





Mon	Tue	Wed	Thu
1 Closed. 	2 11:00 Tranquility Yoga with Susan Jane (H) 4:00 Gilda's Singers & Stringers 4:00 Metastatic Breast Cancer Social 6:30 Art Night! (H) 6:30 Bingo!	3 10:00 New Member Meeting 11:00 Coffee, Cancer & Conversations 11:30 Living with Cancer (H) 4:00 Noogieland Family Play 6:30 Leukemia/ Lymphoma Group (H) 6:30 Men's Meeting H)	4 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session 12:30 1:1 Stress Relief Reiki Session 2:00 Self-Care 101– New Year, BETTER Habits.
8 10:00 Angel Pillow Project 1:00 Mindfulness Creative Art Class (H)	9 11:00 Tranquility Yoga with Susan Jane 5:30 Coffeehouse (Open Mic Night) 6:30 Caregivers Group 6:30 Spouses Bereavement	10 10:00 New Member Meeting 11:30 Living with Cancer (H) 1:30 Book Club 3:30 Club Red 4:00 Noogieland Family Play 5:00 Exploring Emotions Through Art 6:00 Bosom Buddies 6:00 Head & Neck Cancers Group 6:30 Hope for the Holidays: Grief Followed Me In 6:30 Ovarian/ Gynecological Group (H)	11 1:30 Knitting & Crochet Crafters
15 Closed. 	16 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers 6:00 Anxiety and Cancer (H) 6:30 Art Night! (H)	17 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Noogieland Family Play 5:00 Teen Movie Night– Taylor Swift 6:00 Improv! 6:00 Thriving & Surviving After Cancer 6:00 The Beginner's Guide to Going Vegan (H)	18 10:30 1:1 Stress Relief Reiki Session 11:30 1:1 Stress Relief Reiki Session
22 1:00 Mindfulness Creative Art Class (H)	23 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers 5:00 Parenting with Cancer 5:00 Little Kids, Big Feelings 6:00 Multiple Myeloma 6:30 Women of Color (H) 6:30 Life After Loss Gathering	24 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Cancer Fighting Smoothies with Ashley 4:00 Noogieland Family Play 5:00 Exploring Emotions Through Art 6:00 The Effect of Oral Health on Overall Health 6:30 Breast Group (H) 6:30 Chair Yoga (H)	25 10:30 1:1 Compassion Reiki with DaVe 11:30 1:1 Compassion Reiki with DaVe 12:30 1:1 Compassion Reiki with DaVe
29 1:00 How to rock your scarf: Scarf wrapping presentation (H)	30 11:00 Tranquility Yoga with Susan Jane 4:00 Gilda's Singers & Stringers 6:00 Self-care for your Body– Part 1 All About Lymph (H)	31 10:00 New Member Meeting 11:30 Living with Cancer Group 4:00 Noogieland Family Play	Registration is required for <u>all</u> programs. H= Hybrid Programming Red = New Program! You can give us a call at 248.577.0800 or register online at www.gildasclubdetroit.org