

JULY 2024 ST. CLAIR SHORES

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(586) 777-7761

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



MON	TUE	WED	THU	FRI	SAT	SUN
1	2 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 1 PM: TIMELY ART TUESDAYS 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 5 PM: MEN'S GATHERING	3 10:00 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11:30 AM DIG INTO GARDENING: NATURE'S THERAPY 12:00 PM: TAI CHI FOR BEGINNERS 12:30 PM: LAKE HOUSE LUNCH! 2:30 PM : PAINTING & SOOTHING SOUNDS	4	5	6	7
8	9 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	10 10:00 AM: MINDFUL STRENGTH (FITNESS) 10:30 AM: NEW MEMBER MEETING 11:30 AM DIG INTO GARDENING: NATURE'S THERAPY 12:00 PM: TAI CHI FOR BEGINNERS 12:30 PM: LAKE HOUSE LUNCH! 2:30 PM : PAINTING & SOOTHING SOUNDS 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY	11	12	13	14
15	16 10:30 AM: CHAIR YOGA 11:30 AM: COFFEE HOUR 12:30 PM: COOKING PIEROGI'S W/BARB! 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 6 PM: <u>HOLISTIC WAYS TO EASE CANCER TREATMENT (H)</u> 6 PM: BLOOD CANCERS SUPPORT GROUP (H) 6 PM: EUCHRE!	17 10:00 AM: MINDFUL STRENGTH FITNESS 10:30 AM: NEW MEMBER MEETING 11:30 AM DIG INTO GARDENING: NATURE'S THERAPY 12:00 PM: TAI CHI FOR BEGINNERS 12:30 PM: COOKING PIEROGI'S W/BARB! 2:30 PM : PAINTING & SOOTHING SOUNDS 4 PM REIKI 4:30 PM: REIKI OR FOOT REFLEXOLOGY 5 PM: REIKI OR FOOT REFLEXOLOGY	18	19	20	21
22	23 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)	24 10:00 AM: MINDFUL STRENGTH FITNESS 10:30 AM: NEW MEMBER MEETING 10:30 AM: BASKETWEAVING FOR BEGINNERS 11:30 AM: DIG INTO GARDENING: NATURE'S THERAPY 12:00 PM: TAI CHI FOR BEGINNERS 1 PM: HEALING ARTS, WATERCOLOR BASICS 1:30 PM: BASKETWEAVING FOR BEGINNERS 2:30 PM : PAINTING & SOOTHING SOUNDS 3 PM: REIKI FOR ENERGY HEALING 3:45 PM: REIKI FOR ENERGY HEALING 4 PM: LEARN TO PLAY THE UKULELE	25	26	27	28
29	30 10:30 AM: CHAIR YOGA 1 PM: KNITTING AND CROCHET CIRCLE 5 PM: RELAX AND RESTORE YOGA 6 PM: <u>FINANCIALLY NAVIGATING THROUGH A LIFE CRISIS (H)</u>	31 10:00 AM: MINDFUL STRENGTH FITNESS 10:30 AM: NEW MEMBER MEETING 10:30 AM: BASKETWEAVING FOR BEGINNERS 12 PM: TAI CHI FOR BEGINNERS 1:30 PM BASKETWEAVING FOR BEGINNERS 2:30 PM : PAINTING & SOOTHING SOUNDS	27	28	29	30