

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

APRIL

[i] in person only
 [v] virtual only
 [i/gw] in person program at Gilda's West
 [h/gw] hybrid program at Gilda's West, located at 1720 W. Broadway, 40203

Events not designated will be hybrid, with the option of attending in person or virtually. Pre-registration required to attend in person.

9:30am Slow Flow Yoga [v]

1

10am Creative Coping: Friends and Family [i]
 12:30pm Creative Coping: Active Treatment [v]
 5pm Mindfulness [v]
 6pm My Favorite Things [i]
 6pm Overcoming Struggles with Art [i]

3

10am Creative Coping: Bereaved [i]
 10:30am Empowering Beads [i]
 11:30am QiGong
 12:30pm Lunch Laughs [v]
 1pm Regaining Strength After Treatment
 2pm Altered Book Making [i]
 5:45pm Dinner for Groups
 6:30pm Support Groups

4

10:30am Fun with Art [i]
 12:30pm Pilates [i]
 1pm Flying Solo - Bereaved
 1pm Open Art Studio I [i]
 4pm Game of Games [v]
 5pm Open Art Studio II [i]
 6pm Eating Well During Cancer Treatment [h/gw]

5

12:30pm Lunch Laughs [v]
 1pm Breathe & Receive
 5pm Tai Chi [i]
 5:45pm Dinner for Groups
 6pm Music Heals [i]
 6pm Bingo [i/gw]
 6pm Peaceful Paint Night [i]
 6:30pm Beyond Cancer
 6:30pm Beauty 101 [i]

6

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

7

9am Cave Hill Tour [i]
 9:30am Slow Flow Yoga [v]
 10am Walk/Hard Pace [i]
 10am Entrelazando Juntas/ Knitting [i]
 10am Loving Your Skin [i/gw]
 11am Clubhouse Brunch [i]
 11:30am Grupo de Bienestar [i]
 12pm Salsa para Principiantes/ Beginners Salsa [i]
 12pm Stories/Self-Expression [i]

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10am Creative Coping: Friends and Family [i]
 12:30pm Bingo [i]
 12:30pm Creative Coping: Active Treatment [i]
 5:45pm Dinner for Groups
 6pm Reiki Sessions [i]
 6:30pm Guitar Lessons [i]
 6:30pm Gynecologic/Breast Cancer Networking
 6:45&7:30pm Reiki [i]

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10am Creative Coping: Bereaved [i]
 11:30am QiGong
 12:30pm Lunch Laughs [v]
 1pm Regaining Strength After Treatment
 1:30pm Reiki Meditation [v]
 5:45pm Dinner for Groups
 6:30pm Support Groups

11

12:30pm Pilates [i]
 4pm Living Beyond
 6pm Let's Talk About Sex... After Cancer

12

10am Making Simple Books [i]
 12:30pm Lunch Laughs [v]
 1pm Breathe & Receive
 5pm Tai Chi [i]
 5:45pm Dinner for Groups
 6pm Music Heals [i]
 6:30pm Living Through Loss

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

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9:30am Slow Flow Yoga [v]
 11am Gilda's West Fest [i/gw]

15

10am Creative Coping: Friends and Family [i]
 12:30pm Creative Coping: Active Treatment [v]
 5pm Mindfulness [v]

17

10am Creative Coping: Bereaved [i]
 11:30am QiGong
 12:30pm Lunch Laughs [v]
 1pm Regaining Strength After Treatment
 1:30pm Reiki Meditation [v]
 5:45pm Dinner for Groups
 6:30pm Support Groups

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10:30am Fun with Art [i]
 12:30pm Pilates [i]
 1pm Flying Solo - Bereaved
 1pm Open Art Studio I [i]
 2:30pm Book Nook I
 4pm Game of Games [v]
 5pm Open Art Studio II [i]
 6:30pm Book Nook II [v]

19

12:30pm Lunch Laughs [v]
 1pm Breathe & Receive
 5pm Tai Chi [i]
 5:45pm Dinner for Groups
 6pm Music Heals [i]
 6pm Women's Core Fitness [i]
 6:30pm Beyond Cancer
 6:30pm Meditative Doodling [v]

20

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

21

9:30am Slow Flow Yoga [v]
 10am Between a Walk and a Hard Pace [i]
 10am Entrelazando Juntas / Knitting [i]
 10am Loving Your Skin [i]
 10am Women's Core Fitness [i]
 11am Derby Brunch [i]
 11am Salsa para Principiantes/ Beginners Salsa [i]

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6pm Knitting Circle [i]
 6:30pm Guitar Lessons [i]

24

11:30am QiGong
 12:30pm Lunch Laughs [v]
 1pm Regaining Strength After Treatment
 1:30pm Reiki Meditation [v]
 5:45pm Dinner for Groups
 6:30pm Support Groups

25

12:30pm Pilates [i]
 1pm Open Art Studio I [i]
 5pm Open Art Studio II [i]
 5:45pm Dinner for Groups
 6:30pm Sarcoma/Prostate

26

12:30pm Lunch Laughs [v]
 1pm Breathe & Receive
 2pm Make and Take Creative Cardmaking [i]
 5pm Tai Chi [i]
 5:45pm Dinner for Groups
 6pm Music Heals [i]
 6:30pm Living Through Loss

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

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9:30am Slow Flow Yoga [v]
 11am Youth Fun Day [i]

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