

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>5pm Mindfulness [v] 6pm Chef Gilda [i] 6pm Overcoming Struggles with Art [i] 6:15pm Writing and Mindfulness [v]</p> <p style="text-align: right;">1</p>	<p>10:30am Empowering Beads [i] 11:30am QiGong [v] 12:30pm Lunch Laughs [v] 1pm Regaining Strength After Treatment [i] 5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">2</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Trivia Afternoon [i] 5pm Open Art Studio [i] 5:30pm Gentle Yoga and Restorative Meditation [i] 6pm Eat Well, Live Well</p> <p style="text-align: right;">3</p>	<p>10:30am Empower Beads [i/gw] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 1pm Wellness Through Music [i] 5pm Fitness with Alison [v] 5pm Tai Chi [i] 5:45pm Dinner 6pm Bingo [gw] 6pm Peaceful Paint Night [i] 6:15pm Women's Fitness [i] 6:30pm Beyond Cancer 7pm Slow Flow Yoga [v]</p> <p style="text-align: right;">4</p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">5</p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">6</p>
<p>12:30pm Bingo [i] 5:45pm Dinner for Groups 6pm Reiki Sessions [i] 6:30pm Guitar Lessons [i] 6:30pm Gynecologic/Breast Cancer Networking 6:45 Reiki [i] 7:30pm Reiki [i]</p> <p style="text-align: right;">8</p>	<p>11:30am QiGong [v] 12:30pm Lunch Laughs [v] 1pm Regaining Strength After Treatment [i] 1:30pm Reiki Meditation [v] 5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">9</p>	<p>12:30pm Pilates [i] 4pm Living Beyond 5pm Open Art Studio [i] 5:30pm Gentle Yoga and Restorative Meditation [i] 6pm Frankly Speaking About Bladder Cancer</p> <p style="text-align: right;">10</p>	<p>10am Making Simple Books [i] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 1pm Wellness Through Music [i] 5pm Fitness with Alison [v] 5pm Tai Chi [i] 5:45pm Dinner for Groups 6:15pm Women's Fitness [i] 6:30pm Living Through Loss 7pm Slow Flow Yoga [v]</p> <p style="text-align: right;">11</p>	<p>9am Meditation Reset [v] 9:15am Yoga for Everyone [i] 10am Cardmaking [i] 10:30am Tai Chi [i]</p> <p style="text-align: right;">12</p>	<p style="text-align: center;">Over the Edge!</p> <p style="text-align: right;">13</p>
<p>5pm Mindfulness [v]</p> <p style="text-align: right;">15</p>	<p>11:30am QiGong [v] 12:30pm Lunch Laughs [v] 1pm Regaining Strength After Treatment [i] 5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">16</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Book Nook I 5pm Open Art Studio [i] 5:30pm Gentle Yoga and Restorative Meditation [i] 6pm Cooking 101: Knife Skills [i] 6pm Eat Well, Live Well 6:30pm Book Nook II [v]</p> <p style="text-align: right;">17</p>	<p>12:30pm Lunch Laughs [v] 1pm Breathe & Receive 1pm Wellness Through Music [i] 5pm Fitness with Alison [v] 5pm Tai Chi [i] 5:45pm Dinner for Groups 6:15pm Women's Fitness [i] 6:30pm Beyond Cancer 7pm Slow Flow Yoga [v]</p> <p style="text-align: right;">18</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p> <p style="text-align: right;">19</p>	<p>10am Walk/Hard Pace [i] 10am Dinosaur Dig! [i] 10am Loving Your Skin [i/gw] 10am Special Yoga w/ Halen [i] 10am Entrelazando Juntas/ Knitting [i] 11am Clubhouse Brunch [i] 11:30am Grupo de Bienestar [i] 12pm Salsa para Principiantes/ Beginners Salsa [i] 12pm Stories/ Self-Expression [i]</p> <p style="text-align: right;">20</p>
<p>6pm Knitting Circle [i] 6pm Parents Night Out [i] 6:30pm Guitar Lessons [i]</p> <p style="text-align: right;">22</p>	<p>11:30am QiGong [v] 12:30pm Lunch Laughs [v] 1pm Regaining Strength After Treatment [i] 1:30pm Reiki Meditation [v] 5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">23</p>	<p>12:30pm Pilates [i] 5pm Open Art Studio [i] 5:30pm Gentle Yoga and Restorative Meditation [i] 5:45pm Dinner for Groups 6:30pm Sarcoma/Prostate</p> <p style="text-align: right;">24</p>	<p>12:30pm Lunch Laughs [v] 1pm Breathe & Receive 1pm Wellness Through Music [i] 2pm Make/Take Cardmaking [v] 5pm Fitness with Alison [v] 5pm Tai Chi [i] 5:45pm Dinner for Groups 6:15pm Women's Core Fitness [i] 6:30pm Living Through Loss 7pm Slow Flow Yoga [v]</p> <p style="text-align: right;">25</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p> <p style="text-align: right;">26</p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">27</p>

CLUBHOUSE CLOSED

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11:30am QiGong [v]
12:30pm Lunch Laughs [v]
1pm Regaining Strength After Treatment [i]
5:45pm Dinner for Groups
6:30pm Support Groups

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12:30pm Pilates [i]
5pm Open Art Studio [i]
5:30pm Gentle Yoga and Restorative Meditation [i]
6pm Cooking 101: Cooking Basics [i]

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[i] in person only
 [v] virtual only
 [i/gw] in person program at Gilda's West
 [h/gw] hybrid program at Gilda's West, located at 1720 W. Broadway, 40203

Events not designated will be hybrid, with the option of attending in person or virtually. Pre-registration required to attend in person.