

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

6

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

13

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

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

20

11am Women's Day of
Care [gw]

11:30am Simple + Healthy
Snacks

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