

# OCTOBER

## TUESDAY, 1st

10am—Morning Mingle [gf]  
10:30am—Empowering Beads  
11:30am—QiGong [v]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping for Grief  
5:45pm—Dinner for Groups  
6pm—Lexington Group  
6:30pm—Support Groups [h]

## WEDNESDAY, 2nd

10:30am—Fun with Art  
12:30pm—Pilates  
1pm—Paint Palette  
2pm—Line Dancing [gw]  
2:30pm—Trivia Afternoon  
6pm—Virtual Journaling [v]  
6:30pm—DIY Delights [gf]

## THURSDAY, 3rd

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

## FRIDAY, 4th

9am—Meditation Reset [v]

## SATURDAY, 5th

10:30am—Wreathmaking [gw]

## MONDAY, 7th

10am—Coffee & Connect [gw]  
1pm—Florals in Painting [gw]  
5pm—Mindfulness [v]  
5:15pm—Dinner for Group [gw]  
5:30pm—Inglés Nivel Básico  
5:45pm—Wellness Group [gw-h]  
6pm—Lymphedema [o]  
6pm—Soothing Fiber Art

## TUESDAY, 8th

10am—Creative Coping  
10am—Morning Mingle [gf]  
11:30am—QiGong [v]  
11:45am—Words of Encouragement [gw]  
12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief  
5:30pm CST—Paducah Group  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]  
6:30pm—A Dance Delight

## WEDNESDAY, 9th

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

## THURSDAY 10th

10am—Fitness with Alison [v]  
11am—Game Day [gw]  
12:30pm—Lunch Laughs [v]  
1pm—Breathe and Receive [h]  
1pm—Creative Coping  
2pm—Movie Time [gw]  
5:30pm—Gentle Yoga  
5:45pm—Dinner for Groups  
6:30pm—Living Through Loss [h]

## FRIDAY, 11th

9am—Meditation Reset [v]

## MONDAY, 14th

10am—Coffee & Connect [gw]  
10:30am—Empowering Beads [gw]  
12:30pm—Bingo  
1pm—Plant Powered Plates  
5:15pm—Dinner for Group [gw]  
5:30pm—Inglés Nivel Básico  
5:45pm—Dinner for Groups  
5:45pm—Wellness Group [gw-h]  
6:30pm—Guitar Lessons  
6:30pm—Networking Groups [h]

## TUESDAY, 15th

10am—Bounteous Nature Walk [o]  
10am—Morning Mingle [gf]  
11:30am—QiGong [v]  
11:45am—Encouragement [gw]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping for Grief  
5:45pm—Dinner for Groups  
6pm—Lexington Group  
6:30pm—Support Groups [h]

## WEDNESDAY, 16th

10:30am—Fun with Art  
12:30pm—Pilates

1pm—Paint Palette  
2pm—Line Dancing [gw]  
2:30pm—Book Nook I [v]  
6pm—Virtual Journaling [v]  
6:30pm—Book Nook II [v]

## THURSDAY, 17th

10am—Fitness with Alison [v]  
10:30am—Radiant Workshop [gw]  
12:30pm—Lunch Laughs [v]  
12:30pm—Meditation [gw]  
1pm—Breathe and Receive [h]  
1pm—Creative Coping  
1:30pm—Crafts and More [gw]  
5:30pm—Gentle Yoga  
5:30pm—Spanish for Beginners  
6pm—Evening with Jonathan Wolff  
6pm—Nutrition After Treatment [h]  
6pm—Drum Circle

## FRIDAY, 18th

9am—Meditation Reset [v]

## SATURDAY, 19th

10am—Loteria Mexicana  
11am—Clubhouse Brunch  
11:30am—Bite Sized Bites [gw]  
11:30am—Conversatorios de Salud y Bienestar  
12pm—Stories and Self-Expression  
1pm—Ready, Set, Glow [gw]

## MONDAY, 21st

10am—Coffee & Connect [gw]  
12:30pm—American Mahjong  
3pm Self-Care Monday [gw]  
5pm—Mindfulness [v]  
5:15pm—Dinner for Group [gw]  
5:30pm—Inglés Nivel Básico  
5:45pm—Wellness Group [gw-h]  
6:30pm—A Dance Delight

## TUESDAY, 22nd

10am—Morning Mingle [gf]  
11:30am—QiGong [v]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping for Grief  
4pm—Community Access [gw]  
5:30pm—Paducah Group  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

## WEDNESDAY, 23rd

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

## THURSDAY, 24th

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

## FRIDAY, 25th

9am—Meditation Reset [v]

## SATURDAY, 26th

11am—Noogiefest

## MONDAY, 28th

10am—Coffee & Connect [gw]  
1pm—Plant Powered Plates  
5:15pm—Dinner for Group [gw]  
5:45pm—Wellness Group [gw-h]  
6pm—Women's Core Fitness  
6pm—Dia de Muertos  
6pm—Knitting Circle  
6:30pm—Full Moon Painting  
6:30pm—Guitar Lessons  
6:30pm—A Dance Delight

## TUESDAY, 29th

10am—Ink and Insight: Journaling  
10am—Morning Mingle [gf]  
11:30am—QiGong [v]  
12:30pm—Lunch Laughs [v]  
1pm—Creative Coping for Grief  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

## WEDNESDAY, 30th

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

## THURSDAY, 31st

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

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