

APRIL

TUESDAY, 1st

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—Qigong [v]
12:30pm—Lunch Laughs [v]
12:30pm—Zumba [gw]
1pm—Ingles Basico [o]
1pm—Hooked on Crochet [gw]
1pm—Tasty Tuesday
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 2nd

10:30am—Fun with Art
12pm—Natural Watercolor [gc]
12:30pm—Pilates
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]

THURSDAY, 3rd

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]
4pm—Pieces of Peace [v]
5pm—Bingo [gw]
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night

FRIDAY, 4th

9am—Meditation Reset [v]
10:30am—Tai Chi
11am—Journal Jam [gc]
5:30pm—Kids' Night Out! [gc]

MONDAY, 7th

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6:30pm—Music and You

TUESDAY, 8th

10am—Morning Mingle [gf]
11am—Coloring Club [gf]
11am—LTL Book Club
11:30am—Qigong [v]
11:45am—Encouragement [gw]
12pm CST—Paducah Group
12:30pm—Lunch Laughs [v]
12:30pm—Zumba [gw]

5:45pm—Dinner for Groups [gg/gf]
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 9th

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

THURSDAY, 10th

10am—Fitness with Alison [v]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
4pm—Pieces of Peace [v]
5:45pm—Dinner for Groups
6-8pm—Reiki [gf]
6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking [v]

FRIDAY, 11th

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

SATURDAY, 12th

9:30am—Cave Hill Tour [o]
10am—Loteria Mexicana
10am—Buff Bones
11am—Town Hall/Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Mindful Art
12pm—Junior Chef Academy
12:15pm—What is Reiki Anyway?

MONDAY, 14th

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

TUESDAY, 15th

10am—Morning Mingle [gf]
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—Qigong [v]
12:30pm—Lunch Laughs [v]
12:30pm—Zumba [gw]

1pm—Ingles Basico [o]
1pm—Hooked on Crochet [gw]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 16th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
1-3pm—Solo Reiki Sessions
2:30pm—Book Nook [v]
6pm—Virtual Journaling [v]
6:30pm—Book Nook II [v]

THURSDAY, 17th

10am—Fitness with Alison [v]
10:30am—Crochet Circle [gf]
12:30pm—Lunch Laughs [v]
12:30pm—Mindful Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
4pm—Pieces of Peace [v]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Bracelet Bliss
6pm—Radical Remission Philosophy
6pm—Nutrition After Treatment [h]
6pm—What is Reiki Anyway?
6:30pm—Drum Circle
6:30pm—Exploring Watercolor
6:30pm—PanCan
6:30pm—Como Las Emociones

FRIDAY, 18th

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

SATURDAY, 19th

10am—Eggstravaganza [gc]
10am—Ready, Set, Glow [gw]
11:30am—Bite Sized Bites [gw]

MONDAY, 21st

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
2:30-4:30pm—Reiki Relaxation
3pm—Self-Care Monday
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]

TUESDAY, 22nd

10am—Morning Mingle [gf]
11am—Coloring Club [gf]

11am—LTL Book Club
11:30am—Qigong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
12:30pm—Zumba
4pm—Community Access [gw]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 23rd

12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
6pm—Derby Party

THURSDAY, 24th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
1pm—Vamos a Jugar Loteria [o]
2pm—Make and Take Cardmaking
2:30pm—Tai Chi [gw]
4pm—Pieces of Peace [v]
5:45pm—Dinner for Groups
6-8pm—Reiki [gf]
6:30pm—Living Through Loss [h]
6:30pm—Breast Cancer Talk [gf]

FRIDAY, 25th

9am—Meditation Reset [v]
10:30am—Tai Chi
12pm—What is Reiki Anyway?

SATURDAY, 26th

11am—Women's Day of Care [gw]

MONDAY, 28th

10am—Coffee & Connect [gw]
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
6:30pm—Guitar Lessons

TUESDAY, 29th

10am—Morning Mingle [gf]
11am—LTL Book Club
11:30am—Qigong [v]
12:30pm—Zumba
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 30th

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