

AUGUST 2024 ST. CLAIR SHORES

23500 Pare Street, Suite 1
St. Clair Shores, MI 48080
(586) 777-7761

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



MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 11:30 AM-3:15 PM: <u>CONSULTATIONS W/ DR. MENSAH!</u> 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING	7 10:00 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12:00 PM: TAI CHI FOR BEGINNERS 2:30 PM : PAINTING & SOOTHING SOUND	8	9	10	11
12	13 10:30 AM: CHAIR YOGA 11:30 AM: BOOK CLUB: CHAPTERS & CONVERSATIONS 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 5 PM: RELAX AND RESTORE YOGA 5 PM: LAKE HOUSE COMMUNITY DINNER 6 PM: LIVING WITH CANCER GROUP (H) 6 PM: MINDFUL CRAFTING FOR KIDS 6 PM: PARENTING A CHILD WITH CANCER GROUP	14 10:00 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12:00 PM: TAI CHI FOR BEGINNERS 1 PM LET'S MAKE GREETING CARDS 2:30 PM : PAINTING & SOOTHING SOUNDS 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY	15	16	17	18
19	20 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 6 PM: <u>LET'S TALK BREAST CANCER W/DR. MENSAH</u> 6 PM: BLOOD CANCERS SUPPORT GROUP (H) 6 PM: EUCHRE!	21 10:00 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11:00 AM-1:15 PM: REIKI: RECONNECTIVE HEALING 12:00 PM: TAI CHI FOR BEGINNERS 2:30 PM : PAINTING & SOOTHING SOUNDS 2:30 PM : CAREGIVER-TO-CAREGIVER PEER NETWORKING GROUP	22	23	24	25
26	27 10:30 AM: CHAIR YOGA 1 PM: KNITTING AND CROCHET CIRCLE 4 PM: CANCER FIGHTING SMOOTHIES WITH LASHAWNDA! 4 PM: NOOGIELAND PLAY AT THE LAKE HOUSE! 4:30 PM: ART THERAPY 5 PM: RELAX AND RESTORE YOGA 6 PM: BREAST GROUP (H)	28 10:00 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 12 PM: TAI CHI FOR BEGINNERS 12:30 PM: LAKE HOUSE LUNCH! 1 PM: HEALING ARTS, WATERCOLOR BASICS 2:30 PM : PAINTING & SOOTHING SOUNDS 4 PM : LEARN TO PLAY THE UKULELE	29	30	31	