

# JANUARY

## WEDNESDAY, 1st

CLUBHOUSES CLOSED

## THURSDAY, 2nd

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

## FRIDAY, 3rd

9am—Meditation Reset [v]  
10:30am—Tai Chi  
6:30pm—Vision and Vibe [gf]

## MONDAY, 6th

10am—Coffee & Connect [gw]  
1pm—Mixed Media Card Making  
3-5pm—Reiki Relaxation  
5pm—Mindfulness [v]  
5pm—Tai Chi  
5:15pm—Dinner for Group [gw]  
5:45pm—Wellness Group [gw]  
6pm—Soothing Fiber Art  
6pm—Reconecta Tu Poder Interior  
6pm—Valentine Wreathmaking  
6:30pm—Music and You

## TUESDAY, 7th

10am—Morning Mingle [gf]  
10:30am—Empowering Beads  
11:15am—Relax and Renew [gf]  
11:30am—QiGong [v]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping  
1pm—Hooked on Crochet [gw]  
5:45pm—Dinner for Groups  
6pm—Lexington Group [o]  
6:30pm—Support Groups [h]

## WEDNESDAY, 8th

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

## THURSDAY, 9th

10am—Fitness with Alison [v]  
12:30pm—Lunch Laughs [v]

1pm—Breathe and Receive [h]  
5:45pm—Dinner for Groups  
6:30pm—Living Through Loss [h]  
6:30pm—Sarcoma Networking [v]  
6:30pm—Como Las Emociones  
Afectan Tu Vida

## FRIDAY 10th

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

## MONDAY, 13th

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

## TUESDAY, 14th

10am—Creative Coping [gw]  
10am—Morning Mingle [gf]  
10am-12pm—Reiki [gf]  
11am—Coloring Club [gf]  
11am—LTL Book Club  
11:30am—QiGong [v]  
11:45am—Encouragement [gw]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping  
2-3:30pm—Reiki Relaxation  
5:30pm—Paducah Group [o]  
5:45pm—Dinner for Groups [gg/gf]  
6:30pm—Wellness Group [gf]  
6:30pm—Support Groups [h]

## WEDNESDAY, 15th

10:30am—Fun with Art  
12:30pm—Pilates  
1pm—Paint Palette  
2pm—Line Dancing [gw]  
2:30pm—Book Nook [v]  
6pm—Virtual Journaling [v]  
6:30pm—Book Nook [v]

## THURSDAY, 16th

10am—Fitness with Alison [v]  
12:30pm—Lunch Laughs [v]  
12:30pm—Meditation [gw]  
1pm—Breathe and Receive [h]  
1pm—Plant Powered Plates  
1:30pm—Crafts and More [gw]  
5:30pm—Gentle Yoga  
5:30pm—Spanish for Beginners  
6pm—Nutrition After Treatment [h]

6:30pm—Drum Circle  
6:30pm—Exploring Watercolor

## FRIDAY, 17th

9am—Meditation Reset [v]  
10:30am—Tai Chi  
12:30pm—Bingo [gf]

## MONDAY, 20th

CLUBHOUSES CLOSED

## TUESDAY, 21st

10am—Morning Mingle [gf]  
11am—LTL Book Club  
11:15am—Relax and Renew [gf]  
11:30am—QiGong [v]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping  
1pm—Hooked on Crochet [gw]  
5:30pm—Sound Bath for Relaxation  
5:45pm—Dinner for Groups [gg/gf]  
6pm—Lexington Group [o]  
6:30pm—Wellness Group [gf]  
6:30pm—Support Groups [h]

## WEDNESDAY, 22nd

12:30pm—Pilates  
1pm—Paint Palette  
2pm—Line Dancing [gw]  
2pm—Let's Chill [gc]

## THURSDAY, 23rd

10am—Fitness with Alison [v]  
10:30am—Creative Coping [gw]  
11am—Bingo [gw]  
12:30pm—Lunch Laughs [v]  
1pm—Vamos a Jugar Loteria [o]  
1pm—Breathe and Receive [h]  
2pm—Make and Take Cardmaking  
2:30pm—Tai Chi [gw]  
4pm—What is Reiki?  
5:30pm—Gentle Yoga  
5:45pm—Dinner for Groups  
6:30pm—Living Through Loss [h]

## FRIDAY, 24th

9am—Meditation Reset [v]  
10:30am—Tai Chi  
2pm—Mandalas [gf]

## SATURDAY, 25th

10am—Loteria Mexicana  
10:30am—Valentine  
Wreathmaking [gw]  
11am—Clubhouse Brunch  
11:30am—Conversatorios de Salud  
y Bienestar

12pm—Stories and Self-Expression  
12pm—Junior Chef Academy  
12:15pm—What is Reiki?

## MONDAY, 27th

10am—Coffee & Connect [gw]  
1pm—Plant Powered Plates  
3pm—Spanish for Beginners [gw]  
5pm—Tai Chi  
5:15pm—Dinner for Group [gw]  
5:45pm—Wellness Group [gw]  
6pm—Knitting Circle  
6:30pm—Full Moon Painting

## TUESDAY, 28th

10am—Morning Mingle [gf]  
10am-12pm—Reiki [gf]  
11am—Coloring Club [gf]  
11am—LTL Book Club  
11:30am—QiGong [v]  
11:45am—Encouragement [gw]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping  
2pm to 3:30pm—Reiki Relaxation  
4pm—Community Access [gw]  
5:45pm—Dinner for Groups [gg/gf]  
6:30pm—Wellness Group [gf]  
6:30pm—Support Groups [h]

## WEDNESDAY, 29th

11:30am—Anti-Estrogen Therapy  
12:30pm—Pilates  
1pm—Paint Palette  
2pm—Line Dancing [gw]  
6:30pm—Anti-Estrogen Therapy [v]

## THURSDAY, 30th

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

## FRIDAY, 31st

9am—Meditation Reset [v]  
10am—Mini Wellness Retreat [gc]  
10:30am—Tai Chi

RSVP at [GCK.ORG](http://GCK.ORG) or by  
calling 502.583.0075.