TUESDAY FRIDAY **SATURDAY** MONDAY WEDNESDAY THURSDAY 9am Meditation Reset 10am Fitness with Alison 10am Loteria Mexicana 10am Coffee & Connect [gw] 10:30am Empowering Beads 10:30am Fun with Art 10:30am Empowering 11am Clubhouse Brunch Beads [gw] 11:30am Conversatorios de 11:30am QiGong 12:30pm Pilates 12:30pm Lunch Laughs Salud y Bienestar **2pm** Line Dancing [gw] **1pm** Breathe & Receive **5pm** Mindfulness 12pm Stories and Self-**5:15pm** Dinner for Group [gw] 12:30pm Lunch Laughs 2:30pm Trivia Afternoon 5pm Binao [aw] Expression **5:30pm** Inglés Nivel Básico 5:30pm Gentle Yoga 5:45pm Wellness [gw] 5:30pm Hablas Español/ 6pm Soothing Fiber Art 5:45pm Dinner for Groups Spanish For Beginners 6:30pm Como las Emociones **6:30pm** Support Groups 6pm Peaceful Paint Night 3 6pm Virtual Journaling 5 8 Δ 6 Afectan tu Vida 6pm Bite Sized Bites **10am** Coffee & Connect [gw] 9am Meditation Reset 10am Fitness with Alison 11am Hooked on Crochet [gw] **11am** Game Day [gw] 12:30pm Bingo 11:30am OiGong 12:30pm Pilates 11:45am Words of 12:30pm Lunch Laughs 11:30am Bite Sized Bites [gw] **1pm** Reiki Meditation **1pm** Breathe & Receive 4pm Noche de Moda Encouragement [gw] **2pm** Line Dancing [gw] 5:45pm Dinner for Groups 12:30pm Lunch Laughs 2:30pm Book Nook I **5pm** Deb and Duncan 6:30pm Guitar Lessons 5:30pm Gentle Yoga 4pm Living Beyond 6:30pm Beyond Cancer 5:30pm CST Paducah Group **5:45pm** Dinner for Groups 6:30pm Book Nook II 6:30pm Living Through Loss 6:30pm Networking Groups 5:45pm Dinner for Groups 13 14 15 12 **6:30pm** Support Groups 10am Coffee & Connect [gw] 10am Fitness with Alison 9am Meditation Reset 12:30pm Lunch Laughs 12:30pm Meditation [gw] **11am** Community is Stronger 11:30am QiGong **5pm** Mindfulness 1pm Breathe & Receive than Cancer Day **12:30pm** Lunch Laughs **5:15pm** Dinner for Group [gw] 5:30pm Gentle Yoga **5:30pm** Inglés Nivel Básico **CLUBHOUSE CLOSED** 5:30pm Hablas Español 5:45pm Wellness and 6pm Virtual Journaling 5:45pm Dinner for Groups Beyond [gw] 6pm Sessions Begin Reiki **6:30pm** Support Groups 6:30pm Como las Emociones 6pm Nutrition During Active Afectan tu Vida 6:30pm Full Moon Painting 17 Treatment 18 21 22 19 6pm Sewing 101 20 10am Coffee & Connect [gw] 9am Meditation Reset 10am Fitness with Alison 11:30am QiGong 11:45am Words of 12:30pm Pilates **12pm** Lunch Laughs Encouragement [gw] 1pm Breathe & Receive **1pm** Reiki Meditation 12:30pm Lunch Laughs 2pm Make and Take Cards **2pm** Line Dancing [gw] **6pm** Knitting Circle 4pm Community Access [gw] 6:30pm Guitar Lessons 5:30pm Gentle Yoga 5:30pm CST Paducah Group 5:45pm Dinner for Groups 6:30pm Como las Emociones

6:30pm Living Through

28

29

26

Loss

**5:45pm** Dinner for Groups

6:30pm Support Groups

25

24

Afectan tu Vida