

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH					
				CLUBHOUSE CLOSED	CLUBHOUSE CLOSED
				1	2
<b>10am</b> Coffee & Connect [gw]  <b>5pm</b> Mindfulness <b>5:15pm</b> Dinner for Group [gw] <b>5:45pm</b> Wellness [gw]  <b>6pm</b> Chef Gilda and Friends <b>6pm</b> Soothing Fiber Art	<b>10:30am</b> Empowering Beads <b>11am</b> LTL Book Club <b>11:30am</b> QiGong <b>12:30pm</b> Creative Coping <b>12:30pm</b> Lunch Laughs <b>2pm</b> Tasty Tuesdays [gw]  <b>5:45pm</b> Dinner for Groups <b>6:30pm</b> Support Groups	<b>10:30am</b> Fun with Art  <b>12:30pm</b> Pilates <b>2:30pm</b> Trivia Afternoon  <b>5:30pm</b> Gentle Yoga <b>5:30pm</b> Creative Coping <b>6pm</b> Virtual Journaling	<b>10am</b> Fitness with Alison <b>10:30am</b> Empowering Beads [gw]  <b>12:30pm</b> Lunch Laughs <b>12:30pm</b> Creative Coping <b>1pm</b> Breathe & Receive <b>2:30pm</b> Tai Chi [gw] <b>5pm</b> Bingo [gw] <b>5pm</b> Tai Chi <b>6pm</b> Peaceful Paint Night	<b>9am</b> Meditation Reset  <b>10:30am</b> Tai Chi	<b>10am</b> Loteria Mexicana <b>10am</b> Women's Fitness <b>10:30am</b> Creative Coping [gw]  <b>11am</b> Clubhouse Brunch <b>11:30am</b> Conversatorios de Salud y Bienestar <b>12pm</b> Stories and Self-Expression <b>12:30pm</b> Junior Chef Academy
4	5	6	7	8	9
<b>10am</b> Coffee & Connect [gw] <b>12:30pm</b> Bingo  <b>4pm</b> Noche de Moda <b>5pm</b> Creative Coping <b>5:45pm</b> Dinner for Groups <b>6pm</b> Intentional Journaling <b>6:30pm</b> Guitar Lessons <b>6:30pm</b> Beyond Cancer <b>6:30pm</b> Networking Groups	<b>11am</b> LTL Book Club <b>11:30am</b> QiGong <b>11:45am</b> Words of Encouragement [gw] <b>12:30pm</b> Lunch Laughs <b>12:30pm</b> Creative Coping  <b>5:30pm</b> CST Paducah Group <b>5:45pm</b> Dinner for Groups <b>6:30pm</b> Support Groups	<b>12:30pm</b> Pilates <b>1pm</b> Reiki Meditation  <b>4pm</b> Living Beyond <b>5:30pm</b> Gentle Yoga  <b>6:30pm</b> Creative Collage	<b>10am</b> Fitness with Alison <b>11am</b> Game Day [gw] <b>12:30pm</b> Creative Coping <b>12:30pm</b> Lunch Laughs <b>1pm</b> Breathe & Receive <b>2:30pm</b> Tai Chi [gw] <b>5pm</b> Tai Chi <b>5:15pm</b> Creative Coping <b>5:45pm</b> Dinner for Groups <b>6:30pm</b> Living Through Loss	<b>9am</b> Meditation Reset  <b>10:30am</b> Tai Chi	<b>11:30am</b> Simple and Healthy Snacks [gw]
11	12	13	14	15	16
<b>10am</b> Coffee & Connect [gw]  <b>5pm</b> Mindfulness <b>5:15pm</b> Dinner for Group [gw] <b>5:45pm</b> Wellness and Beyond [gw]	<b>10:30am</b> Arts and Crafts [gw] <b>11am</b> LTL Book Club <b>11:30am</b> QiGong <b>12:30pm</b> Lunch Laughs <b>12:30pm</b> Creative Coping  <b>5:45pm</b> Dinner for Groups <b>6:30pm</b> Support Groups	<b>10:30am</b> Fun with Art <b>12:30pm</b> Pilates <b>2:30pm</b> Book Nook I  <b>5:30pm</b> Gentle Yoga <b>5:30pm</b> Creative Coping <b>6pm</b> Simple/Healthy Snacks <b>6pm</b> Virtual Journaling <b>6:30pm</b> Book Nook II	<b>10am</b> Fitness with Alison  <b>12:30pm</b> Lunch Laughs <b>12:30pm</b> Creative Coping <b>12:30pm</b> Meditation [gw] <b>1pm</b> Breathe & Receive <b>2:30pm</b> Tai Chi [gw]  <b>5pm</b> Tai Chi <b>5:15pm</b> Creative Coping [gw]	<b>9am</b> Meditation Reset  <b>10:30am</b> Tai Chi	
18	19	20	21	22	23
<b>10am</b> Coffee & Connect [gw]  <b>6pm</b> Women's Fitness <b>6pm</b> Nutrition During Active Treatment <b>6pm</b> Knitting Circle <b>6:30pm</b> Full Moon Painting <b>6:30pm</b> Guitar Lessons	<b>11am</b> LTL Book Club <b>11:30am</b> QiGong <b>11:45am</b> Words of Encouragement [gw] <b>12:30pm</b> Lunch Laughs <b>12:30pm</b> Creative Coping <b>4pm</b> Community Access [gw] <b>5:30pm</b> CST Paducah Group <b>5:45pm</b> Dinner for Groups <b>6:30pm</b> Support Groups	<b>12:30pm</b> Pilates <b>1pm</b> Reiki Meditation  <b>5:30pm</b> Gentle Yoga <b>6:30pm</b> Creative Self Exploration	<b>10am</b> Fitness with Alison <b>12:30pm</b> Creative Coping <b>1pm</b> Breathe & Receive <b>2pm</b> Make and Take Cards <b>5pm</b> Tai Chi <b>5pm</b> Deb and Duncan <b>5:45pm</b> Dinner for Groups <b>6:30pm</b> Living Through Loss	<b>9am</b> Meditation Reset  <b>10:30am</b> Tai Chi	
25	26	27	28	29	30