

APRIL 2025 VIRTUAL

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 3 PM: THE WRITING LIFE 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: PANCREATIC GROUP 6:30 PM: LIFE AFTER TREATMENT	3 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: <u>SPOUSES/PARTNERS BEREAVEMENT- SPECIAL GUEST</u> 6:30 PM: COLON CANCER GROUP 7 PM: GAME NIGHT!	4 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: <u>5 PATHWAYS OF NUTRITION SERIES: IMMUNE SYSTEM</u>	5 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	6
7 5 PM: PARENT'S BEREAVEMENT GROUP 6 PM: <u>MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES</u>	8 5 PM: PARENTING WITH CANCER GROUP 6:30 PM: ADULT FAMILY BEREAVEMENT GROUP	9 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOK CLUB 5 PM: KIDS TALK! 5 PM: SCATTEGORIES! 6 PM: CHAIR YOGA 6:30 PM: RECENTLY BEREAVED GROUP	10 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 6:30 PM: <u>THE LIVING KINDFULLY PROJECT</u> 7 PM: GAME NIGHT!	11 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: INTENSATI 11 AM: <u>5 PATHWAYS OF NUTRITION SERIES: INFLAMMATION</u>	12 10 AM: CHAIR YOGA	13
14 4 PM: KIDS LIVING WITH CANCER GROUP 6 PM: <u>MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES</u>	15 6 PM: LGBTQ+& CANCERS GROUP	16 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 1 PM: BYOB BOOK CLUB! 3 PM: THE WRITING LIFE 3 PM: <u>SETTING FINANCIAL GOALS</u> 4 PM: TEEN TALK! 5 PM: SCATTEGORIES 6 PM CHAIR YOGA	17 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6 PM: SPOUSES/PARTNER BEREAVEMENT 6:30 PM: <u>THE LIVING KINDFULLY PROJECT</u> 7 PM: GAME NIGHT!	18 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: <u>5 PATHWAYS OF NUTRITION SERIES: HORMONES</u>	19 10 AM: CHAIR YOGA 11 AM: MINDFUL WRITING	20
21 6 PM: <u>MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES</u>	22 6:30 PM: VIRTUAL ART NIGHT!	23 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 2 PM: MINDFUL MEDITATION 3 PM: MINDFUL JOURNEY BOOK CLUB 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA 6:30 PM: RECENTLY BEREAVED GROUP	24 10 AM: WEIGHTED YOGA 10 AM: ART THERAPY FOR ALL 1 PM: MINDFUL HOUR 4 PM: GENTLE FLOW YOGA 6:30 PM: CAREGIVERS GROUP 6:30 PM: <u>THE LIVING KINDFULLY PROJECT</u> 7 PM: GAME NIHT!	25 10 AM: GENTLE FLOW YOGA 10 AM: NEW MEMBER MEETING 11 AM: <u>5 PATHWAYS OF NUTRITION SERIES: INSULIN RESISTANCE</u>	26 10 AM: CHAIR YOGA	27
28 6 PM: <u>MBSR: MINDFULNESS BASED STRESS REDUCTION SERIES</u>	29	30 10 AM: GENTLE FLOW YOGA 11 AM: TAI CHI 5 PM: SCATTEGORIES 6 PM: CHAIR YOGA 7 PM: <u>ANXIETY & CANCER</u>				



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