



**GILDA'S  
CLUB  
KENTUCKIANA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**

**MARCH/APRIL 2024**

**PROGRAM CALENDAR**

## OUR MISSION

Our mission is not impossible.

Gilda's Club Kentuckiana and our Cancer Support Community partners uplift and strengthen people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.

We are dedicated to creating a support system unlike any other.

## REMINDERS

Please RSVP for activities at least 24 hours in advance (48 hours for Noogieland).

RSVP at [gck.org](http://gck.org) or 502.583.0075.

Activities without sufficient enrollment 24 hours ahead of time will be canceled.

If you are ill, please be considerate of fellow participants whose immune systems may be compromised and visit when you feel better.

*Don't wait for  
someone to bring  
you flowers.*

*Plant your own  
garden & decorate  
your own soul.*

*- Mario Quintana*

### Happy Spring!

Spring signifies renewal and growth. It's the time of year we begin to feel warmer temperatures and open windows to fresh air after being cooped up during the winter months. Spring is the time we see the first flowers popping from the ground and hear the birds singing at the top of their voices. It's the time the sun rises earlier and sets later, allowing us to do more, to *be more*.

Plant your own garden. Decorate your own soul. Dig deep and explore your inner-self this Spring at Gilda's Club.

Join us for **Intentional Journaling**, a guided experience using journaling techniques, tools, habit trackers, affirmations and vision boards to cultivate positivity and mindfulness. Art is not only fun, but it's therapeutic, as well! Make sure to sign up for **Mandala Art** and the **Wonderful, Whimsical World of Mary Blair**.

Fill up your cup and focus on self-care, mental health and exercise at our **Women's Day of Care** or our Spanish program, **Noche de Moda, Arte y Belleza**, reinforcing positive self-image through beauty, art and fashion.

Join us at our **Clubhouse Brunch and Town Hall** to hear our exciting news! Just a hint... Gilda's Club will be expanding our services to Southern Indiana at not one, but two locations opening soon! RSVP and attend for details.

And, finally, Spring absolutely means Derby season is upon us. Make plans to join us for Gilda's **Derby Party** and then some. Don't forget your best hat or fascinator!

Join us and do more, *be more* this Spring at Gilda's Club!

*Space is limited for some programs, so RSVP now at [gck.org](http://gck.org) or by calling 502.583.0075!*

Please RSVP 24 hours in advance for all groups and program offerings online at [gck.org](http://gck.org) or by calling 502.583.0075.  
Youth must be registered 48 hours in advance for all offerings.  
We cannot guarantee offerings for members and guests who have not registered.

## SUPPORT

We welcome those connected to cancer to join our free cancer support community. For more information, call 502.583.0075. Participants interested in joining a support group must first complete a One-to-One with a team member and be placed in the appropriate group. Offered weekly from 6:30-8 pm unless otherwise noted. Dinner served at 5:45 pm.

### Wellness

For adults living with an active cancer.

- Grinstead: Tuesdays.
- Grupo de Bienestar en Español: Spanish wellness group for women in active treatment. Second and fourth Tuesdays
- Paducah: Second and fourth Tuesdays, 5:30-6:30pm CST at Mercy Health-Lourdes Heritage Room, 1530 Lone Oak Rd, Paducah, KY 42003

### Friends and Family

For adult friends and family members of people with cancer. Tuesdays.

### Beyond Cancer

A bi-weekly group for cancer survivors whose focus has shifted toward living life post treatment. Second Mondays.

### Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. Second and fourth Thursdays.

### Wellness and Beyond at Gilda's West

For men and women diagnosed with cancer or in remission. Bi-weekly, 5:45-7:15pm.

### Short-Term Counseling

Free individual, couples and/or family counseling sessions for matters related to a cancer experience. Call 502.583.0075 for more information.

### Networking Groups

Offered monthly on second Mondays, 6:30-8 pm.

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- Sarcoma

## THE ARTS

### Book Nook

Join our book club! Third Wednesdays, 2:30-4 pm and 6:30-8 pm.

### Make and Take Card Making

Make greeting cards for your friends and one to take home. Fourth Thursdays, 2-3:30 pm.

### Empowering Beads

Create a beautiful, unique handmade piece of jewelry. First Tuesdays at Grinstead, First Thursdays at Gilda's West, 10:30 am-12 pm.

### Fun with Art

Join us for artistic fun creating with standalone projects. First and third Wednesdays, 10:30 am-12 pm.

### Knitting Circle

Knitting group. Fourth Mondays, 6-7:30 pm.

### Peaceful Paint Night

A relaxing evening of painting. First Thursdays, 6-8 pm.

## HEALTHY LIFESTYLE

### Breathe and Receive

Simple breathing practices and gentle holds to relieve stress, anxiety and improve your health. Thursdays, 1-2 pm.

### Fitness with Alison

A full-body, no-equipment workout for all. Thursdays, 10-11 am.

### Gentle Yoga and Restorative Meditation

Accessible movement and meditation to accommodate all mobility levels. Wednesdays, 5:30-6:30 pm.

### Meditation Reset

Helps create space in your mind to breathe and be present. Fridays, 9-9:30 am.

### Mindful Meditation with Halen

Relax your body through meditation and mindfulness exercises. Third Thursdays at GW, 12:30 to 1:15 PM.

### Mindfulness

Focus on being present in this program guided by Dr. Paul Salmon. First and third Mondays, 5-6 pm.

### Pilates

Engages both mind and body while supporting the spine, increasing flexibility and strength. Wednesdays, 12:30-1:30 pm.

### QiGong

Coordinates movement and meditation, focusing on cultivating consciousness. Tuesdays, 11:30 am-12:30 pm.

### Reiki Meditation

Promotes relaxation and wellness. Second and fourth Wednesdays, 1-2 pm.

### Tai Chi

Reduces stress and improves flexibility and strength, through gentle movements. Fridays, 10:30-11:30 am and Thursdays, 5-6 pm.

## COMMUNITY PARTNER NETWORKING GROUPS

**Brain Injury Alliance of Kentucky (BIAK)**  
Group for brain injury survivors, including tumors.  
Second Mondays, 6:30-8pm.

**Laryngectomee Community Group**  
For those who have had their voice box surgically removed for cancer treatment in collaboration with UofL Health Group.  
Every Second Monday, 5-6 pm.

**Living Beyond**  
For women living with recurrent or metastatic breast cancer in collaboration with Baptist Health Louisville.  
Every second Wednesday, 4-5:30 pm.

**NOCHE DE MODA, ARTE Y BELLEZA**

**2ND MONDAYS, 4 TO 6 PM**

¡Tu imagen dice mucho sobre ti y el cáncer no tiene la última palabra! Acompáñanos en esta serie solo para ti de noches de moda, arte y belleza. ¡Inscríbete Ya!

Cancer should not have the last word when it comes to your self-image. Join us in a series of evenings of beauty, art and fashion just for you.

*This offering will be presented in Spanish.*

**INTENTIONAL JOURNALING**

**2ND MONDAYS, 6 TO 7:30 PM**

A guided exploration of journaling to cultivate positivity and mindfulness. Explore journaling techniques, positivity tools, habit trackers, affirmations and more.

**LIVING THROUGH LOSS BOOK CLUB**

**TUESDAYS IN MARCH, 11 AM TO 12 PM**

This book club is for those looking to connect with others who are working through grief associated with the loss of a loved one. The book will be read together during sessions, so no advanced preparation is necessary.

**WONDERFUL WHIMSICAL WORLD OF MARY BLAIR**

**WEDNESDAY, APRIL 3, 1 TO 3 PM**

Learn about the famous Disney artist who designed Alice in Wonderland, Cinderella and It's A Small World ride. Design and create your own bold and bright fold out castle!

**TOWN HALL AND CLUBHOUSE BRUNCH**

**SATURDAY, APRIL 13, 11 AM TO 12 PM**

Join Gilda's Club staff and volunteers to learn about GCK's expansion into Southern Indiana, exciting volunteer opportunities and more.

**MANDALA ART**

**THURSDAY, APRIL 18, 10 TO 11:30 AM**

Create Mandala art using acrylic paint and dotting tools. No experience necessary.

**WOMEN'S DAY OF CARE AT GILDA'S WEST**

**SATURDAY, APRIL 20, 11 AM TO 3 PM**

Join us at Gilda's West for offerings focusing on self-care, mental health, exercise and more.

**DERBY PARTY**

**WEDNESDAY, APRIL 24, 6 TO 8 PM**

Join us for an evening of Derby fun with snacks, crafts and a wagering 101. Don't forget your hat!



**JOIN US AT OUR GILDA'S WEST LOCATION FOR THESE PROGRAMS!**

**COFFEE AND CONNECT**

**MONDAYS, 10 TO 10:45 AM**

Start your day with coffee and conversation.

**TASTY TUESDAYS**

**1ST TUESDAYS, 2 TO 3:15 PM**

Join Tina Lee for light bites, music and conversation.

**WORDS OF ENCOURAGEMENT**

**2ND AND 4TH TUESDAYS, 11:45 AM TO 1 PM**

A workshop for those who rely on their Christian faith during a cancer experience. Light refreshments provided.

**ARTS AND CRAFTS**

**3RD TUESDAYS, 10:30 AM TO 12 PM**

Paint, make cards and create your own vision with others!

**COMMUNITY ACCESS**

**TUESDAYS, MARCH 26 AND APRIL 30, 4 TO 5:15 PM**

Learn about different resources in the community from various organizations in the Louisville area.

**EMPOWERING BEADS**

**1ST THURSDAYS, 10:30 AM TO 12 PM**

Create beautiful, unique handmade pieces of jewelry.

**GAME DAY**

**2ND THURSDAYS, 11 AM TO 2 PM**

It's Game Day! Join us for bunco, spades, bingo and more. Light snacks and refreshments provided.

**MINDFUL MEDITATION WITH HALEN**

**3RD THURSDAYS, 12:30 TO 1:15 PM**

A peaceful stress relief practice for anyone. Quiet your mind and relax your body through meditation and mindfulness.

**CREATIVE COPING WITH ART**

**4TH THURSDAYS, 5:15 TO 6:30 PM**

**2ND SATURDAYS, 10:30 AM TO 12 PM**

Art Therapy Intern Rachael leads this offering to help anyone impacted by cancer.

**NOURISH YOURSELF WITH TAI CHI**

**THURSDAYS, MARCH 7, 14, 21, 2:30 TO 3:45 PM**

Learn basic Tai Chi movements designed to balance posture, strengthen joints and calm the mind.

**SIMPLE + HEALTHY SNACKS**

**3RD SATURDAYS, 11:30 AM TO 12:30 PM**

Join Oncology Dietician Alex Schneider to learn about how to prepare delicious and nutritious snacks.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**MARCH**

**CLUBHOUSE CLOSED**

**CLUBHOUSE CLOSED**

**1**

**2**

**10am** Coffee & Connect [gw]

**5pm** Mindfulness  
**5:15pm** Dinner for Group [gw]  
**5:45pm** Wellness [gw]

**6pm** Chef Gilda and Friends  
**6pm** Soothing Fiber Art

**4**

**10:30am** Empowering Beads  
**11am** LTL Book Club  
**11:30am** QiGong  
**12:30pm** Creative Coping  
**12:30pm** Lunch Laughs  
**2pm** Tasty Tuesdays [gw]  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**5**

**10:30am** Fun with Art  
**12:30pm** Pilates  
**2:30pm** Trivia Afternoon  
**5:30pm** Gentle Yoga  
**5:30pm** Creative Coping  
**6pm** Virtual Journaling

**6**

**10am** Fitness with Alison  
**10:30am** Empowering Beads [gw]  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**1pm** Breathe & Receive  
**2:30pm** Tai Chi [gw]  
**5pm** Bingo [gw]  
**5pm** Tai Chi  
**6pm** Peaceful Paint Night

**7**

**9am** Meditation Reset  
**10:30am** Tai Chi

**8**

**10am** Loteria Mexicana  
**10am** Women's Fitness  
**10:30am** Creative Coping [gw]  
**11am** Clubhouse Brunch  
**11:30am** Conversatorios de Salud y Bienestar  
**12pm** Stories and Self-Expression  
**12:30pm** Junior Chef Academy

**9**

**10am** Coffee & Connect [gw]  
**12:30pm** Bingo

**4pm** Noche de Moda  
**5pm** Creative Coping  
**5:45pm** Dinner for Groups  
**6pm** Intentional Journaling  
**6:30pm** Guitar Lessons  
**6:30pm** Beyond Cancer  
**6:30pm** Networking Groups

**11**

**11am** LTL Book Club  
**11:30am** QiGong  
**11:45am** Words of Encouragement [gw]  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**5:30pm** CST Paducah Group  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**12**

**12:30pm** Pilates  
**1pm** Reiki Meditation  
**4pm** Living Beyond  
**5:30pm** Gentle Yoga  
**6:30pm** Creative Collage

**13**

**10am** Fitness with Alison  
**11am** Game Day [gw]  
**12:30pm** Creative Coping  
**12:30pm** Lunch Laughs  
**1pm** Breathe & Receive  
**2:30pm** Tai Chi [gw]  
**5pm** Tai Chi  
**5:15pm** Creative Coping  
**5:45pm** Dinner for Groups  
**6:30pm** Living Through Loss

**14**

**9am** Meditation Reset  
**10:30am** Tai Chi

**15**

**11:30am** Simple and Healthy Snacks [gw]

**16**

**10am** Coffee & Connect [gw]

**5pm** Mindfulness  
**5:15pm** Dinner for Group [gw]  
**5:45pm** Wellness and Beyond [gw]

**18**

**10:30am** Arts and Crafts [gw]  
**11am** LTL Book Club  
**11:30am** QiGong  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**19**

**10:30am** Fun with Art  
**12:30pm** Pilates  
**2:30pm** Book Nook I  
**5:30pm** Gentle Yoga  
**5:30pm** Creative Coping  
**6pm** Simple/Healthy Snacks  
**6pm** Virtual Journaling  
**6:30pm** Book Nook II

**20**

**10am** Fitness with Alison  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**12:30pm** Meditation [gw]  
**1pm** Breathe & Receive  
**2:30pm** Tai Chi [gw]  
**5pm** Tai Chi  
**5:15pm** Creative Coping [gw]

**21**

**9am** Meditation Reset  
**10:30am** Tai Chi

**22**

**23**

**10am** Coffee & Connect [gw]

**6pm** Women's Fitness  
**6pm** Nutrition During Active Treatment  
**6pm** Knitting Circle  
**6:30pm** Full Moon Painting  
**6:30pm** Guitar Lessons

**25**

**11am** LTL Book Club  
**11:30am** QiGong  
**11:45am** Words of Encouragement [gw]  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**4pm** Community Access [gw]  
**5:30pm** CST Paducah Group  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**26**

**12:30pm** Pilates  
**1pm** Reiki Meditation  
**5:30pm** Gentle Yoga  
**6:30pm** Creative Self Exploration

**27**

**10am** Fitness with Alison  
**12:30pm** Creative Coping  
**1pm** Breathe & Receive  
**2pm** Make and Take Cards  
**5pm** Tai Chi  
**5pm** Deb and Duncan  
**5:45pm** Dinner for Groups  
**6:30pm** Living Through Loss

**28**

**9am** Meditation Reset  
**10:30am** Tai Chi

**29**

**30**

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# SATURDAY

**10am** Coffee & Connect [gw]

**5pm** Mindfulness  
**5:15pm** Dinner for Group [gw]  
**5:45pm** Wellness and Beyond [gw]  
**6pm** Chef Gilda and Friends  
**6pm** Soothing Fiber Art

**1**

**10:30am** Empowering Beads  
**11am** LTL Book Club  
**11:30am** QiGong  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**2pm** Tasty Tuesdays [gw]  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**2**

**10:30am** Fun with Art  
**12:30pm** Pilates  
**1pm** Art with Laura  
**2:30pm** Trivia Afternoon  
**5:30pm** Creative Coping  
**5:30pm** Gentle Yoga  
**6pm** Virtual Journaling

**3**

**10am** Fitness with Alison  
**10:30am** Empowering Beads [gw]  
**12:30pm** Creative Coping  
**12:30pm** Lunch Laughs  
**1pm** Breathe and Receive  
**5pm** Bingo [gw]  
**5pm** Tai Chi  
**6pm** Peaceful Paint Night

**4**

**9am** Meditation Reset  
**10:30am** Tai Chi

**5**

**10am** Coffee & Connect [gw]  
**12:30pm** Bingo

**4pm** Noche de Moda  
**5pm** Creative Coping  
**5:45pm** Dinner for Groups  
**6pm** Intentional Journaling  
**6:30pm** Guitar Lessons  
**6:30pm** Beyond Cancer  
**6:30pm** Networking Groups

**8**

**11:30am** QiGong  
**11:45am** Words of Encouragement [gw]  
**12:30pm** Creative Coping  
**12:30pm** Lunch Laughs  
**5:30pm** CST Paducah Group  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**9**

**12:30pm** Pilates  
**1pm** Reiki Meditation  
**4pm** Living Beyond  
**5:30pm** Gentle Yoga  
**6:30pm** Creative Collage

**10**

**10am** Fitness with Alison  
**11am** Game Day [gw]  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**1pm** Breathe & Receive  
**5pm** Deb and Duncan  
**5pm** Tai Chi  
**5:45pm** Dinner for Groups  
**6:30pm** Living Through Loss

**11**

**9am** Meditation Reset [v]  
**10:30am** Tai Chi

**12**

**10am** Loteria Mexicana/  
 Mexican Bingo  
**10:30am** Creative Coping [gw]  
**11am** Clubhouse Brunch and Town Hall  
**11am** Women's Fitness  
**11:30am** Conversatorios de Salud y Bienestar  
**12pm** Stories and Self-Expression

**13**

**10am** Coffee & Connect [gw]

**5pm** Mindfulness  
**5:15pm** Dinner for Group [gw]  
**5:45pm** Wellness and Beyond [gw]

**15**

**10:30am** Arts & Crafts [gw]  
**11:30am** QiGong  
**12:30pm** Creative Coping  
**12:30pm** Lunch Laughs  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**16**

**10:30am** Fun with Art  
**12:30pm** Pilates  
**2:30pm** Book Nook I  
**5:30pm** Gentle Yoga  
**5:30pm** Creative Coping  
**6pm** Virtual Journaling  
**6pm** Simple/Healthy Snacks  
**6:30pm** Book Nook II

**17**

**10am** Fitness with Alison  
**10am** Mandala Art  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**12:30pm** Meditation [gw]  
**1pm** Breathe & Receive  
**5pm** Tai Chi

**18**

**9am** Meditation Reset  
**10:30am** Tai Chi

**19**

**11am** Women's Day of Care [gw]  
**11:30am** Simple + Healthy Snacks

**20**

**10am** Coffee & Connect [gw]

**6pm** Women's Fitness  
**6pm** Knitting Circle  
**6pm** Nutrition During Active Treatment  
**6:30pm** Full Moon Painting  
**6:30pm** Guitar Lessons

**22**

**11:30am** QiGong  
**11:45am** Words of Encouragement [gw]  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**5:30pm** CST Paducah Group  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**23**

**12:30pm** Pilates  
**1pm** Reiki Meditation  
**5:30pm** Gentle Yoga  
**6pm** Derby Party  
**6:30pm** Creative Self-Exploration

**24**

**10am** Fitness with Alison  
**12:30pm** Lunch Laughs  
**12:30pm** Creative Coping  
**1pm** Breathe & Receive  
**2pm** Make and Take Cardmaking  
**5pm** Tai Chi  
**5:15pm** Creative Coping  
**5:45pm** Dinner for Groups  
**6:30pm** Living Through Loss

**25**

**9am** Meditation Reset  
**10:30am** Tai Chi

**26**

**27**

**10am** Coffee & Connect [gw]

**11:30am** QiGong  
**12:30pm** Lunch Laughs  
**4pm** Community Access [gw]  
**5:45pm** Dinner for Groups  
**6:30pm** Support Groups

**29**

**30**

THANK YOU



IRVIN F. & ALICE S.  
ETSCORN FOUNDATION



THE GHEENS FOUNDATION



BITTNER'S



Brown Cancer Center



MAPLEWOOD FOUNDATION



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LOUISVILLE, KY 40204 | LOUISVILLE, KY 40203



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# Program Event Calendar

**March/April 2024**