

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER

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

Events not designated are
hybrid. Pre-registration
required.

9:30am Slow Flow Yoga [v]
2pm Self Portrait Printmaking
Workshop [i]

1

1pm Mindfulness/Meditation [i]
2pm Relaxing Art [v]

5pm Hair, Hair Everywhere
5pm Mindfulness [v]
6:30pm Yoga [v]

3

10:30am Empowering Beads [i]
10:30am Gentle Yoga
11:30am QiGong
12:30pm Lunch Laughs [v]
1pm MELT Method [i]

5:45pm Support Groups Dinner
6:30pm Support Groups

4

10:30am Fun with Art [i]

12:30pm Pilates [i]
1pm Flying Solo - Bereaved

4pm Game of Games [v]

6pm Welcome 101 [i]

5

10am Fitness w/Alison [v]

12:30pm Lunch Laughs [v]
1pm Breathe & Receive

5pm Peaceful Paint Night [i]
5:45pm Beyond Cancer Dinner
6pm Gilda's West Bingo [i/gw]
6:30pm Beyond Cancer

6

9am Meditation Reset [v]

10:30am Tai Chi [i]

1pm Music Heals [i]

7

9:30am Slow Flow Yoga [v]

8

11:30am Belle Cruise [i]

9

10:30am Gentle Yoga

11:30am QiGong
12:30pm Lunch Laughs [v]
1pm MELT Method [i]
1:30pm Reiki Meditation [v]

5:45pm Support Groups Dinner
6:30pm Support Groups

11

12:30pm Pilates [i]

4pm Living Beyond

12

10am Fitness w/Alison [v]

12:30pm Lunch Laughs [v]
1pm Breathe & Receive

5:45pm LTL Dinner
6:30pm Living through Loss

13

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

1pm Music Heals [i]

14

9:30am Slow Flow Yoga [v]

15

4pm Celebration of Life [i]

16

10:30am Gentle Yoga
11:30am QiGong
12:30pm Lunch Laughs [v]
1pm MELT Method [i]

18

10:30am Fun with Art [i]

12:30pm Pilates [i]
1pm Flying Solo - Bereaved [v]
2:30pm Book Nook I [v]

4pm Game of Games [v]

6:30pm Book Nook II [v]

19

10am Fitness w/Alison [v]

12:30pm Lunch Laughs [v]
1pm Breathe & Receive

5:45pm Beyond Cancer Dinner
6:30pm Beyond Cancer

20

9am Meditation Reset [v]

10:30am Tai Chi [i]

1pm Music Heals [i]

21

9:30am Slow Flow Yoga [v]
10am Between a Walk and
a Hard Pace [i]
11am Clubhouse Brunch [i]

22

2pm Relaxing Art [v]

6:30pm Guitar Lessons [i]
6:30pm Yoga [v]

24

10:30am Gentle Yoga
11:30am QiGong
12:30pm Lunch Laughs [v]
1pm MELT Method [i]
1:30pm Reiki Meditation [v]

5:45pm Support Groups Dinner
6:30pm Support Groups

25

12:30pm Pilates [i]

5:45pm Networking Groups
Dinner
6:30pm Sarcoma/Prostate
Cancer Networking Groups

26

10am Fitness w/Alison [v]

12:30pm Lunch Laughs [v]
1pm Breathe & Receive

5:45pm LTL Dinner
6:30pm Living through Loss

27

9am Meditation Reset [v]

10:30am Tai Chi [i]

1pm Welcome 101 [i]
1pm Music Heals [i]

28

9:30am Slow Flow Yoga [v]

11am Noogiefest [i]

29

2pm Relaxing Art [v]
6:30pm Yoga [v]

31