

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>9am Meditation Reset [v] 10:30 Coffee/Connect [h/gw]</p> <p>12:30pm Bingo [i] 2pm Relaxing Art for Active Treatment [v]</p> <p>5pm Rx for You 5pm Mindfulness [v] 6:30pm Yoga for Any Body [v]</p> <p style="text-align: right;">2</p>	<p>10:30am Beaded Treasures [i] 10:30am Gentle Yoga [i] 11am Practicing Spirituality [h/gw] 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm The MELT Method [i]</p> <p>5pm Youth Connect 6:30pm Support Groups</p> <p style="text-align: right;">3</p>	<p>9am Meditation Reset [v]</p> <p>10:30am Fun with Art [i]</p> <p>12pm Pen to Paper [h/gw] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved</p> <p>4pm Game of Games [v]</p> <p style="text-align: right;">4</p>	<p>10am Fitness w/Alison [v]</p> <p>12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>5pm Peaceful Paint Night 6:30pm Beyond Cancer</p> <p style="text-align: right;">5</p>	<p style="text-align: center;">CLUBHOUSES CLOSED FOR DERBY</p> <p style="text-align: right;">6</p>	<p style="text-align: center;">CLUBHOUSES CLOSED FOR DERBY</p> <p style="text-align: right;">7</p>
<p>9am Meditation Reset [v] 10:30 Coffee/Connect [h/gw]</p> <p>2pm Relaxing Art for Active Treatment [v] 5pm Laryngectomee Community Group [i] 6pm Monologue Mondays [v] 6:30pm Gynecologic/Breast Cancer Networking 6:30pm Yoga [v]</p> <p style="text-align: right;">9</p>	<p>10:30am Gentle Yoga [i] 11am Practicing Spirituality [h/gw] 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm The MELT Method [i] 1:30pm Reiki Meditation</p> <p>6:30pm Support Groups</p> <p style="text-align: right;">10</p>	<p>9am Meditation Reset [v]</p> <p>12pm Pen to Paper [h/gw] 12:30pm Pilates [i]</p> <p>4pm Living Beyond</p> <p>6pm Mother's Day Celebration and Youth Activity [i]</p> <p style="text-align: right;">11</p>	<p>10am Fitness w/Alison [v]</p> <p>12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>5:30pm Living through Loss (Teens) 6pm Henrietta Lacks Movie Viewing [gw/i] 6:30pm Living through Loss</p> <p style="text-align: right;">12</p>	<p>9am Meditation Reset [v] 10am Card Making [i] 10:30 Coffee/Connect [h/gw] 10:30am Tai Chi [i] 10:30am Our Stories [v]</p> <p>1pm It's in the Cards [i] 1pm Music Heals [i] 1pm Unwind Friday [gw/i] 1pm Tú y Yo 1 & 2 [v]</p> <p style="text-align: right;">13</p>	<p>9:30am Slow Flow Yoga [v] 10am Welcome 101 [i] 10am Between a Walk and a Hard Pace [i] 11am Clubhouse Brunch [i] 12pm Youth Craft [i]</p> <p style="text-align: right;">14</p>
<p>9am Meditation Reset [v] 10:30 Coffee/Connect [h/gw]</p> <p>2pm Relaxing Art for Active Treatment [v]</p> <p>5pm Mindfulness [v] 6pm Noche Mexicana [i] 6pm Writing from Life [v] 6:30pm Yoga [v]</p> <p style="text-align: right;">16</p>	<p>10:30am Gentle Yoga [i] 11am Welcome 101 [i] 11am Practicing Spirituality [h/gw] 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm The MELT Method [i]</p> <p>6:30pm Support Groups</p> <p style="text-align: right;">17</p>	<p>9am Meditation Reset [v] 10:30am Fun with Art [i]</p> <p>12pm Pen to Paper [h/gw] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved 2:30pm Book Nook I</p> <p>4pm Game of Games [v]</p> <p>6:30pm Book Nook II</p> <p style="text-align: right;">18</p>	<p>10am Fitness w/Alison [v]</p> <p>12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>6:30pm Beyond Cancer</p> <p style="text-align: right;">19</p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p>9am Special Meditation Reset @ Over the Edge [i] 10:30am Special Tai Chi @ Over the Edge [i] 1pm Special Music Heals @ Over the Edge [i] 3:30pm Special Art for All @ Over the Edge [i]</p> <p style="text-align: right;">20</p>	<p>9:30am Slow Flow Yoga [v]</p> <p style="text-align: right;">21</p>
<p>9am Meditation Reset [v] 10:30 Coffee/Connect [h/gw]</p> <p>2pm Relaxing Art for Active Treatment [v]</p> <p>6pm Monologue Mondays [v] 6pm Field Day Games Night [i] 6:30pm Yoga [v]</p> <p style="text-align: right;">23</p>	<p>10:30am Gentle Yoga [i] 11am Practicing Spirituality [h/gw] 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm The MELT Method [i] 1:30pm Reiki Meditation</p> <p>6:30pm Support Groups</p> <p style="text-align: right;">24</p>	<p>9am Meditation Reset [v]</p> <p>12pm Pen to Paper [h/gw] 12:30pm Pilates [i]</p> <p>6pm Welcome 101 [i] 6:30pm Networking Groups</p> <p style="text-align: right;">25</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 2:30pm Why Biometrics Matter [i]</p> <p>6:30pm Living through Loss</p> <p style="text-align: right;">26</p>	<p>9am Meditation Reset [v] 10:30 Coffee/Connect [h/gw] 10:30am Tai Chi [i] 10:30am Our Stories [v]</p> <p>1pm Music Heals [i] 1pm Unwind Friday [gw/i] 1pm Tú y Yo 1 & 2 [v]</p> <p style="text-align: right;">27</p>	<p style="text-align: center;">CLUBHOUSES CLOSED FOR MEMORIAL DAY</p> <p style="text-align: right;">28</p>
<p style="text-align: center;">CLUBHOUSE CLOSED FOR MEMORIAL DAY</p> <p>2pm Relaxing Art for Active Treatment [v]</p> <p style="text-align: right;">30</p>	<p>10:30am Gentle Yoga [i] 11am Practicing Spirituality [h/gw] 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm The MELT Method [i]</p> <p>6:30pm Support Groups</p> <p style="text-align: right;">31</p>			<p style="text-align: center;">[i] in person only [v] virtual only</p> <p style="text-align: center;">[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 style="text-align: center;">Events not designated will be hybrid, with the option of attending in person or virtually. Pre-registration required to attend in person.</p>	