

AUGUST

THURSDAY, 1st

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night
6pm—Reconecta Tu Poder Interior

FRIDAY, 2nd

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

MONDAY, 5th

10am—Coffee & Connect [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness [gw]

TUESDAY, 6th

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 7th

10:30am—Fun with Art
12:30pm—Pilates
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]
6:30pm—DIY Delights [gf]

THURSDAY, 8th

10am—Fitness with Alison [v]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
5pm—Deb and Duncan
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 9th

9am—Meditation Reset [v]

10:30am—Tai Chi
6pm—Summer's End Spectacular [gc]

SATURDAY, 10th

10am—Loteria Mexicana
11am—Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression

MONDAY, 12th

10am—Coffee & Connect [gw]
11am—Hooked on Crochet [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Dinner for Groups
5:45pm—Wellness [gw]
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY 13th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]
12:30pm—Lunch Laughs [v]
5:30pm CST—Paducah Group [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 14th

12:30pm—Pilates
12:30pm—Bingo [gf]
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]
4pm—Living Beyond [h]

THURSDAY, 15th

10am—Fitness with Alison [v]
10am—Poniendo Nuestro Granito de Arena
10:30am—Radiant Workshop
12pm—Doing Our Part
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga

5:30pm—Nutrition After Treatment [h]
6pm-8pm—Reiki Sessions
6:30pm—Frankly Speaking: Mental Health and Cancer [h]

FRIDAY, 16th

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

SATURDAY, 17th

11:30am—Bite Sized Bites [gw]
1pm—Ready, Set, GLOW! [gw]

MONDAY, 19th

10am—Coffee & Connect [gw]
3pm—Self-Care Monday [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Soothing Fiber Art
6pm—Your Secret Weapon [h]
6:30pm—Como Las Emociones Afectan Tu Vida

TUESDAY 20th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 21st

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook I [h]
6pm—Virtual Journaling [v]
6:30pm—Game On! [gf]
6:30pm—Book Nook II [v]

THURSDAY, 22nd

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Make/Take Cardmaking
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups

6:30pm—Living Through Loss [h]

FRIDAY, 23rd

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

SATURDAY, 24th

11am—Old Fashioned Games [gw]

MONDAY, 26th

10am—Coffee & Connect [gw]
3pm—Spanish for Beginners [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Knitting Circle
6pm—Bone Strengthening
6:30pm—Como Las Emociones Afectan Tu Vida
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons

TUESDAY 27th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]
12:30pm—Lunch Laughs [v]
4pm—Community Access [gw]
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 28th

12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]

THURSDAY, 29th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
5:30pm—Gentle Yoga

FRIDAY, 30th

10:30am—Tai Chi

RSVP at GCK.ORG or by calling 502.583.0075