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An Affiliate of the
CANCER SUPPORT COMMUNITY

2440 GRINSTEAD DR, LOUISVILLE, KY 40204
1720 W BROADWAY, STE 205, LOUISVILLE, KY 40203
1218 E OAK ST, NEW ALBANY, IN 47150
5318 KING RD, JEFFERSONVILLE, IN 47130



**GILDA'S CLUB
KENTUCKIANA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Event Calendar

**OCTOBER-DECEMBER
2024**

Please RSVP 24 hours in advance for all groups and program offerings online at gck.org or by calling 502.583.0075. We cannot guarantee offerings for members and guests who have not registered.

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.

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.
- Paducah: 2nd and 4th Tuesdays, 5:30-6:30pm CST at Mercy Health-Lourdes Heritage Room, 1530 Lone Oak Rd, 42003
- Lexington: 1st and 3rd Tuesdays, 6-7:30pm at Markey Cancer Center, Combs Building, 800 Rose St., 40536.

Friends and Family

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

Beyond Cancer

For cancer survivors whose focus has shifted toward living life post treatment. 2nd Mondays.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. 2nd and 4th Thursdays.

Wellness and Beyond at Gilda's West

For men and women diagnosed with cancer or in remission. 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 2nd Mondays, 6:30-8 pm.

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- Sarcoma
- Living Beyond Metastatic Breast Cancer - 2nd Wednesdays, 4-5:30 pm.

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. 4th Thursdays, 2-3:30 pm.

Empowering Beads

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

Fun with Art

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

Knitting Circle

Knitting group. 4th 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. Thursdays, 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 Gilda's West, 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. 2nd Wednesdays, 1-2 pm.

Tai Chi

Reduces stress and improves flexibility and strength, through gentle movements. Fridays, 10:30-11:30 am and Mondays, 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 and Norton Cancer Institute.
Every Second Monday, 5-6 pm.

SPECIAL EVENTS

FLORALS IN PAINTING [GW]

2ND MONDAYS, 1 TO 2:30 PM

Paint beautiful flowers.

AMERICAN MAHJONG [GG]

3RD MONDAYS, 12:30 TO 2:30 PM

American Mahjong is a tile game of strategy and luck! Don't know how to play? We'll teach you!

SOLO PARA MUJERES [GW]

2ND WEDNESDAYS, 6 TO 7:30 PM

Únete a nuestro espacio de apoyo para mujeres con cáncer. Disfruta de encuentros, actividades y charlas. Solo en Español.

DRUM CIRCLE [GG]

3RD THURSDAYS, 6 TO 7 PM

Explore creative expression through rhythm and collaboration. Come try out a hand drum or shaker! No experience necessary.

¡VAMOS A JUGAR LOTERIA! [OFFSITE]

4TH THURSDAYS, 1 TO 3 PM

Juguemos lotería Mexicana en familia. Habrá premios.

PLANT POWERED PLATES [GG]

MONDAYS, OCT 14&28, NOV 4&11, DEC 9&16, 1 TO 2:30 PM

Add colorful, meatless meals to your weekly menus!

FALL WREATHMAKING WITH WENDY [GW]

SATURDAY, OCTOBER 5, 10:30 AM TO 12:30 PM

Join Wendy Hoback for a Fall wreathmaking class!

DANCE DELIGHTS: RUMBA AND SWING DANCE [GG]

MONDAYS, OCT 7, 21, 28, 6:30 TO 7:15 PM

Explore Rumba and Swing dancing! No experience necessary.

LYMPHEDEMA PRESENTATION [OFFSITE]

MONDAY, OCTOBER 7, 6 TO 7 PM

Dr. Megan Nelson, MD and Becky Lotz, PT, CLT discuss lymphedema at the Floyd County YMCA.

NATURAL WONDERS WATERCOLOR [GC]

WEDNESDAY, OCTOBER 9, 10:30 AM TO 12 PM

Create art through nature at Gilda's Clark.

BOUNTEOUS NATURE WALK [OFFSITE]

TUESDAY, OCTOBER 15, 10 AM TO 12 PM

Join us for a leisurely walk at Locust Grove. Meet outside the Visitor's Center at Locust Grove, 561 Blankenbaker Lane.

AN EVENING WITH JONATHAN WOLFF [GG]

THURSDAY, OCTOBER 17, 6 TO 7 PM

A storytelling piano performance about his musical journey.

NOOGIEFEST [GG]

SATURDAY, OCTOBER 26, 11 AM TO 2 PM

Fall fun with treats, games and crafts. Costumes encouraged!

DIA DE MUERTOS [GG]

MONDAY, OCTOBER 28, 6 TO 8 PM

Ven a convivir en esta tradición prehispánica celebrada anualmente. Disfruta de comida, concurso de catrinas y coloca tu foto en el altar. Join us in this pre-Hispanic tradition with food, a Catrina contest and more.

INK AND INSIGHT: JOURNALING [GG]

TUESDAY, OCTOBER 29, 10 AM TO 12 PM

A time for written expression and creativity.

DIY: PAPER MAKING [GG]

MONDAY, NOVEMBER 4, 6 TO 8 PM

Make your own paper from recycled materials!

RELAXATION RETREAT [GF]

WEDNESDAY, NOVEMBER 13, 6:30 TO 8 PM

Release stress with mindfulness, meditation and art.

PROSTATE CANCER PRESENTATION [OFFSITE]

THURSDAY, NOVEMBER 14, 6 TO 7 PM

Enjoy a frankly speaking about prostate cancer presentation.

DAY OF SHARING [GW]

WEDNESDAY, NOVEMBER 20, 1 TO 4 PM

Stop by Gilda's West for a sweet treat and beverage.

HEALTHY HOLIDAY ENTERTAINING [GW]

THURSDAY, NOVEMBER 21, 6 TO 7:30 PM

Oncology Dietitian Holly Ansman will demonstrate how to make a festive and easy snack board and mocktails!

CLUBHOUSE THANKSGIVING DINNER [GG]

FRIDAY, NOVEMBER 22, 6 TO 8 PM

Join us for Thanksgiving dinner. Don't forget to RSVP!

DIY: CANDLE MAKING [GG]

MONDAY, DECEMBER 2, 6 TO 8 PM

Make scented candles to take home!

HOLIDAY PARTY [GG]

SATURDAY, DECEMBER 7, 2 TO 4 PM

Drop by for holiday cheer, crafts, and activities! Festive attire is encouraged!

JUNIOR CHEF AND DROP AND SHOP [GG]

SATURDAY, DECEMBER 14, 11 AM TO 2PM

Drop your kids off while you do holiday shopping/wrapping!

FIESTA NAVIDEÑA [GC]

SUNDAY, DECEMBER 15, 3 TO 6 PM

Celebra los días festivos en familia en GC. ¡Música, premios, manualidades y más te esperan!

A holiday party with music, treats, and fun for the family!

SEASON OF GIVING [GW]

TUESDAY, DECEMBER 17, 4 TO 6:30 PM

Stop by Gilda's West for treats!

Full descriptions of all offerings at gck.org.

LOUISVILLE, KENTUCKY

[gg] – GILDA'S GRINSTEAD 2440 Grinstead Dr, 40204

[gw] – GILDA'S WEST 1720 W Broadway, Ste 205, 40203

SOUTHERN INDIANA

[gf] – GILDA'S FLOYD 1218 E. Oak St, New Albany, 47150

[gc] – GILDA'S CLARK 5318 King Rd Jeffersonville, 47130

OCTOBER

TUESDAY, 1st

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping for Grief
5:45pm—Dinner for Groups
6pm—Lexington Group
6:30pm—Support Groups [h]

WEDNESDAY, 2nd

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]
6:30pm—DIY Delights [gf]

THURSDAY, 3rd

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
1pm—Creative Coping
2:30pm—Tai Chi [gw]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night
6pm—Reconecta Tu Poder Interior

FRIDAY, 4th

9am—Meditation Reset [v]

SATURDAY, 5th

10:30am—Wreathmaking [gw]

MONDAY, 7th

10am—Coffee & Connect [gw]
1pm—Florals in Painting [gw]
5pm—Mindfulness [v]
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness Group [gw-h]
6pm—Lymphedema [o]
6pm—Soothing Fiber Art

TUESDAY, 8th

10am—Creative Coping
10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]
12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]
6:30pm—A Dance Delight

WEDNESDAY, 9th

10:30am—Watercolors [gc]
12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]
4pm—Living Beyond
6pm—Solo Para Mujeres [gw]

THURSDAY 10th

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

FRIDAY, 11th

9am—Meditation Reset [v]

MONDAY, 14th

10am—Coffee & Connect [gw]
10:30am—Empowering Beads [gw]
12:30pm—Bingo
1pm—Plant Powered Plates
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Dinner for Groups
5:45pm—Wellness Group [gw-h]
6:30pm—Guitar Lessons
6:30pm—Networking Groups [h]

TUESDAY, 15th

10am—Bounteous Nature Walk [o]
10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping for Grief
5:45pm—Dinner for Groups
6pm—Lexington Group
6:30pm—Support Groups [h]

WEDNESDAY, 16th

10:30am—Fun with Art
12:30pm—Pilates

1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook I [v]
6pm—Virtual Journaling [v]
6:30pm—Book Nook II [v]

THURSDAY, 17th

10am—Fitness with Alison [v]
10:30am—Radiant Workshop [gw]
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1pm—Creative Coping
1:30pm—Crafts and More [gw]
5:30pm—Gentle Yoga
5:30pm—Spanish for Beginners
6pm—Evening with Jonathan Wolff
6pm—Nutrition After Treatment [h]
6pm—Drum Circle

FRIDAY, 18th

9am—Meditation Reset [v]

SATURDAY, 19th

10am—Loteria Mexicana
11am—Clubhouse Brunch
11:30am—Bite Sized Bites [gw]
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression
1pm—Ready, Set, Glow [gw]

MONDAY, 21st

10am—Coffee & Connect [gw]
12:30pm—American Mahjong
3pm Self-Care Monday [gw]
5pm—Mindfulness [v]
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness Group [gw-h]
6:30pm—A Dance Delight

TUESDAY, 22nd

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping for Grief
4pm—Community Access [gw]
5:30pm—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 23rd

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

THURSDAY, 24th

10am—Creative Coping
10am—Fitness with Alison [v]
11am Bingo [gw]
12:30pm—Lunch Laughs [v]
1pm—Vamos a Jugar Loteria [o]
1pm—Breathe and Receive [h]
1pm—Creative Coping
2pm—Make/Take Cardmaking
2:30pm—Tai Chi [gw]
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 25th

9am—Meditation Reset [v]

SATURDAY, 26th

11am—Noogiefest

MONDAY, 28th

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw-h]
6pm—Women's Core Fitness
6pm—Dia de Muertos
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons
6:30pm—A Dance Delight

TUESDAY, 29th

10am—Ink and Insight: Journaling
10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping for Grief
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 30th

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

THURSDAY, 31st

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

RSVP at [GCK.ORG](https://www.gck.org) or by calling 502.583.0075.

NOVEMBER

FRIDAY, 1st

9am—Meditation Reset [v]

MONDAY, 4th

10am—Coffee & Connect [gw]

1pm—Plant Powered Plates

5pm—Mindfulness [v]

5pm—Tai Chi

5:15pm—Dinner for Group [gw]

5:30pm—Inglés Nivel Básico

5:45pm—Wellness Group [gw-h]

6pm—Soothing Fiber Art

6pm—DIY: Paper Making

6:30pm—Como Las Emociones

Afectan Tu Vida

TUESDAY, 5th

10am—Morning Mingle [gf]

10:30am—Empowering Beads

11:30am—QiGong [v]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

WEDNESDAY, 6th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

2pm—Line Dancing [gw]

2:30pm—Trivia Afternoon

6pm—Virtual Journaling [v]

6:30pm—DIY Delights [gf]

THURSDAY, 7th

10am—Fitness with Alison [v]

10:30am—Empowering Beads [gw]

12:30pm—Lunch Laughs [v]

1pm—Breathe and Receive [h]

1pm—Creative Coping

2:30pm—Tai Chi [gw]

5pm—Bingo [gw]

FRIDAY, 8th

9am—Meditation Reset [v]

10:30am—Tai Chi

MONDAY, 11th

10am—Coffee & Connect [gw]

10:30am—Empowering Beads [gw]

12:30pm—Bingo

1pm—Plant Powered Plates

1pm—Florals in Painting [gw]

5pm—Tai Chi

5:15pm—Dinner for Group [gw]

5:30pm—Inglés Nivel Básico

5:45pm—Dinner for Groups

5:45pm—Wellness Group [gw-h]

6:30pm—Networking Groups [h]

6:30pm—Guitar Lessons

TUESDAY 12th

10am—Creative Coping

10am—Morning Mingle [gf]

11:30am—QiGong [v]

11:45am—Words of

Encouragement [gw]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

5:30pm CST—Paducah Group

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

WEDNESDAY, 13th

12:30pm—Pilates

1pm—Reiki Meditation [v]

1pm—Paint Palette

2pm—Line Dancing [gw]

4pm—Living Beyond [h]

6pm—Solo Para Mujeres [gw]

6:30pm—Relaxation Retreat [gf]

THURSDAY, 14th

10am—Fitness with Alison [v]

11am—Game Day [gw]

12:30pm—Lunch Laughs [v]

1pm—Breathe and Receive [h]

1pm—Creative Coping

2pm—Movie Time [gw]

5:30pm—Gentle Yoga

5:45pm—Dinner for Groups

6pm—Frankly Speaking: Prostate Cancer [o]

6:30pm—Living Through Loss [h]

FRIDAY, 15th

9am—Meditation Reset [v]

10:30am—Tai Chi

SATURDAY, 16th

10am—Bone Strengthening

10am—Loteria Mexicana

11am—Clubhouse Brunch

11:30am—Bite Sized Bites [gw]

11:30am—Conversatorios de Salud y Bienestar

12pm—Stories and Self-Expression

1pm—Ready, Set, Glow [gw]

MONDAY, 18th

10am—Coffee & Connect [gw]

12:30pm—American Mahjong

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 Group [gw-h]

6:30pm—Como Las Emociones

Afectan Tu Vida

TUESDAY 19th

10am—Morning Mingle [gf]

11:30am—QiGong [v]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

5:45pm—Dinner for Groups

6pm—Lexington Group

6:30pm—Support Groups [h]

WEDNESDAY, 20th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

1pm—Day of Sharing [gw]

2pm—Line Dancing [gw]

2:30pm—Book Nook I [h]

6pm—Virtual Journaling [v]

6:30pm—Book Nook II [v]

THURSDAY, 21st

10am—Fitness with Alison [v]

10:30am—Radiant Workshop [gw]

11am—Bingo [gw]

11am—Creative Coping

12:30pm—Lunch Laughs [v]

12:30pm—Meditation [gw]

1pm—Breathe and Receive [h]

1pm—Creative Coping

1:30pm—Crafts and More [gw]

5:30pm—Gentle Yoga

5:30pm—Spanish for Beginners

6pm—Healthy Holiday Entertaining

6pm—Nutrition After Treatment

6pm—Peaceful Paint Night

6pm—Drum Circle

6pm—Reconecta Tu Poder Interior

FRIDAY, 22nd

9am—Meditation Reset [v]

10:30am—Tai Chi

6pm—Clubhouse Thanksgiving Dinner

MONDAY, 25th

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 Group [gw-h]

6pm—Knitting Circle

6:30pm—Como Las Emociones

Afectan Tu Vida

6:30pm—Full Moon Painting

6:30pm—Guitar Lessons

TUESDAY 26th

10am—Morning Mingle [gf]

11:30am—QiGong [v]

11:45am—Words of

Encouragement [gw]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

4pm—Community Access [gw]

5:30pm CST—Paducah Group

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

WEDNESDAY, 27th

12:30pm—Pilates

1pm—Paint Palette

2pm—Line Dancing [gw]

THURSDAY, 28th-

SATURDAY, 30th

CLUBHOUSE CLOSED

AT GILDA'S GRINSTEAD UNLESS MARKED

[gw]—GILDA'S WEST [gf]—GILDA'S FLOYD [gc]—GILDA'S CLARK

[v]—VIRTUAL [h]—HYBRID [o]—OFFSITE

ALL OTHER PROGRAMS IN PERSON

DECEMBER

MONDAY, 2nd

10am—Coffee & Connect [gw]
5pm—Tai Chi
5pm—Mindfulness [v]
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6pm—DIY: Candle Making
6:30pm—Como Las Emociones
Afectan Tu Vida

TUESDAY, 3rd

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping for Grief
5:45pm—Dinner for Groups
6pm—Lexington Group
6:30pm—Support Groups [h]

WEDNESDAY, 4th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]
6:30pm—DIY Delights [gf]

THURSDAY, 5th

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
1pm—Creative Coping
2:30pm—Tai Chi [gw]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night
6pm—Reconecta Tu Poder Interior

FRIDAY, 6th

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

SATURDAY, 7th

2pm—Holiday Party

MONDAY, 9th

10am—Coffee & Connect [gw]
10:30am—Empowering Beads [gw]
12:30pm—Bingo
1pm—Florals in Painting
1pm—Plant Powered Plates
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Dinner for Groups
5:45pm—Wellness Group [gw]
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 10th

10am—Creative Coping
10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of
Encouragement [gw]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping for Grief
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 11th

12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]
4pm—Living Beyond [h]
6pm—Solo Para Mujeres [gw]

THURSDAY, 12th

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

FRIDAY 13th

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

SATURDAY, 14th

10am—Bone Strengthening
10am—Loteria Mexicana
11am—Junior Chef Drop & Shop
11am—Clubhouse Brunch
11:30am—Conversatorios de
Salud y Bienestar
12pm—Stories and Self-Expression

SUNDAY, 15th

3pm—Fiesta Navideña [gc]

MONDAY, 16th

10am—Coffee & Connect [gw]
12:30pm—American Mahjong
1pm—Plant Powered Plates
3pm—Self-Care Monday [gw]
3pm—Spanish for Beginners [gw]
5pm—Tai Chi
5pm—Mindfulness [v]
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Como Las Emociones
Afectan Tu Vida

TUESDAY, 17th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping for Grief
4pm—Season of Giving [gw]
5:45pm—Dinner for Groups
6pm—Lexington Group
6:30pm—Support Groups [h]

WEDNESDAY, 18th

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—Book Nook II [v]

THURSDAY, 19th

10am—Fitness with Alison [v]
10:30am—Radiant Workshop
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1pm—Creative Coping
1:30pm—Crafts and More [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Nutrition After Treatment [h]
6pm—Drum Circle

FRIDAY 20th

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

SATURDAY, 21st

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

MONDAY, 23rd-

WEDNESDAY, 1st

CLUBHOUSE CLOSED