

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEBRUARY

10:30am Fun with Art [I]
12:30pm Pilates [I]
1pm Flying Solo - Bereaved
4pm Game of Games [v]
5pm Open Art Studio [I]
6pm Eat Well, Live Well [I]

1

10am Fitness w/Alison [v]
10am Altered Book Making [I]
12:30pm Lunch Laughs [v]
1pm Breathe & Receive
5pm Peaceful Paint Night [I]
5:45pm Beyond Cancer Dinner
6pm Music Heals [I]
6pm Bingo [I/gw]
6:30pm Beyond Cancer

2

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

3

9am Winter Walking [I/gw]
9:30am Slow Flow Yoga [v]
11am Empowering Beads [I/gw]

4

2pm Relaxing Art for Active Treatment [v]

5pm Mindfulness [v]
5pm A Flawless Face [I]
6pm Digital Sherpa [I]
6pm Overcoming Struggles with Art [I]
6:30pm Yoga [v]

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9 & 10am Muscle Relaxation [I]
10:30am Empowering Beads [I]
10:30am Gentle Yoga
11:30am QiGong
12pm Muscle Relaxation [I]
12:30pm Lunch Laughs [v]
1pm Regaining Strength
3pm Muscle Relaxation [I]
5pm Muscle Relaxation [I]
5:45pm Dinner for Groups
6:30pm Support Groups

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12:30pm Pilates [I]

4pm Living Beyond
5pm Open Art Studio [I]
6pm Get it Together: Expecting the Unexpected [v]

8

10am Fitness w/Alison [v]
10am Altered Book Making [I]
12:30pm Lunch Laughs [v]
1pm Breathe & Receive
2pm Make & Take Cardmaking [I]
5:45pm Dinner for Groups
6pm Sweet Cakes [I/gw]
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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9am Winter Walking [I/gw]
9:30am Slow Flow Yoga [v]
11am Clubhouse Brunch [I]
11:30am Grupo de Bienestar en Español [I]
12pm Stories and Self-Expression [I]

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12:30pm Bingo [I]
2pm Relaxing Art [v]
5:45pm Dinner for Groups
6pm Paint Along Craft [I/gw]
6pm Digital Sherpa [I]
6pm Honor Your Story [I]
6pm Reiki Sessions [I]
6:30pm Guitar Lessons [I]
6:30pm Gynecologic/Breast Cancer Networking
6:30pm Yoga [v]

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9am Muscle Relaxation [I]
10am Muscle Relaxation [I]
10:30am Gentle Yoga
11:30am QiGong
12pm Muscle Relaxation [I]
12:30pm Lunch Laughs [v]
1:30pm Reiki Meditation [v]
3pm Muscle Relaxation [I]
5pm Muscle Relaxation [I]
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
2:30pm Book Nook I

4pm Game of Games [v]
5pm Open Art Studio [I]
6pm Eat Well, Live Well [I]
6:30pm Book Nook II [v]

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10am Fitness w/Alison [v]
10am Altered Book Making [I]
12:30pm Lunch Laughs [v]
1pm Breathe & Receive

5:45pm Dinner for Groups
6pm Music Heals [I]
6:30pm Beyond Cancer

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

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10am Handling Stress and Creating Harmony: Jin Shin Jyutsu [I]
11am Cathartic Artmaking [I]

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2pm Relaxing Art for Active Treatment [v]

5pm Mindfulness [v]
6pm Mardi Gras [I]
6:30pm Yoga [v]

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10:30am Gentle Yoga [v]
11:30am QiGong [v]
12:30pm Lunch Laughs [v]

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

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12:30pm Pilates [I]

5pm Open Art Studio [I]
5:45pm Dinner for Groups
6:30pm Sarcoma/Prostate Cancer Networking Groups

22

10am Fitness w/Alison [v]
10am Altered Book Making [I]
12:30pm Lunch Laughs [v]
1pm Breathe & Receive

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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CLUBHOUSE CLOSED

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CLUBHOUSE CLOSED

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[I] in person only
 [v] virtual only

[I/gw] in person program at Gilda's West

[I/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.

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