

JULY

MONDAY, 1st

10am—Coffee & Connect [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
6:30pm—Como Las Emociones
Afectan tu Vida

TUESDAY, 2nd

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, 3rd

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]

THU, 4th - SAT, 6th

CLUBHOUSE CLOSED

MONDAY, 8th

8:30am—Camp Gilda
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-h]
6:30pm—Networking Groups [h]

TUESDAY, 9th

8:30am—Camp Gilda
10am—Morning Mingle [gf]
11:30am—QiGong
11:45am—Words of
Encouragement [gw]
12:30pm—Lunch Laughs [v]
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 10th

8:30am—Camp Gilda

2pm—Line Dancing [gw]
4pm Living Beyond [h]

THURSDAY, 11th

8:30am—Camp Gilda
10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
6:30pm—*Living Through Loss [v]

FRIDAY 12th

8:30am—Camp Gilda
9am—Meditation Reset [v]
10:30am—Tai Chi

MONDAY, 15th

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—Women's Core Fitness
6:30pm—Como Las Emociones
Afectan tu Vida

TUESDAY, 16th

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

WEDNESDAY, 17th

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, 18th

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—Gentle Yoga
5:30pm—Spanish for Beginners
6pm—Peaceful Paint Night
6pm—Nutrition After Treatment [h]
6pm-8pm—Reiki Sessions

FRIDAY 19th

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

SATURDAY, 20th

9am—Cave Hill Tour
10am—Lotería 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, 22nd

9am—Camp Shakespeare
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-h]
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Como Las Emociones
6:30pm—Guitar Lessons

TUESDAY, 23rd

9am—Camp Shakespeare
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, 24th

9am—Camp Shakespeare
12:30pm—Pilates
2pm—Line Dancing [gw]

THURSDAY, 25th

10am—Fitness with Alison [v]
11am—Bingo [gw]
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

FRIDAY 26th

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

MONDAY, 29th

10am—Coffee & Connect [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Bone Strengthening
6:30pm—Como Las Emociones
Afectan tu Vida

TUESDAY, 30th

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

WEDNESDAY, 31st

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

AT GILDA'S GRINSTEAD UNLESS MARKED

[gw]—GILDA'S WEST [gf]—GILDA'S FLOYD [gc]—GILDA'S CLARK
[v]—VIRTUAL [h]—HYBRID ALL OTHER PROGRAMS IN PERSON