

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER

				<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p>	<p>10am Creative Guided Imagery [i] 10am Yoga with Halen [i] 11am Clubhouse Brunch [i] 11:30am Grupo de Bienestar [i]</p> <p>12pm Stories and Self-Expression [i] 12pm Gingerbread House Making! [i]</p>
<p>5pm Mindfulness [v] 5:30pm Ageless Grace [i/gw] 6pm Chef Gilda [i] 6pm Soothing Fiber Art [i]</p>	<p>10am Creative Coping [i] 10:30am Empowering Beads [i] 11:30am QiGong [v] 12:30pm Creative Coping [i] 12:30pm Lunch Laughs [v]</p> <p>5:45pm Dinner for Groups 6:30pm Support Groups</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Trivia Afternoon [i]</p> <p>5:30pm Lexington Women's Support Group [i] 5:30pm Gentle Yoga [i] 6pm Eat Well, Live Well [v] 6pm Virtual Journaling [v]</p>	<p>10am Fitness with Alison [v] 10:30am Beads [i/gw] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5pm Bingo [i/gw] 5pm Tai Chi [i] 5:45pm Dinner for Groups</p> <p>6pm Peaceful Paint Night [i] 6:30pm Beyond Cancer 7pm Slow Flow Yoga [v]</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p>	<p>10:30am Creative Coping [i/gw]</p> <p>2pm Holiday Party [i]</p>
<p>12:30pm Bingo [i]</p> <p>5:45pm Dinner for Groups 6:30pm Guitar Lessons [i] 6:30pm Gynecologic/Breast Cancer Networking</p>	<p>10am Creative Coping [i] 11:30am QiGong [v] 12:30pm Creative Coping [i] 12:30pm Lunch Laughs [v]</p> <p>5:30pm (CST) Paducah Support Group [i] 5:45pm Dinner for Groups 6:30pm Support Groups</p>	<p>12:30pm Pilates [i] 1pm Reiki Meditation [v]</p> <p>4pm Living Beyond 5:30pm Gentle Yoga [i] 5:30pm Lexington Women's Support Group [i] 6pm Eat Well, Live Well [v] 6:30pm Intentional Creativity [i]</p>	<p>10am Fitness with Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5pm Deb and Duncan [i] 5pm Tai Chi [i] 5:45pm Dinner for Groups 6:30pm Living Through Loss 7pm Slow Flow Yoga [v]</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p>	
<p>5pm Mindfulness [v] 5:15pm Creative Coping [i/gw] 6pm Knitting Circle [i] 6:30pm Full Moon Painting [i]</p>	<p>11:30am QiGong [v] 12:30pm Lunch Laughs [v]</p> <p>5:45pm Dinner for Groups 6:30pm Support Groups</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Book Nook I 5:30pm Lexington Women's Support Group [i] 5:30pm Gentle Yoga [i] 5:45pm Dinner for Groups 6pm Eat Well, Live Well [v] 6pm Virtual Journaling [v] 6:30pm Networking Groups 6:30pm Book Nook II [v]</p>	<p>10am Fitness with Alison [v] 12:30pm Lunch Laughs [v] 12:30pm Mindful Meditation [i/gw] 1pm Breathe & Receive 5pm Tai Chi [i]</p> <p>6:30pm Beyond Cancer 7pm Slow Flow Yoga [v]</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p>	<p>CLUBHOUSE CLOSED</p>
<p>CLUBHOUSE CLOSED</p>	<p>CLUBHOUSE CLOSED</p>	<p>CLUBHOUSE CLOSED</p>	<p>6:30pm Living Through Loss [v] CLUBHOUSE CLOSED</p>	<p>CLUBHOUSE CLOSED</p>	<p>CLUBHOUSE CLOSED</p>