



An Affiliate of the
CANCER SUPPORT COMMUNITY

2440 GRINSTEAD DR, LOUISVILLE, KY 40204
1720 W BROADWAY, STE 205, LOUISVILLE, KY 40203
1218 E OAK ST, NEW ALBANY, IN 47150
5318 KING RD, JEFFERSONVILLE, IN 47130

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**GILDA'S
CLUB
KENTUCKIANA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Event Calendar

JANUARY-MARCH 2026

SPECIAL EVENTS

BACK TO BASICS AND LEVELING UP [GG]

1ST MONDAYS, 5 TO 6:30 PM

Revisit classic recipes and level up in this fun cooking class with Western Culinary Institute graduate and 20-year veteran restaurant Chef Dave Hunter. Class size is limited.

DRAWING FROM TREES [GG]

2ND THURSDAYS, 2:30 TO 3:30 PM

Join Eileen Estes for a therapeutic art workshop. Trees are powerful symbols of growth, strength and resilience. Through a series of creative expressions, this class explores trees as metaphors in our own lives.

COLORES Y CULTURA [GG]

2ND SATURDAYS, 12 TO 1:30 PM

¡Explora, crea y diviértete! En Colores y Cultura, los niños descubren el arte y las tradiciones de diferentes culturas mientras dejan volar su imaginación.

Explore, create and have fun! In Colores y Cultura, kids discover art and traditions from different cultures while letting their imaginations soar.

SOLO PARA HOMBRES [GG]

2ND SATURDAYS, 12 TO 1:30 PM

Únete a nuestro grupo de hombres afectados por el cáncer, y amistades para compartir experiencias, brindar apoyo y crear amistades que perduren. A través de estos encuentros sociales, actividades y conversaciones abiertas, cultivamos una comunidad de resiliencia, empatía y esperanza.

EXPOSURE TO STAINED GLASS [GF]

**FRIDAY, JANUARY 9,
10:30 AM TO 1:30 PM**

Learn to make a stained glass snowflake suncatcher with instructor Lori Jone, who has been teaching classes and creating commissioned pieces for over a decade.

VISION AND VIBE [GC]

**THURSDAY, JANUARY 29,
1:30 TO 3:30 PM**

Kick off the new year at our crafting social! Set your goals by creating a 2026 vision board, using the art of collage. Build a beautiful, personalized vision board that will serve as a daily reminder of your goals and intentions. Supplies are provided but feel free to bring personal photos or clippings.

FRANKLY SPEAKING: GYNECOLOGIC CANCERS [GG]

THURSDAY, JANUARY 29, 6 TO 7 PM

Join Dr. Monica Vetter, a board-certified gynecologic oncologist at Norton Cancer Institute in Louisville, in partnership with OAK for this presentation. We'll discuss types of gynecologic cancers, potential treatments and side effects, clinical trials and the emotional concerns of a gynecologic cancer diagnosis.

BLACK HISTORY MONTH CELEBRATION [GW]

**WEDNESDAY, FEBRUARY 11,
11 AM TO 12:30 PM**

Join us as we celebrate the achievements in Black History. We'll start in the Republic Bank Foundation YMCA lobby and then move upstairs to Gilda's West for refreshments. We hope to see you there!

MARDI GRAS! [GG]

WEDNESDAY, FEBRUARY 11, 6 TO 8 PM

We'll celebrate Mardi Gras in style with fun, games and good food for the whole family. We WILL let the good times roll!

WREATHMAKING FOR SPRING

**SATURDAY, FEBRUARY 14,
10 AM TO 12 PM [GW]**

MONDAY, FEBRUARY 16, 6 TO 8 PM [GG]

Join Wendy to make a beautiful spring-themed wreath for your home!

HEARTS AND CRAFTS [GG]

SATURDAY, FEBRUARY 14, 12 TO 1:30 PM

Join us for post-brunch Valentine's Day fun with crafts and treats for kids aged 5-16.

PIPE CLEANER BOUQUETS [GC]

WEDNESDAY, MARCH 11, 6:30 TO 8 PM

Build beautiful flower bouquets out of pipe cleaners.

BEYOND THE CURE: WHAT TO EXPECT AFTER PEDIATRIC CANCER TREATMENT ENDS [GG]

**SATURDAY, MARCH 14,
9 AM TO 12:30 PM**

Join the expert team at Norton Children's Cancer Institute to learn about late effects after treatment ends. This event is for caregivers and survivors 16 and up. Contact Frances Price at 502.629.6916 for more info.

STORY TIME MASSAGE GROUP [GG]

SATURDAY, MARCH 14, 10 TO 11 AM

Bring a comfortable blanket or yoga mat for this special class in partnership with Norton designed for individuals undergoing cancer treatment and their children or grandchildren. This class combines the benefits of nurturing touch with engaging stories and classic nursery rhymes, fostering connection and comfort.

Children also can learn simple massage techniques to share with loved ones. Led by a licensed massage therapist, this class provides a supportive space for families. Caregivers and children ages 12 weeks and older are welcome. Adult attendees are responsible for supervision of children.

GILDA'S SENIOR PROM [GF]

FRIDAY, MARCH 20, 4 TO 6 PM

It's prom season, and no one is too old (or young) to dance! Bring a dance partner, a group or fly solo for a night of fun at our first ever "senior" prom.

FESTIVAL DE LA FAMILIA INTERNACIONAL [GG]

SATURDAY, MARCH 28, 4 TO 7 PM

Join us for a day of music, food, dance and traditions from Hispanic countries.

¡Celebremos juntos como una gran familia — con sabor, alegría y corazón!



Full descriptions of all offerings at gck.org.

LOUISVILLE, KENTUCKY

[gg] GILDA'S GRINSTEAD 2440 Grinstead Dr, 40204

[gw] GILDA'S WEST 1720 W Broadway, Ste 205, 40203

SOUTHERN INDIANA

[gf] GILDA'S FLOYD 1218 E. Oak St, New Albany, 47150

[gc] GILDA'S CLARK 5318 King Rd Jeffersonville, 47130

JANUARY

GILDA'S GRINSTEAD | GILDA'S WEST

THURSDAY, 1st- SATURDAY, 3rd

CLUBHOUSES CLOSED

MONDAY, 5th

11am—Conversation Cafe
5pm—Back to Basics and Leveling Up
5:15pm—Dinner for Group
6pm—Wellness and Beyond Group
6pm—Soothing Fiber Art
6pm—Write On

TUESDAY, 6th

10am—Yoga Flow
10:30am—Empowering Beads
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 7th

10:30am—Fun With Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 8th

11am—Game Day
12:30pm—Reiki Relaxation
1pm—Breathe and Receive [h]
1:15pm—Reiki Relaxation
2pm—Reiki Relaxation
2pm—Movie Time
2:30pm—Drawing From Trees
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 9th

10:30am—Tai Chi

SATURDAY, 10th

10am—Buff Bones
10am—Loteria Mexicana
11am—Clubhouse Brunch
11am—Solo Reiki Session
11:30am—Solo Reiki Session
12pm—Colores y Cultura

12pm—Mindful Art
12pm—Reconéctate
12pm—Solo Para Hombres
12pm—What IS Reiki Anyway?

MONDAY, 12th

11am—Conversation Cafe
1pm—Florals in Painting
1pm—Plant Powered Plates
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 13th

10am—Yoga Flow
11:45am—Words of Encouragement
12pm CST—Paducah Group [o]
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 14th

12:30pm—Pilates
12:30pm—Majhong for Good
1pm—Paint Palette
2pm—Line Dancing
2:30pm—Trivia Afternoon
4pm—Living Beyond [h]

THURSDAY, 15th

12:30pm—Mindful Meditation
1pm—Breathe and Receive [h]
1:30pm—Crafts and More
5pm—Thriving Thursday
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6:30pm—Exploring Watercolor

FRIDAY, 16th

10:30am—Tai Chi

SATURDAY, 17th- MONDAY, 19th

CLUBHOUSES CLOSED

TUESDAY, 20th

10am—Yoga Flow
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 21st

10:30am—Fun With Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 22nd

1pm—Breathe and Receive [h]
1pm—Vamos a Jugar Loteria [o]
2pm—Make and Take Cardmaking
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 23rd

10am—Bingo
10:30am—Tai Chi

MONDAY, 26th

11am—Conversation Cafe
1pm—Plant Powered Plates
5:15pm—Dinner for Group
6pm—Wellness and Beyond Group
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons
6:30pm—Community Partner Groups [h]
6:30pm—Beyond Cancer [h]

TUESDAY, 27th

10am—Yoga Flow
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 28th

12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 29th

1pm—Breathe and Receive [h]
6pm—Peaceful Paint Night
6pm—Frankly Speaking: Gynecologic Cancers [h]

FRIDAY, 30th

10:30am—Tai Chi



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

GRINSTEAD WEST

FEBRUARY

GILDA'S GRINSTEAD | GILDA'S WEST

MONDAY, 2nd

11am—Conversation Cafe
5pm—Back to Basics and Leveling Up
5:15pm—Dinner for Group
6pm—Wellness and Beyond Group
6:30pm—Write On
6:30pm—Full Moon Painting

TUESDAY, 3rd

10am—Yoga Flow
10:30am—Empowering Beads
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
1pm—Ingles Basico [o]
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

THURSDAY, 5th

10:30am—Empowering Beads
11am—El Gran Duelo de Domino
1pm—Breathe and Receive [h]
1:15pm—Reconéctate
5pm—Thriving Thursday
5:15pm—Bingo
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night

FRIDAY, 6th

10:30am—Tai Chi

MONDAY, 9th

11am—Conversation Cafe
1pm—Florals in Painting
1pm—Plant Powered Plates
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 10th

10am—Yoga Flow
11:45am—Words of Encouragement
12pm CST—Paducah Group [o]
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 11th

11am—Black History Month Celebration
12:30pm—Pilates
12:30pm—Majhong for Good
1pm—Paint Palette
2pm—Line Dancing
2:30pm—Trivia Afternoon
4pm—Living Beyond [h]
6pm—Mardi Gras!

THURSDAY, 12th

11am—Game Day
1pm—Breathe and Receive [h]
12:30pm—Reiki Relaxation Session
1:15pm—Reiki Relaxation Session
2pm—Reiki Relaxation Session
2pm—Movie Time
2:30pm—Drawing From Trees
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 13th

10:30am—Tai Chi

SATURDAY, 14th

10am—Loteria Mexicana
10am—Buff Bones
10am—Wreathmaking for Spring
11am—Clubhouse Brunch
11am—Solo Reiki Session
11:30am—Solo Reiki Session
12pm—Mindful Art
12pm—Colores y Cultura
12pm—Hearts and Crafts
12pm—Reconéctate
12pm—Solo Para Hombres
12:15pm—What IS Reiki Anyway?

MONDAY, 16th

11am—Conversation Cafe
3pm—Self-Care Monday
5:15pm—Dinner for Group
5:30pm—Prompted Brushstrokes
6pm—Wellness and Beyond Group
6pm—Solo Para Mujeres
6pm—Wreathmaking for Spring
6:30pm—Write On
6:30pm—Community Partner Groups [h]

TUESDAY, 17th

10am—Yoga Flow
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
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

THURSDAY, 19th

12:30pm—Mindful Meditation
1pm—Breathe and Receive [h]
1:30pm—Crafts and More
5:30pm—Gentle Yoga
5:30pm—Spanish for Beginners
6:30pm—Exploring Watercolor

FRIDAY, 20th

10:30am—Tai Chi

SATURDAY, 21st-

SATURDAY, 28th

CLUBHOUSES CLOSED



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

GRINSTEAD WEST

MARCH

GILDA'S GRINSTEAD | GILDA'S WEST

MONDAY, 2nd

11am—Conversation Cafe
1pm—Plant Powered Plates
5pm—Back to Basics and Leveling Up
5:15pm—Dinner for Group
6pm—Wellness and Beyond Group
6pm—Soothing Fiber Art
6pm—Write On

TUESDAY, 3rd

10am—Yoga Flow
10:30am—Empowering Beads
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
1pm—Ingles Basico [o]
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

THURSDAY, 5th

10:30am—Empowering Beads
11am—El Gran Duelo de Dominó
1pm—Breathe and Receive [h]
1:15pm—Reconéctate
5pm—Thriving Thursday
5:15pm—Bingo
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night

FRIDAY, 6th

10:30am—Tai Chi

MONDAY, 9th

11am—Conversation Cafe
1pm—Florals in Painting
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 10th

10am—Yoga Flow
11:45am—Words of Encouragement
12pm CST—Paducah Group [o]
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 11th

12:30pm—Pilates
12:30pm—Majhong for Good
1pm—Paint Palette
2pm—Line Dancing
2:30pm—Trivia Afternoon
4pm—Living Beyond [h]

THURSDAY, 12th

11am—Game Day
1pm—Breathe and Receive [h]
12:30pm—Reiki Relaxation Session
1:15pm—Reiki Relaxation Session
2pm—Reiki Relaxation Session
2pm—Movie Time
2:30pm—Drawing from Trees
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 13th

10:30am—Tai Chi

SATURDAY, 14th

9am—Beyond the Cure: Pediatric Cancer
10am—Loteria Mexicana
10am—Buff Bones
10am—Story Time Massage Group
11am—Clubhouse Brunch
11am—Solo Reiki Session
11:30am—Solo Reiki Session
12pm—Mindful Art
12pm—Colores y Cultura
12pm—Reconéctate
12pm—Solo Para Hombres
12:15pm—What IS Reiki Anyway?

MONDAY, 16th

11am—Conversation Cafe
5:15pm—Dinner for Group
6pm—Wellness and Beyond Group

TUESDAY, 17th

10am—Yoga Flow
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
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

THURSDAY, 19th

12:30pm—Mindful Meditation
1pm—Breathe and Receive [h]
1:30pm—Crafts and More
5:30pm—Gentle Yoga
5:30pm—Spanish for Beginners
6:30pm—Exploring Watercolor

FRIDAY, 20th

10:30am—Tai Chi

SATURDAY, 21st

10am—Ready, Set, Glow
11:30am—Bite Sized Bites

MONDAY, 23rd

11am—Conversation Cafe
1pm—Plant Powered Plates
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6pm—Knitting Circle
6:30pm—Beyond Cancer
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons
6:30pm—Community Partner Groups [h]

TUESDAY, 24th

10am—Yoga Flow
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 25th

12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 26th

2pm—Make and Take Cardmaking
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 27th

10:30am—Tai Chi
10:30am—Bingo

SATURDAY, 28th

4pm—Festival de la Familia Internacional

MONDAY, 30th

11am—Conversation Cafe
5:15pm—Dinner for Group
5:30pm—Prompted Brushstrokes
6pm—Wellness and Beyond Group

TUESDAY, 31st

10am—Yoga Flow
12:30pm—Zumba
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

GRINSTEAD WEST

JAN/FEB/MARCH

GILDA'S FLOYD | GILDA'S CLARK

January

TUESDAY, 6th

10am—Morning Mingle
11:15am—Relax and Renew
5:45pm—Dinner for Group
6:30pm—Support Group [h]

FRIDAY, 9th

10:30am—Exposure to
Stained Glass

TUESDAY, 13th

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

FRIDAY, 16th

12:30pm—Bingo

TUESDAY, 20th

10am—Morning Mingle
11:15am—Relax and Renew
5:45pm—Dinner for Group
6:30pm—Support Group [h]

FRIDAY, 23rd

10am—Farm Days

TUESDAY, 27th

10am—Morning Mingle
11am—Coloring Club
5:45pm—Dinner for Group
6:30pm—Support Group [h]

THURSDAY, 29th

1:30pm—Vision and Vibe

February

TUESDAY, 3rd

10am—Morning Mingle
11:15am—Relax and Renew
5:45pm—Dinner for Group
6:30pm—Support Group [h]

THURSDAY, 5th

5:30pm—Buff Bones

TUESDAY, 10th

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

TUESDAY, 17th

10am—Morning Mingle
11:15am—Relax and Renew
5:45pm—Dinner for Group
6:30pm—Support Group [h]

FRIDAY, 20th

12:30pm—Bingo

March

TUESDAY, 3rd

10am—Morning Mingle
11:15am—Relax and Renew
5:45pm—Dinner for Group
6:30pm—Support Group [h]

THURSDAY, 5th

5:30pm—Buff Bones

TUESDAY, 10th

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

WEDNESDAY, 11th

6:30pm—Pipe Cleaner Bouquets

TUESDAY, 17th

10am—Morning Mingle
11:15am—Relax and Renew
5:45pm—Dinner for Group
6:30pm—Support Group [h]

WEDNESDAY, 18th

11am—Tea Time

FRIDAY, 20th

4pm—Gilda's Senior Prom

TUESDAY, 24th

10am—Morning Mingle
11am—Coloring Club
5:45pm—Dinner for Group
6:30pm—Support Group [h]

FRIDAY, 27th

10am—Farm Days

TUESDAY, 31st

10am—Morning Mingle
5:45pm—Dinner for Group
6:30pm—Support Group [h]



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

FLOYD

CLARK

VIRTUAL

Weekly

TUESDAYS

11:30am—Qigong
12:30pm—Lunch Laughs
6:30pm—Wellness Group

THURSDAYS

12:30pm—Lunch Laughs
1pm—Breathe and Receive [h]

FRIDAYS

9am—Meditation Reset

January

MONDAY, 5th

5pm—Mindfulness

WEDNESDAY, 7th

6pm—Virtual Journaling

THURSDAY, 8th

6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking

WEDNESDAY, 14th

4pm—Living Beyond [h]

WEDNESDAY, 21st

2:30pm—Book Nook
6pm—Virtual Journaling
6:30pm—Book Nook II

THURSDAY, 22nd

6:30pm—Living Through Loss [h]

February

MONDAY, 2nd

5pm—Mindfulness

WEDNESDAY, 4th

6pm—Virtual Journaling

WEDNESDAY, 11th

11:30am—Reiki Meditation
4pm—Living Beyond [h]

THURSDAY, 12th

6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking

MONDAY, 16th

5pm—Mindfulness

WEDNESDAY, 18th

2:30pm—Book Nook
6pm—Virtual Journaling
6:30pm—Book Nook II

March

MONDAY, 2nd

5pm—Mindfulness

WEDNESDAY, 4th

6pm—Virtual Journaling

WEDNESDAY, 11th

11:30am—Reiki Meditation
4pm—Living Beyond [h]

THURSDAY, 12th

6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking

MONDAY, 16th

5pm—Mindfulness

WEDNESDAY, 18th

2:30pm—Book Nook
6pm—Virtual Journaling
6:30pm—Book Nook

[h]—HYBRID

T H A N K Y O U

ROSTREVOR
FOUNDATION

OGLE
FOUNDATION

4EVERGREEN
FOUNDATION



Legacy Foundation of Kentuckiana

IRVIN F. & ALICE S.
ETSCORN FOUNDATION



HOME
CENTER
NEW ALBANY



BROWN-FORMAN



BARR
Foundation, Inc.

THE GHEENS
FOUNDATION

THE CORY
FOUNDATION



Trager
Family
Foundation



MacLellan



McKESSON

FRED B. & OPAL S.
WOOSLEY
FOUNDATION



TRI-ARROWS
ALUMINUM INC.



NORTON
CANCER INSTITUTE

Brown Cancer Center
UHealth

NCJ

Israel Council of Jewish Women

BAIRD

Meghan's Mountain
CHARITABLE FOUNDATION



BITTNER'S

THE PORCINI/FARMER
Children's Foundation

Please register 24 hours in advance for all groups and program offerings online at gck.org or by calling 502.583.0075. We cannot guarantee offerings for members and guests who have not registered.

Activities without sufficient enrollment 24 hours ahead of time will be canceled.

If you are ill, please be considerate of fellow participants whose immune systems may be compromised and visit when you feel better.

SUPPORT

We welcome those connected to cancer to join our free cancer support community. For more info, call 502.583.0075. Participants interested in joining a support group must first complete a One-to-One with a team member and be placed in the appropriate group. Offered weekly from 6:30-8 pm unless otherwise noted. Dinner served at 5:45 pm.

Wellness

For adults living with an active cancer.

- Grinstead: Tuesdays.
- Floyd: Tuesdays.
- Paducah: 2nd Tuesdays, 12-1pm CST at Mercy Health-Lourdes Heritage Room, 1530 Lone Oak Rd, 42003.

Friends and Family

For adult friends and family members of people with cancer. Tuesdays.

Beyond Cancer

For cancer survivors whose focus has shifted toward living life post treatment. 2nd and 4th Mondays.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. 2nd and 4th Thursdays.

Wellness and Beyond at Gilda's West

For men and women diagnosed with cancer or in remission. Mondays, 6-7:30 pm.

Short-Term Counseling

Free individual, couples and/or family counseling sessions for matters related to a cancer experience. Call 502.583.0075 for more information.

Networking Groups

Offered monthly on 2nd Mondays, 6:30-8 pm.

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- Living Beyond Metastatic Breast Cancer - 2nd Wednesdays, 4-5:30 pm.
- Sarcoma Networking - 2nd Thursdays, 6:30-8 pm. Virtual.

ARTS

Book Nook

Join our book club! Third Wednesdays, 2:30-4 pm and 6:30-8 pm.

Make and Take Card Making

Make greeting cards for your friends and one to take home. 4th Thursdays, 2-3:30 pm.

Empowering Beads

Create a beautiful, unique handmade piece of jewelry. First Tuesdays at Grinstead, first Thursdays at Gilda's West, 10:30 am-12 pm.

Fun with Art

Join us for artistic fun creating standalone projects. First and third Wednesdays, 10:30 am-12 pm.

Knitting Circle

Knitting group. 4th Mondays, 6-7:30 pm.

Peaceful Paint Night

A relaxing evening of painting. First Thursdays, 6-8 pm.

HEALTHY LIFESTYLE

Breathe and Receive

Simple breathing practices and gentle holds to relieve stress, anxiety and improve your health. Thursdays, 1-2 pm.

Gentle Yoga and Restorative Meditation

Accessible movement and meditation to accommodate all mobility levels. First and third Thursdays, 5:30-6:30 pm.

Meditation Reset

Create space to breathe and be present. Fridays, 9-9:30 am.

Mindful Meditation with Halen

Relax your body through meditation and mindfulness exercises. Third Thursdays at Gilda's West, 12:30-1:15 pm.

Mindfulness

Focus on being present in this program guided by Dr. Paul Salmon. First and third Mondays, 5-6 pm.

Pilates

Engages both mind and body while supporting the spine, increasing flexibility and strength. Wednesdays, 12:30-1:30 pm.

Plant Powered Plates

Learn to add colorful, meatless meals to your weekly menu. Various dates, 1-2:30pm. See calendar.

QiGong

Coordinates movement and meditation, focusing on cultivating consciousness. Tuesdays, 11:30 am-12:30 pm.

Meditation Using the Reiki Energy Body

Promotes relaxation and wellness. 2nd Wednesdays, 11:30am-12:30pm.

Tai Chi

Reduces stress and improves flexibility and strength through gentle movements. Fridays, 10:30-11:30 am.

COMMUNITY PARTNER NETWORKING GROUPS

BRAIN INJURY ALLIANCE OF KENTUCKY (BIAK)

Group for brain injury survivors, including tumors.
Fourth Mondays, 6:30-8 pm.

LARYNGECTOMY COMMUNITY GROUP

For those who have had their voice box surgically removed for cancer treatment.
In collaboration with UofL Health Group and Norton Cancer Institute.
Fourth Mondays, 5-6 pm.

PANCREATIC CANCER NETWORK (PanCAN)

Group for those impacted by pancreatic cancer.
Fourth Mondays, 6:30-8 pm.