

# SEPTEMBER 2024 VIRTUAL



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

MON	TUE	WED	THU	FRI	SAT	SUN
2	3 <b>10 AM:</b> AML MORNING MEDITATION	4 <b>10 AM:</b> GENTLE FLOW YOGA <b>1 PM:</b> BYOB BOOK CLUB! <b>3 PM:</b> THE MINDFUL APPROACH TO WRITING FEARLESSLY <b>4 PM:</b> SCATTEGORIES <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> PANCREATIC GROUP <b>6:30 PM:</b> LIFE AFTER TREATMENT GROUP <b>6:30 PM:</b> HPV RELATED CANCERS	5 <b>10 AM:</b> ART THERAPY FOR ALL <b>10 AM:</b> WEIGHTED YOGA <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>5 PM:</b> KIDS LIVING WITH CANCER GROUP <b>6 PM:</b> SPOUSES BEREAVEMENT <b>6:30 PM:</b> COLON CANCER GROUP <b>7 PM:</b> GAME NIGHT!	6 <b>9 AM:</b> GENTLE GLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION	3 <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL WRITING	7
5	10 <b>10 AM:</b> MORNING MEDITATION <b>5 PM:</b> PARENTING W/CANCER <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	11 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>2 PM:</b> MINDFUL MEDITATION <b>3 PM:</b> MINDFUL JOURNEY BOOK CLUB <b>4 PM:</b> SCATTEGORIES! <b>5 PM:</b> KIDS TALK <b>6 PM:</b> CHAIR YOGA	12 <b>10 AM:</b> ART THERAPY FOR ALL <b>10 AM:</b> WEIGHTED YOGA <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>6:30 PM:</b> CAREGIVER'S GROUP <b>7 PM:</b> INTENSATI: MOVEMENT & MANTRA <b>7 PM:</b> GAME NIGHT!	13 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MBSR	10 <b>10 AM:</b> CHAIR YOGA	14
12	17 <b>10 AM:</b> MORNING MEDITATION	18 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>1 PM:</b> BYO BOOK CLUB! <b>3 PM:</b> THE MINDFUL APPROACH TO WRITING FEARLESSLY <b>4 PM:</b> SCATTEGORIES! <b>4 PM:</b> TEEN TALK <b>6 PM:</b> CHAIR YOGA <b>6:30 PM:</b> NEW TO REMISSION GROUP	19 <b>10 AM:</b> ART THERAPY FOR ALL <b>10 AM:</b> WEIGHTED YOGA <b>1 PM:</b> MINDFUL HOUR <b>4 PM:</b> GENTLE FLOW YOGA <b>6 PM:</b> SPOUSES BEREAVEMENT GROUP <b>7 PM:</b> GAME NIGHT!	20 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> MBSR	17 <b>10 AM:</b> CHAIR YOGA <b>11 AM:</b> MINDFUL WRITING	21
19	24 <b>10 AM:</b> MORNING MEDITATION <b>6:30 PM:</b> ADULT FAMILY BEREAVEMENT	25 <b>10 AM:</b> GENTLE FLOW YOGA <b>11 AM:</b> TAI CHI <b>2 PM:</b> MINDFUL MEDITATION <b>3 PM:</b> MINDFUL JOURNEY BOOK CLUB <b>4 PM:</b> SCATTEGORIES! <b>6 PM:</b> CHAIR YOGA	26 <b>10 AM:</b> ART THERAPY FOR ALL <b>10 AM:</b> WEIGHTED YOGA <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> METASTATIC BREAST CANCER <b>7 PM:</b> GAME NIGHT!	27 <b>9 AM:</b> GENTLE FLOW YOGA <b>10 AM:</b> NEW MEMBER MEETING <b>10 AM:</b> MORNING MEDITATION <b>10 AM:</b> MBSR	24 <b>10 AM:</b> CHAIR YOGA	28
30						