNEY BOOKCLUB <b>5 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> RECENTLY BEREAVED GROUP	26 <u>GILDA'S CLUB SPIRIT WEEK!</u> <b>10 AM:</b> WEIGHTED YOGA <b>11:30AM:</b> ART THERAPY FOR ALL <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>6:30 PM:</b> CAREGIVERS GROUP <b>6:30 PM:</b> THE LIVING KINDFULLY PROJEC <b>7 PM:</b> GAME NIGHT!	27 <u>GILDA'S CLUB SPIRIT WEEK!</u> <b>10 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>11 AM:</b> <u>PROSTATE CANCER 101</u>	28 <b>10 AM:</b> CHAIR YOGA 	29
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