

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

# DECEMBER

**9am** Meditation Reset [v]  
**10:30am** Fun with Art [i]  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12:30pm** Pilates [i]  
**1pm** Flying Solo - Bereaved  
**4pm** Game of Games [v]  
  
**6pm** Holiday Cupcakes! [i]  
**6pm** Mindful Music

**10am** Fitness w/Alison [v]  
  
**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive  
**3pm** Sit & Knit [i]  
  
**6:30pm** Beyond Cancer

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11:30** Walk@Home [h/gw]  
  
**1pm** Comfort from the Kitchen [v]

**9:30am** Slow Flow Yoga [v]  
**10:45am** REFIT [v]

**1**

**2**

**3**

**4**

**3:30pm** Self-Discovery through Art [v]

**5**

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]  
  
**5pm** Mindfulness [v]  
**6:30pm** Yoga for Any Body[v]

**6**

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]

**4:30pm** Youth Connect

**6:30pm** Support Groups

**7**

**9am** Meditation Reset [v]  
  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12pm** Reiki Meditation  
**12:30pm** Pilates [i]  
  
**4pm** Living Beyond  
**6pm** Youth Game Night [i]

**8**

**10am** Fitness w/Alison [v]

**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive  
**3pm** Sit & Knit [i]

**6pm** Holiday Celebrations around the World [v]

**6:30pm** Living through Loss

**9**

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11:30** Walk@Home [h/gw]

**10**

**9:30am** Slow Flow Yoga [v]  
**10:45am** REFIT [v]  
**11am** Capture the Magic: Photos with Santa [i]

**11**

**12**

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]  
**12:30pm** Bingo [i]  
**6pm** Youth Craft Night [i]  
**6:30pm** Yoga for Any Body[v]  
**6:30pm** Breast Cancer and Gynecologic Cancer Networking

**13**

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]

**4:30pm** Youth Connect

**6:30pm** Support Groups

**14**

**9am** Meditation Reset[v]  
**10:30am** Fun with Art [i]  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12:30pm** Pilates [i]  
**1pm** Flying Solo - Bereaved  
**2:30pm** Book Nook  
**4pm** Game of Games [v]  
**6pm** Holiday Cupcakes! [i]  
**6:30pm** Networking Groups  
**6:30pm** Book Nook

**15**

**10am** Fitness w/Alison [v]  
**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive  
**3pm** Sit & Knit [i]

**6pm** Writing from Life [v]  
**6:30pm** Beyond Cancer

**16**

**17**

**9am** Meditation Reset [v]  
  
**10:30am** Coffee & Connect [h/gw]  
**11:30** Walk@Home [h/gw]  
**1pm** It's in the Cards! [i]  
**1pm** Comfort from the Kitchen [v]

**18**

**19**

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]  
  
**5pm** Mindfulness [v]  
**6pm** Writing w/Pam Platt  
**6pm** Get to Know Kwanzaa [v]  
**6:30pm** Yoga for Any Body[v]

**20**

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]

**4:30pm** Youth Connect

**6:30pm** Support Groups

**21**

**9am** Meditation Reset [v]  
  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12pm** Reiki Meditation  
**12:30pm** Pilates [i]

**22**

**10am** Fitness w/Alison [v]

**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive  
**3pm** Sit & Knit [i]

**23**

**CLOSED FOR THE HOLIDAY**

**24**

**CLOSED FOR THE HOLIDAY**

**25**

**CLOSED FOR THE HOLIDAY**

**26**

**CLOSED FOR THE HOLIDAY**

**27**

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]

**4:30pm** Youth Connect

**6:30pm** Support Groups

**28**

**9am** Meditation Reset [v]  
  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12:30pm** Pilates [i]

**29**

**10am** Fitness w/Alison [v]

**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive  
**3pm** Sit & Knit [i]

**30**

**31**

[i] in person only  
[v] virtual only  
[h/gw] hybrid program held at Gilda's West, 1720 W. Broadway, 40203  
  
Program offerings not designated will be hybrid, with the option of attending in person or virtually. Pre-registration required to attend a hybrid event in person.