

DECEMBER 2024 VIRTUAL

MON	TUE	WED	THU	FRI	SAT	SUN
2	3 10 AM: MORNING MEDITATION <u>6 PM: EMERGENCY PREPAREDNESS</u>	4 10 AM: GENTLE FLOW YOGA 1 PM: BYOB BOOK CLUB! 3 PM: TH EMINDFUL APPROACH TO WRITING 4 PM: SCATTEGORIES! 5 PM: CHAIR YOGA 6:30 PM: PANCREATIC CANCER GROUP 6:30 PM: LIFE AFTER TREATMENT GROUP	5 10 AM: WEIGHTED YOGA 11:30 AM: ART THERAPY FOR ALL <u>12 PM: LUNCH TIME TRIVIA!</u> 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 5 PM: KIDS LIVING WITH CANCER GROUP 6 PM: SPOUSES/PARTNER BEREAVEMENT <u>6 PM: I WAS JUST DIAGNOSED WITH BREAST CANCER, NOW WHAT?</u> 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!	6 10 AM: NEW MEMBER MEETING 10 AM: GENTLE FLOW YOGA <u>10 AM: MINDFUL J.O.Y</u> <u>11 AM: REDUCING THE EFFECTS OF CHEMOTHERAPY TOXICITY</u>	7 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	8 10 AM: <u>ON DEMAND SNEAK PEAK</u>
9	10 10 AM: MORNING MEDITATION 5 PM: PARENTNG W/CACNER GROUP <u>6 PM: SIMPLIFY YOUR LIFE</u> 6:30 PM: ADULT FAMILY BEREAVEMENT	11 10 AM: GENTLE FLOW YOGA 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOKCLUB 5 PM: KIDS TALK 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA	12 10 AM: WEIGHTED YOGA 11:30AM: ART THERAPY FOR ALL <u>12 PM: LUNCH TIME TRIVIA!</u> 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIGHT!	13 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING <u>10 AM: MINDFUL J.O.Y</u> 11 AM: INTENSATI	14 10 AM: CHAIR YOGA	15 10 AM: <u>ON DEMAND SNEAK PEAK</u>
16	17 10 AM: MORNING MEDITATION <u>6 PM: MEDICARE VS. MEDICAID</u>	18 10 AM: GENTLE FLOW YOGA 1 PM: BYOB BOOK CLUB! 2 PM: MINDFUL MEDITATION 3 PM: THE MINDFUL APPROACH TO WRITING 4 PM: TEEN TALK 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: NEW TO REMISSION	19 10 AM: WEIGHTED YOGA 11:30 AM: ART THERAPY FOR ALL <u>12 PM: LUNCH TIME TRIVIA!</u> 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNERS BEREAVEMENT 6:30 PM: CAREGIVERS GROUP 7 PM: GAME NIGHT!	20 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING <u>10 AM: MINDFUL J.O.Y</u>	21 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	22
23	24	25	26 10 AM: WEIGHTED YOGA 10 AM: PAJAMA PARTY ART! <u>12 PM: LUNCH TIME TRIVIA!</u> 1 PM: MINDFUL HOUR 3 PM: CHAIR YOGA 7 PM: GAME NIGHT!	27 10 AM: NEW MEMBER MEETING <u>10 AM: HOW DO YOU HYGGE?</u>	28 10 AM: CHAIR YOGA	29
30 <u>10 AM: NEW YEAR ART W/ERIN!</u>						



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