

FEBRUARY

MONDAY, 3rd

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
1pm—Mixed Media Card Making
3-5pm—Reiki Relaxation
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6pm—DIY: Collage Poetry
6pm—Reconecta Tu Poder Interior
6:30pm—Music and You

TUESDAY, 4th

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 5th

10:30am—Fun With Art
11:30am—Tea Time [gc]
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]

THURSDAY, 6th

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2:30pm—Tai Chi [gw]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night

FRIDAY, 7th

9am—Meditation Reset [v]
10:30am—Tai Chi
5:30pm—Kids' Cardmaking [gf]

SATURDAY, 8th

10am—Bone Strengthening

10am—Loteria Mexicana
11am—Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression
12pm—Junior Chef Academy
12:15pm—What is Reiki?

MONDAY, 10th

10am—Coffee & Connect [gw]
12pm—Watercolor [gc]
12:30pm—Bingo
1:30pm—Florals in Painting [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
5:45pm—Dinner for Groups
6:30pm—Networking Groups
6:30pm—Guitar Lessons

TUESDAY, 11th

10am—Morning Mingle [gf]
10am—Creative Coping [gw]
10am-12pm—Reiki [gf]
11am—Coloring Club [gf]
11am—LTL Book Club
11:30am—Black History Month Celebration [gw]
11:30am—QiGong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
2-3:30pm—Reiki Relaxation
5:30pm CST—Paducah Group [o]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 12th

12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Expect the Unexpected [gf]
2pm—Line Dancing [gw]
4pm—Living Beyond [h]
6pm—Solo Para Mujeres [o]

THURSDAY, 13th

10am—Fitness with Alison [v]
10:30am—No Sew Pillowmaking [gf]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]

4pm—What is Reiki?

5:30pm—Gentle Yoga
6:30pm—Como Las Emociones Afectan Tu Vida
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking [v]

FRIDAY, 14th

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

SATURDAY, 15th

10am—Ready Set Glow [gw]
11:30am—Bite Sized Bites [gw]

MONDAY, 17th

10am—Coffee & Connect [gw]
12:30pm—American Mahjong
1pm—Plant Powered Plates
3pm—Self-Care Monday [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Knitting Circle
6pm—Cancer Genetics [h]
6:30pm—Full Moon Painting
6:30pm—Expect the Unexpected [v]

TUESDAY, 18th

10am—Morning Mingle [gf]
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:30pm—Sound Bath for Relaxation
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 19th

10:30am—Fun with Art
12:30pm—Pilates

1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook [v]
6pm—Virtual Journaling [v]
6pm—Mardi Gras
6:30pm—Book Nook [v]

THURSDAY, 20th

10am—Fitness with Alison [v]
10:30am—Creative Coping [gw]
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
5:30pm—Gentle Yoga
6pm—Nutrition After Treatment [h]
6:30pm—Spanish for Beginners
6:30pm—Drum Circle
6:30pm—Exploring Watercolor

FRIDAY, 21st

9am—Meditation Reset [v]
10:30am—Tai Chi
12:30pm—Bingo [gf]

SATURDAY, 22nd-

SUNDAY, MARCH 2nd

CLUBHOUSES CLOSED

AT GILDA'S GRINSTEAD UNLESS MARKED

[gw]—GILDA'S WEST [gf]—GILDA'S FLOYD [gc]—GILDA'S CLARK
[v]—VIRTUAL [h]—HYBRID [o]—OFFSITE
ALL OTHER PROGRAMS IN PERSON