

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**NOVEMBER**

<p><b>12pm Ask the Doc [v]</b> <b>5pm Mindfulness [v]</b> <b>5:30pm Moving to Heal [i/gw]</b> <b>6pm Chef Gilda [i]</b> <b>6pm Soothing Fiber Art [i]</b></p> <p style="text-align: right;"><b>6</b></p>	<p><b>10am Creative Coping [i]</b> <b>11am LTL Book Club [i]</b> <b>11:30am QiGong [v]</b> <b>12:30pm Creative Coping [i]</b> <b>12:30pm Lunch Laughs [v]</b> <b>5:45pm Dinner for Groups</b> <b>6:30pm Support Groups</b></p> <p style="text-align: right;"><b>7</b></p>	<p><b>10:30am Fun with Art [i]</b> <b>12:30pm Pilates [i]</b> <b>2:30pm Trivia Afternoon [i]</b> <b>5:30pm Lexington Women's Support Group [i]</b> <b>5:30pm Gentle Yoga [i]</b> <b>6pm Virtual Journaling [v]</b></p> <p style="text-align: right;"><b>1</b></p>	<p><b>10am Fitness with Alison [v]</b> <b>10:30am Beads [i/gw]</b> <b>12:30pm Lunch Laughs [v]</b> <b>1pm Breathe &amp; Receive</b> <b>5pm Tai Chi [i]</b> <b>5pm Bingo [i/gw]</b> <b>5:45pm Dinner for Groups [i]</b> <b>6pm Claiming Hope [v]</b> <b>6pm Peaceful Paint Night [i]</b> <b>6:30pm Beyond Cancer</b> <b>7pm Slow Flow Yoga [v]</b></p> <p style="text-align: right;"><b>2</b></p>	<p><b>9am Meditation Reset [v]</b> <b>10:30am Tai Chi [i]</b></p> <p style="text-align: right;"><b>3</b></p>	<p><b>10am Creative Guided Imagery [i]</b> <b>10am Yoga with Halen [i]</b> <b>11am Clubhouse Brunch [i]</b> <b>11:30am Grupo de Bienestar [i]</b> <b>12pm Stories and Self-Expression [i]</b> <b>12pm Junior Chef Academy [i]</b></p> <p style="text-align: right;"><b>4</b></p>
<p><b>12:30pm Bingo [i]</b> <b>5:30pm Dinner for GW Groups [i/gw]</b> <b>5:45pm Dinner for Groups</b> <b>6pm Exercise Across the Cancer Continuum</b> <b>6:15pm Wellness and Beyond [i/gw]</b> <b>6:30pm Guitar Lessons [i]</b> <b>6:30pm Gynecologic/Breast Cancer Networking</b></p> <p style="text-align: right;"><b>13</b></p>	<p><b>10am Creative Coping [i]</b> <b>10:30am Empowering Beads [i]</b> <b>11am Living Through Loss Book Club [i]</b> <b>11:30am QiGong [v]</b> <b>12:30pm Creative Coping [i]</b> <b>12:30pm Lunch Laughs [v]</b> <b>5:30pm (CST) Paducah Support Group [i]</b> <b>5:45pm Dinner for Groups</b> <b>6:30pm Support Groups</b></p> <p style="text-align: right;"><b>14</b></p>	<p><b>12:30pm Pilates [i]</b> <b>1pm Reiki Meditation [v]</b> <b>4pm Living Beyond</b> <b>5:30pm Gentle Yoga [i]</b> <b>5:30pm Lexington Women's Support Group [i]</b> <b>6:30pm Soul Collage Cards [i]</b></p> <p style="text-align: right;"><b>8</b></p>	<p><b>10am Fitness with Alison [v]</b> <b>12:30pm Lunch Laughs [v]</b> <b>1pm Breathe &amp; Receive</b> <b>5pm Tai Chi [i]</b> <b>6:30pm Living Through Loss</b> <i>*No LTL dinner due to an event*</i> <b>7pm Slow Flow Yoga [v]</b></p> <p style="text-align: right;"><b>9</b></p>	<p><b>9am Meditation Reset [v]</b></p> <p style="text-align: right;"><b>10</b></p>	<p><b>10:30am Creative Coping [i/gw]</b></p> <p style="text-align: right;"><b>11</b></p>
<p><b>12:30pm Bingo [i]</b> <b>5:30pm Dinner for GW Groups [i/gw]</b> <b>5:45pm Dinner for Groups</b> <b>6pm Exercise Across the Cancer Continuum</b> <b>6:15pm Wellness and Beyond [i/gw]</b> <b>6:30pm Guitar Lessons [i]</b> <b>6:30pm Gynecologic/Breast Cancer Networking</b></p> <p style="text-align: right;"><b>13</b></p>	<p><b>10am Creative Coping [i]</b> <b>10:30am Empowering Beads [i]</b> <b>11am Living Through Loss Book Club [i]</b> <b>11:30am QiGong [v]</b> <b>12:30pm Creative Coping [i]</b> <b>12:30pm Lunch Laughs [v]</b> <b>5:30pm (CST) Paducah Support Group [i]</b> <b>5:45pm Dinner for Groups</b> <b>6:30pm Support Groups</b></p> <p style="text-align: right;"><b>14</b></p>	<p><b>10:30am Fun with Art [i]</b> <b>12:30pm Pilates [i]</b> <b>2:30pm Book Nook I</b> <b>5:30pm Lex Support Group [i]</b> <b>5:30pm Gentle Yoga [i]</b> <b>5:45pm Dinner for Groups</b> <b>6pm Eat Well, Live Well [v]</b> <b>6pm Virtual Journaling [v]</b> <b>6:30pm Networking Groups</b> <b>6:30pm Book Nook II [v]</b></p> <p style="text-align: right;"><b>15</b></p>	<p><b>10am Fitness with Alison [v]</b> <b>12:30pm Lunch Laughs [v]</b> <b>12:30pm Mindful Meditation [i/gw]</b> <b>1pm Breathe &amp; Receive</b> <b>2pm Make/Take Cardmaking [i]</b> <b>5pm Tai Chi</b> <b>6pm Christmas Wreaths [i]</b> <b>6:30pm Beyond Cancer</b> <b>7pm Slow Flow Yoga [v]</b></p> <p style="text-align: right;"><b>16</b></p>	<p><b>9am Meditation Reset [v]</b> <b>10:30am Tai Chi [i]</b> <b>6pm Clubhouse Thanksgiving Dinner [i]</b></p> <p style="text-align: right;"><b>17</b></p>	<p><b>3pm Se me ha Perdido un Hombre [i]</b></p> <p style="text-align: right;"><b>18</b></p>
<p><b>5pm Mindfulness [v]</b> <b>5:15pm Creative Coping [i/gw]</b></p> <p style="text-align: right;"><b>20</b></p>	<p><b>10am Creative Coping [i]</b> <b>11:30am QiGong [v]</b> <b>12:30pm Lunch Laughs [v]</b> <b>12:30pm Creative Coping [i]</b> <b>5:45pm Dinner for Groups</b> <b>6:30pm Support Groups</b></p> <p style="text-align: right;"><b>21</b></p>	<p><b>12:30pm Pilates [i]</b> <b>1pm Reiki Meditation [v]</b></p> <p style="text-align: right;"><b>22</b></p>	<p style="text-align: center;"><b>CLUBHOUSE CLOSED</b> <b>HAPPY THANKSGIVING!</b></p> <p style="text-align: right;"><b>23</b></p>	<p style="text-align: center;"><b>CLUBHOUSE CLOSED</b></p> <p style="text-align: right;"><b>24</b></p>	<p style="text-align: center;"><b>CLUBHOUSE CLOSED</b></p> <p style="text-align: right;"><b>25</b></p>
<p><b>6pm Knitting Circle [i]</b> <b>6pm Nutrition During Active Treatment [i]</b> <b>6:30pm Full Moon Painting [i]</b> <b>6:30pm Guitar Lessons [i]</b></p> <p style="text-align: right;"><b>27</b></p>	<p><b>10am Creative Coping [i]</b> <b>11:30am QiGong [v]</b> <b>12:30pm Creative Coping [i]</b> <b>12:30pm Lunch Laughs [v]</b> <b>5:30pm (CST) Paducah Support Group [i]</b> <b>5:45pm Dinner for Groups</b> <b>6:30pm Support Groups</b></p> <p style="text-align: right;"><b>28</b></p>	<p><b>12:30pm Pilates [i]</b> <b>5:30pm Lexington Women's Support Group [i]</b> <b>5:30pm Gentle Yoga [i]</b> <b>6:30pm Simple and Healthy Snacks [i]</b></p> <p style="text-align: right;"><b>29</b></p>	<p><b>10am Fitness with Alison [v]</b> <b>12:30pm Lunch Laughs [v]</b> <b>1pm Breathe &amp; Receive</b> <b>5pm Tai Chi [i]</b> <b>7pm Slow Flow Yoga [v]</b></p> <p style="text-align: right;"><b>30</b></p>	<p>[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</p> <p>Events not designated will be hybrid, with the option of attending in person or virtually. Pre-registration required to attend in person.</p>	