

SEPTEMBER

MONDAY, 2nd

CLUBHOUSE CLOSED

TUESDAY, 3rd

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

WEDNESDAY, 4th

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, 5th

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

FRIDAY, 6th

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

MONDAY, 9th

10am—Coffee & Connect [gw]
11am—Hooked on Crochet [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Dinner for Groups
5:45pm—Wellness [gw]
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 10th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]

12:30pm—Lunch Laughs [v]
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 11th

12:30pm—Pilates
12:30pm—Bingo [gf]
1pm—Paint Palette
2pm—Line Dancing [gw]
4pm—Living Beyond [h]

THURSDAY, 12th

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

FRIDAY 13th

9am—Meditation Reset [v]
10:30am—Tai Chi
6pm—Hispanic Heritage Month

SATURDAY, 14th

9am—Cave Hill Tour
10am—Lotería Mexicana
11am—Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression

MONDAY, 16th

10am—Coffee & Connect [gw]
3pm—Self-Care Monday [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Soothing Fiber Art
6pm—Women's Core Fitness
6:30pm—Como Las Emociones Afectan Tu Vida

TUESDAY, 17th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 18th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook I [h]
5pm—Capturing the Moment
6pm—Virtual Journaling [v]
6:30pm—Game On! [gf]
6:30pm—Book Nook II [v]

THURSDAY, 19th

10am—Fitness with Alison [v]
10am—Poniendo Nuestro Granito de Arena
10:30am—Radiant Workshop
12pm—Doing Our Part
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Nutrition After Treatment [h]
6pm-8pm—Reiki Sessions

FRIDAY 20th

9am—Meditation Reset [v]
10:30am—Tai Chi
6pm—Gilda's Barnyard Bash [gc]

SATURDAY, 21st

11:30am—Bite Sized Bites [gw]
1pm—Ready, Set, GLOW! [gw]

MONDAY, 23rd

10am—Coffee & Connect [gw]
3pm—Spanish For Beginners [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Knitting Circle

6:30pm—Como Las Emociones Afectan Tu Vida
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons

TUESDAY, 24th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]
12:30pm—Lunch Laughs [v]
4pm—Community Access [gw]
5:30pm CST—Paducah Group [h]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 25th

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

THURSDAY, 26th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Make/Take Cardmaking
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY 27th

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

SATURDAY, 28th

2pm—Gilda's Day on the River

MONDAY, 30th

10am—Coffee & Connect [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Frankly Speaking: Liver Cancer [h]
6pm—Bone Strengthening
6:30pm—Como Las Emociones Afectan Tu Vida