

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CLUBHOUSE CLOSED

1

10am Coffee & Connect [i/gw]
12:30pm Bingo [i]
5pm Mindfulness [v]
5:15pm Dinner for Group [i/gw]
5:45pm Dinner for Groups
5:45pm Wellness [i/gw]
6pm Soothing Fiber Art [i]
6, 6:45, 7:30pm Reiki [i]
6:30pm Gyn/Breast Networking
6:30pm Guitar Lessons [i]

8

10:30am Empowering Beads [i]
11:30am QiGong [v]
12:30pm Lunch Laughs [v]

2pm Tasty Tuesdays [i/gw]

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

2

11:30am QiGong [v]
11:45am Words of Encouragement [i/gw]
12:30pm Creative Coping [i]
12:30pm Lunch Laughs [v]

5:30pm Paducah Group [i]
5:45pm Dinner for Groups
6:30pm Support Groups

9

10:30am Fun with Art [i]
12:30pm Pilates [i]
2:30pm Trivia Afternoon [i]
5:30pm Lexington Group [i]
5:30pm Gentle Yoga [i]
6pm Chef Gilda & Friends [i]
6pm Virtual Journaling [v]

3

12:30pm Pilates [i]
1pm Reiki Meditation [v]

4pm Living Beyond
5:30pm Gentle Yoga [i]
5:30pm Lexington Group [i]
6pm Legal Clinic 101
6:30pm Creative Collage [i]

10

10am Fitness with Alison [v]
12:30pm Lunch Laughs [v]
5pm Tai Chi [i]
5:45pm Dinner for Groups [i]
6pm Claiming Hope [v]
6pm Peaceful Paint Night [i]
6:30pm Beyond Cancer

4

10am Fitness with Alison [v]
11am Game Day [i/gw]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]
1pm Breathe & Receive
2:30pm Tai Chi [i/gw]
5pm Bingo [i/gw]
5pm Deb and Duncan [i]
5pm Tai Chi [i]
5:45pm Dinner for Groups
6:30pm Living Through Loss

11

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

5

10am Loteria Mexicana/
 Mexican Bingo [i]
10am Women's Fitness [i]
11am Clubhouse Brunch [i]
12pm Stress Management [i]
12pm Stories and Self-Expression [i]
12pm Cuidarte es Quererte [i]

6

CLUBHOUSE CLOSED

12

13

CLUBHOUSE CLOSED

15

10am Coffee & Connect [i/gw]
5pm Mindfulness [v]
5pm Creative Coping [v]
6pm Knitting Circle [i]
6pm Nutrition During Active Treatment [i]
6:30pm Full Moon Painting [i]
6:30pm Guitar Lessons [i]

22

10:30am Arts & Crafts [i/gw]
11:30am QiGong [v]
12:30pm Creative Coping [i]
12:30pm Lunch Laughs [v]

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

16

10:30am Fun with Art [i]
12:30pm Pilates [i]
2:30pm Book Nook I
5:30pm Lexington Group [i]
5:30pm Gentle Yoga [i]
5:30pm Creative Coping [i]
6pm Virtual Journaling [v]
6pm Simple/Healthy Snacks [i]
6:30pm Book Nook II [v]

17

10:30am Beading [i/gw]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]
12:30pm Meditation [i/gw]
1pm Breathe & Receive
2:30pm Tai Chi [i/gw]
5pm Tai Chi
5:15pm Creative Coping [i/gw]
5:30pm Abstract Painting [i]
5:30pm Caregiver Burdens
6:30pm Beyond Cancer

18

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

19

1pm Zumba [i/gw]

20

10am Coffee & Connect [i/gw]
5pm Mindfulness [v]
5pm Creative Coping [v]
6pm Knitting Circle [i]
6pm Nutrition During Active Treatment [i]
6:30pm Full Moon Painting [i]
6:30pm Guitar Lessons [i]

22

11:30am QiGong [v]
11:45am Words of Encouragement [i/gw]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]

5:30pm Paducah Group [i]
5:45pm Dinner for Groups
6:30pm Support Groups

23

12:30pm Pilates [i]
1pm Reiki Meditation [v]
5:30pm Gentle Yoga [i]
5:30pm Lexington Group [i]
5:45pm Dinner for Groups
6:30pm Networking Groups
6:30pm Self Exploration [i]

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10am Fitness with Alison [v]
12:30pm Lunch Laughs [v]
12:30pm Creative Coping [i]
1pm Breathe & Receive
2pm Make/Take Cards [i]
2:30pm Tai Chi [i/gw]
5pm Tai Chi
5:30pm Caregiver Burdens
5:45pm Dinner for Groups
6:30pm Living Through Loss

25

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

26

10:30am Creative Coping [i/gw]
2pm Documentary Screening [i]

27

10am Coffee & Connect [i/gw]

29

11:30am QiGong [v]
12:30pm Creative Coping [i]
12:30pm Lunch Laughs [v]

4pm Community Access [i/gw]

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

30

12:30pm Pilates [i]

5:30pm Lexington Group [i]
5:30pm Gentle Yoga [i]

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[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

Events not designated will be hybrid, with the
 option of attending in person or virtually.
 Pre-registration required to attend in person.