



**GILDA'S
CLUB
KENTUCKIANA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

JANUARY/FEBRUARY 2024

HYBRID PROGRAM CALENDAR

OUR MISSION

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

REMINDERS

Please RSVP for activities at least 24 hours in advance (48 hours for Noogieland). RSVP at gck.org or (502) 583-0075.

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

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



Another year presents itself, and, as C.S. Lewis said, *"You are never too old to set another goal or to dream a new dream."*

If you're looking to discover new passions, our January/February calendar is flush with opportunities to learn new and interesting things in this new year.

Dig deep and set goals in several of our art offerings including **Creative Self Exploration**, **Creative Collage** and **Creative Coping**. These weekly guided workshops will nurture your emotional well-being through expressive art in a myriad of different mediums.

Take care of your mind and body at our Gilda's West location! Join us for tai chi at **Nourish Yourself with Tai Chi** or create connection with others at **Coffee and Connect**. Don't miss our regularly scheduled programs there, too!

The new year can create feelings of worry about the unknown, leading to stress. Join us for **Stress Management Techniques** to explore the impact of stress on the mind and body and techniques to manage it.

Celebrate our international families at **Festival de la Familia Internacional** which will include games, snacks and arts and crafts from countries around the world. Bring the whole family for this special event!

And mark your calendar for our always-fun **Mardi Gras Party** in February where we'll let the good times roll!

Go ahead—explore new things that might spark that new dream or inspire that new goal. And remember, Gilda's Club is here for you—with support, information, fun, community and encouragement.

From all of us to you, Happy New Year!

Space is limited for some programs, so RSVP now at gck.org or by calling 502.583.0075!

Please RSVP 24 hours in advance for all groups and program offerings online at gck.org or by calling 502.583.0075.
Youth must be registered 48 hours in advance for all group/program 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. Members 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 is served at 5:45 pm.

Wellness

For adults living with an active cancer.

- Grinstead: Tuesdays (one offered in Spanish).
- Paducah*: Second and fourth Tuesdays, 5:30-6:30pm CST.
- Lexington*: Wednesdays, 5:30-7pm. For women with breast/gyn cancers.

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. First and third Thursdays.

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.

These **Networking Groups** are offered monthly from 6:30-8 pm.

Breast Cancer Networking: Second Mondays.

Gynecologic Cancer Networking: Second Mondays.

Prostate Cancer Networking: Fourth Wednesdays.

Sarcoma Networking: Fourth Wednesdays.

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 piece of jewelry by hand. First Tuesdays at Grinstead, First Thursdays at Gilda's West, 10:30 am-12 pm.

Fun with Art

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

Knitting Circle

Monthly 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 to improve your health. Thursdays, 1-2 pm.

Fitness with Alison

A full-body, no-equipment-needed workout where all levels are welcome. 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 simply breathe and be present. Fridays, 9-9:30 am.

Mindfulness

Focus on being present in this drop-in 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. Every fourth Wednesday, 6:30-8pm.

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

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

* **PADUCAH SUPPORT GROUP:** Mercy Health-Lourdes
Heritage Room | 1530 Lone Oak Rd | Paducah, KY 42003

* **LEXINGTON SUPPORT GROUP:** CHI Saint Joseph Health Office Park
Community Conference Center | 1401 Harrodsburg Rd | Lexington, KY 40504

COFFEE AND CONNECT [IN PERSON—GW]

MONDAYS, 10 TO 10:45 AM

Join us for coffee and conversation before starting your day.

CREATIVE COPING: [IN PERSON]

TUESDAYS, 12:30 TO 2 PM MIXED MEDIA 2D

1ST AND 3RD WED, 5:30 TO 7:30 PM OPEN STUDIO

THURSDAYS, 12:30 TO 2 PM MIXED MEDIA 3D

MONDAYS, JAN 22 & FEB 12, 5 TO 6 PM DOODLING*

Explores mixed 2D media through creative prompts.

**virtual program*

TASTY TUESDAYS [IN PERSON—GW]

1ST TUESDAYS, 2 TO 3:15 PM

Join Tina Lee for light bites alongside conversation and music.

WORDS OF ENCOURAGEMENT [IN PERSON—GW]

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 [IN PERSON—GW]

3RD TUESDAYS, 10:30 AM TO 12 PM

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

COMMUNITY ACCESS [IN PERSON—GW]

4TH TUESDAYS, 4 TO 5:15 PM

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

CREATIVE COLLAGE [IN PERSON]

SECOND WEDNESDAYS, 6:30 TO 8 PM

Make creative collage cards using images for self-reflection.

NOURISH WITH TAI CHI [IN PERSON—GW]

THURSDAYS, 2:30 TO 3:45 PM

Learn Tai Chi, designed to improve balance and posture, strengthen the joints and calm the mind, body and spirit.

REDUCING CAREGIVER BURDEN [HYBRID]

THURSDAYS, 5:30 TO 6:30 PM

Join UofL DNP student Alex Salois for this educational series on caregiving, aiming to reduce caregiver burden.

STRESS MANAGEMENT TECHNIQUES

[IN PERSON]

SATURDAYS, JANUARY 6 AND FEBRUARY 10, 12 TO 1 PM

Learn how stress impacts the body and practice techniques to manage it.

CUIDARDE ES QUERERTE [IN PERSON]

SATURDAY, JANUARY 6, 12 TO 1 PM

Cuidarte es quererte. Practicas básicas para autocuidado. Acompáñanos a esta sesión donde conocerás un poco sobre cómo cuidar de ti y como esto puede ayudar a desarrollar amor propio. Llama a Martha al 502.371.3064.

Learn more about taking care of yourself and how it can help develop self-love. Taught in Spanish.

MUSIC, MEMORIES, PAINTING [IN PERSON]

THURSDAY, JANUARY 18, 5:30 TO 7:30 PM

Listen to classics and paint how the music makes you feel.

CREATIVE SELF EXPLORATION [IN PERSON]

JANUARY 24 AND FEBRUARY 15, 6:30 TO 8 PM

Create art that has personal meaning to you!

DOCUMENTARY: A THYROID STORY [IN PERSON]

SATURDAY, JANUARY 27, 2 TO 4 PM

Join us for the premiere of the documentary Expression of Illness with light bites and beverages alongside a post-screening panel discussion.

MARDI GRAS [IN PERSON]

WEDNESDAY, FEBRUARY 7, 6 TO 8 PM

Let the good times roll at our Mardi Gras party!

ABSTRACT EXPRESSIONALISM [IN PERSON]

SATURDAY, FEBRUARY 10, 10 TO 11 AM

Join Ellie Sanchez-Galliano in this immersive art workshop!

COMMUNITY RESPONSE TO ART [IN PERSON]

THURSDAY, FEBRUARY 15, 5:30 TO 7:30 PM

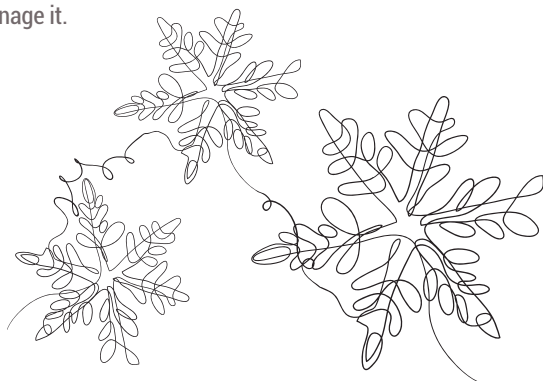
Bring a favorite poem/lyrics and find comfort in community.

FESTIVAL DE LA FAMILIA INTERNACIONAL [IN PERSON]

FRIDAY, FEBRUARY 16, 6 TO 8 PM

Ven a festejar a nuestras familias internacionales, con juegos, bocadillos, actividades, y manualidades de otros países. Evento en persona, gratis y familiar.

Celebrate international families with games, snacks and activities from other countries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CLUBHOUSE CLOSED

1

10am Coffee & Connect [i/gw]
12:30pm Bingo [i]
5pm Mindfulness [v]
5:15pm Dinner for Group [i/gw]
5:45pm Dinner for Groups
5:45pm Wellness [i/gw]
6pm Soothing Fiber Art [i]
6, 6:45, 7:30pm Reiki [i]
6:30pm Gyn/Breast Networking
6:30pm Guitar Lessons [i]

8

10:30am Empowering Beads [i]
11:30am QiGong [v]
12:30pm Lunch Laughs [v]

2pm Tasty Tuesdays [i/gw]

5:45pm Dinner for Groups
6:30pm Support Groups

2

11:30am QiGong [v]
11:45am Words of Encouragement [i/gw]
12:30pm Creative Coping [i]
12:30pm Lunch Laughs [v]

5:30pm Paducah Group [i]
5:45pm Dinner for Groups
6:30pm Support Groups

9

10:30am Arts & Crafts [i/gw]
11:30am QiGong [v]
12:30pm Creative Coping [i]
12:30pm Lunch Laughs [v]

5:45pm Dinner for Groups
6:30pm Support Groups

15

16

10am Coffee & Connect [i/gw]
5pm Mindfulness [v]
5pm Creative Coping [v]
6pm Knitting Circle [i]
6pm Nutrition During Active Treatment [i]
6:30pm Full Moon Painting [i]
6:30pm Guitar Lessons [i]

22

11:30am QiGong [v]
11:45am Words of Encouragement [i/gw]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]

5:30pm Paducah Group [i]
5:45pm Dinner for Groups
6:30pm Support Groups

23

11:30am QiGong [v]
12:30pm Creative Coping [i]
12:30pm Lunch Laughs [v]

4pm Community Access [i/gw]

5:45pm Dinner for Groups
6:30pm Support Groups

29

30

10:30am Fun with Art [i]
12:30pm Pilates [i]
2:30pm Trivia Afternoon [i]
5:30pm Lexington Group [i]
5:30pm Gentle Yoga [i]
6pm Chef Gilda & Friends [i]
6pm Virtual Journaling [v]

3

12:30pm Pilates [i]
1pm Reiki Meditation [v]
4pm Living Beyond
5:30pm Gentle Yoga [i]
5:30pm Lexington Group [i]
6pm Legal Clinic 101
6:30pm Creative Collage [i]

10

10:30am Fun with Art [i]
12:30pm Pilates [i]
2:30pm Book Nook I
5:30pm Lexington Group [i]
5:30pm Gentle Yoga [i]
5:30pm Creative Coping [i]
6pm Virtual Journaling [v]
6pm Simple/Healthy Snacks [i]
6:30pm Book Nook II [v]

17

12:30pm Pilates [i]
1pm Reiki Meditation [v]
5:30pm Gentle Yoga [i]
5:30pm Lexington Group [i]
5:45pm Dinner for Groups
6:30pm Networking Groups
6:30pm Self Exploration [i]

24

12:30pm Pilates [i]

5:30pm Lexington Group [i]
5:30pm Gentle Yoga [i]

31

10am Fitness with Alison [v]
12:30pm Lunch Laughs [v]
5pm Tai Chi [i]
5:45pm Dinner for Groups [i]
6pm Claiming Hope [v]
6pm Peaceful Paint Night [i]
6:30pm Beyond Cancer

4

10am Fitness with Alison [v]
11am Game Day [i/gw]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]
1pm Breathe & Receive
2:30pm Tai Chi [i/gw]
5pm Bingo [i/gw]
5pm Deb and Duncan [i]
5pm Tai Chi [i]
5:45pm Dinner for Groups
6:30pm Living Through Loss

11

10:30am Beading [i/gw]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]
12:30pm Meditation [i/gw]
1pm Breathe & Receive
2:30pm Tai Chi [i/gw]
5pm Tai Chi
5:15pm Creative Coping [i/gw]
5:30pm Abstract Painting [i]
5:30pm Caregiver Burdens
6:30pm Beyond Cancer

18

10am Fitness with Alison [v]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]
1pm Breathe & Receive
2pm Make/Take Cards [i]
2:30pm Tai Chi [i/gw]
5pm Tai Chi
5:30pm Caregiver Burdens
5:45pm Dinner for Groups
6:30pm Living Through Loss

25

9am Meditation Reset [v]

10:30am Tai Chi [i]

5

9am Meditation Reset [v]

10:30am Tai Chi [i]

12

9am Meditation Reset [v]

10:30am Tai Chi [i]

19

9am Meditation Reset [v]

10:30am Tai Chi [i]

26

10am Loteria Mexicana/
 Mexican Bingo [i]
10am Women's Fitness [i]
11am Clubhouse Brunch [i]
12pm Stress Management [i]
12pm Stories and Self-Expression [i]
12pm Cuidarte es Quererte [i]

6

CLUBHOUSE CLOSED

13

1pm Zumba [i/gw]

20

10:30am Creative Coping [i/gw]

2pm Documentary Screening [i]

27

[i] in person only
 [v] virtual only
 [i/gw] in person program at Gilda's West
 [h/gw] hybrid program at Gilda's West,
 located at 1720 W. Broadway, 40203

Events not designated will be hybrid, with the
 option of attending in person or virtually.
 Pre-registration required to attend in person.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY					
			10am Fitness with Alison [v] 10:30am Beading [i/gw] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2:30pm Tai Chi [i/gw] 5pm Bingo [i/gw] 5pm Tai Chi[i] 5:30pm Caregiver Burdens 6pm Claiming Hope 6pm Peaceful Paint Night [i] 6:30pm Beyond Cancer	9am Meditation Reset [v] 10:30am Tai Chi [i]	
10am Coffee & Connect [i/gw] 5pm Mindfulness [v] 5:15pm Dinner for Group [i/gw] 5:45pm Wellness [i/gw] 6pm Women's Fitness [i] 6pm Chef Gilda and Friends [i] 6pm Soothing Fiber Art [i] 6pm Expect the Unexpected	10:30am Empowering Beads [i] 11:30am QiGong [v] 12:30pm Creative Coping [i] 12:30pm Lunch Laughs [v] 2pm Tasty Tuesdays [i/gw] 5:45pm Dinner for Groups 6:30pm Support Groups	10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Trivia Afternoon [i] 5:30pm Lexington Group [i] 5:30pm Gentle Yoga [i] 5:30pm Creative Coping [i] 6pm Virtual Journaling [v] 6pm Mardi Gras [i]	10am Fitness with Alison [v] 11am Game Day [i/gw] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2:30pm Tai Chi [i/gw] 5pm Deb and Duncan [i] 5pm Tai Chi [i] 5:30pm Caregiver Burdens 5:45pm Dinner for Groups 6:30pm Living Through Loss	9am Meditation Reset [v] 10:30am Tai Chi [i]	10am Loteria Mexicana [i] 10am Loving the Skin You're In [i/gw] 10am Abstract Expression [i] 10am Women's Fitness [i] 10:30am Coping [i/gw] 11am Clubhouse Brunch [i] 12pm Camino a Bienestar [i] 12pm Stress Management [i] 12pm Stories and Self-Expression [i]
10am Coffee & Connect [i/gw] 5pm Creative Coping [v] 5:45pm Dinner for Groups 6pm, 6:45pm, 7:30pm Reiki [i] 6:30pm Guitar Lessons [i] 6:30pm Gynecologic/Breast Cancer Networking	11:30am QiGong [v] 11:45am Words of Encouragement [i/gw] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 5:30pm Paducah Group [i] 5:45pm Dinner for Groups 6:30pm Support Groups	12:30pm Pilates [i] 1pm Reiki Meditation [v] 4pm Living Beyond 5:30pm Gentle Yoga [i] 5:30pm Lexington Support Group [i] 6:30pm Creative Collage [i]	10am Fitness with Alison [v] 12:30pm Meditation [i/gw] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2:30pm Tai Chi [i/gw] 5pm Tai Chi [i] 5:15pm Creative Coping [i] 5:30pm Caregiver Burdens 5:30pm Creative Resp. Art [i] 6:30pm Creative Exploration [i] 6:30pm Beyond Cancer	9am Meditation Reset [v] 10:30am Tai Chi [i] 6pm Festival de la Familia Internacional [i]	11:30am Simple and Healthy Snacks [i/gw] 1pm Zumba [i/gw]
10am Coffee & Connect [i/gw] 12pm Ask the Doc [v] 5pm Mindfulness [v] 5:15pm Dinner for Group [i/gw] 5:45pm Wellness [i/gw] 6pm Women's Fitness [i] 6pm Knitting Circle [i] 6:30pm Full Moon Painting [i]	10:30am Arts and Crafts [i/gw] 11:30am QiGong [v] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 4pm Community Access [i/gw] 5:45pm Dinner for Groups 6:30pm Support Groups	10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Book Nook I 5:30pm Lexington Group [i] 5:30pm Gentle Yoga [i] 5:30pm Creative Coping [i] 5:45pm Dinner for Groups 6pm Simple/Healthy Snacks [i] 6pm Virtual Journaling [v] 6:30pm Networking Groups 6:30pm Book Nook II [v]	10am Fitness with Alison [v] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2pm Make and Take Cards [i] 2:30pm Tai Chi [i/gw] 5pm Tai Chi [i] 5:30pm Caregiver Burdens 5:45pm Dinner for Groups 6:30pm Living Through Loss	9am Meditation Reset [v] 10:30am Tai Chi [i]	11:30am Simple and Healthy Snacks [i/gw] 1pm Zumba [i/gw]
CLUBHOUSE CLOSED	CLUBHOUSE CLOSED	CLUBHOUSE CLOSED	CLUBHOUSE CLOSED		

THANK YOU



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THE GHEENS FOUNDATION



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Hybrid Program Event Calendar

January/February 2024