

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:30 pm Resiliency Series
Featuring Cory Kahaney

1

9 am Meditation Reset
2 pm Yoga for Anybody
5 pm Mindfulness
6 pm Southern Cravings
Cooking Class

2

1 pm Virtual Cave Hill Tour

8

9 am Meditation Reset
12:30 pm Bingo
2 pm Yoga for Anybody
6:30 pm Breast Cancer
Networking
6:30 pm Gynecologic
Cancer Networking
7 pm Capture the Holidays

9

9 am Meditation Reset

2 pm Yoga for Anybody

5 pm Mindfulness
6 pm Writing with Pam Platt
6 pm Southern Cravings
Cooking Class

16

9 am Meditation Reset

2 pm Yoga for Anybody

6 pm Mindfulness in the
Holiday Season

23

9 am Meditation Reset

2 pm Yoga for Anybody

30

9 am Stretching and
Strengthening

11:30 am QiGong
12:30 pm Lunch Laughs

6:30 pm Support Groups

3

9 am Stretching and
Strengthening

11:30 am QiGong
12:30 pm Lunch Laughs

6:30 pm Support Groups

10

9 am Stretching and
Strengthening

11:30 am QiGong
12:30 pm Lunch Laughs

4 pm Family Fitness Class

17

9 am Stretching and
Strengthening

11:30 am QiGong
12:30 pm Lunch Laughs
1 pm Welcome 101

6:30 pm Support Groups

24

9 am Meditation Reset
11 am Zumba Gold

1 pm Flying Solo—Bereaved
2 pm Yoga for Anybody
4 pm Gilda's Game of Games
5 pm Welcome 101

4

9 am Meditation Reset
11 am Zumba Gold
11 am Welcome 101
12 pm Meditation Using the
Reiki Energy Body
1 pm Flying Solo—Active Cancer
2 pm Yoga for Anybody
4 pm Living Beyond
6 pm Craft Class: It's
Fall, Y'all

11

9 am Meditation Reset
11 am Zumba Gold
1 pm Flying Solo—Bereaved
2 pm Yoga for Anybody
2:30 pm Book Nook
4 pm Gilda's Game of Games
5 pm Welcome 101
6 pm For Goodness Bakes!
6:30 pm Networking
Groups

18

9 am Meditation Reset

11 am Zumba Gold
12 pm Meditation Using the
Reiki Energy Body
1 pm Flying Solo—Active Cancer
2 pm Yoga for Anybody

25

9 am Stretching and
Strengthening
10 am Fitness with Alison

12:30 pm Lunch Laughs
1 pm Breathe and Receive
6:30 pm Beyond Cancer

8:15 pm Bedtime Yoga

5

9 am Stretching and
Strengthening
10 am Fitness with Alison

12:30 pm Lunch Laughs

1 pm Breathe and Receive
6 pm Create a Bountiful Spread
6:30 pm Living through Loss
8:15 pm Bedtime Yoga

12

9 am Stretching and
Strengthening
10 am Fitness with Alison

12:30 pm Lunch Laughs
1 pm Breathe and Receive

6:30 pm Beyond Cancer
8:15 pm Bedtime Yoga

19

CLUBHOUSE CLOSED
HAPPY THANKSGIVING!

26

9 am Meditation Reset

11 am The Artist in You
Show and Tell
12 pm Hablo un Poco [Intro
to Spanish]

2 pm Yoga for Anybody

6

9 am Meditation Reset

11 am The Artist in You
Show and Tell
12 pm Hablo un Poco [Intro
to Spanish]

2 pm Yoga for Anybody

13

9 am Meditation Reset

11 am The Artist in You
Show and Tell
12 pm Hablo un Poco [Intro
to Spanish]

2 pm Yoga for Anybody

20

CLUBHOUSE CLOSED

27

9:30 am Slow Flow Yoga
10:30 am REFIT

7

9:30 am Slow Flow Yoga
10:30 am REFIT

14

9:30 am Slow Flow Yoga
10:30 am REFIT

21

CLUBHOUSE CLOSED

28

THE WRITE STUFF WRITING AND VISUAL ARTS CONTEST

Entry Deadline: December 15

For youth grades 1st through 12th. Share your cancer connection experience through essay, poetry, visual art or video. Judging will be in two age groups—1st-5th grade and 6th-12th grade—with prizes up to \$500! To enter visit GCK.org!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
6:30 pm Support Groups

1

9 am Meditation Reset
11 am Zumba Gold
1 pm Flying Solo—Bereaved
2 pm Yoga for Anybody
4 pm Gilda's Game of Games
5 pm Welcome 101

2

9 am Stretching and Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
2 pm Christmas Creations
6 pm Light the Menorah
6:30 pm Beyond Cancer
8:15 pm Bedtime Yoga

3

9 am Meditation Reset
11 am The Artist in You Show and Tell
12 pm Hablo un Poco [Intro to Spanish]
2 pm Yoga for Anybody

4

9:30 am Slow Flow Yoga
10:30 am REFIT

5

6:30 pm Resiliency Series
Featuring Shannon Weaver

6

9 am Meditation Reset
2 pm Yoga for Anybody

5 pm Mindfulness
6 pm Southern Cravings
Cooking Class

7

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
6:30 pm Support Groups

8

9 am Meditation Reset
11 am Welcome 101
11 am Zumba Gold
12 pm Meditation Using the Reiki Energy Body
1 pm Flying Solo—Active Cancer
2 pm Yoga for Anybody
4 pm Living Beyond
6 pm Holiday Door Decor!

9

9 am Stretching and Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
6 pm Eat, Drink and be Merry!
6:30 pm Living through Loss
8:15 pm Bedtime Yoga

10

9 am Meditation Reset
11 am The Artist in You Show and Tell
12 pm Hablo un Poco [Intro to Spanish]
2 pm Yoga for Anybody

11

9:30 am Slow Flow Yoga
10:30 am REFIT
TBD Drive-Thru Holiday Party

12

6 pm Holiday Mini Musical

13

9 am Meditation Reset
12:30 pm Bingo
2 pm Yoga for Anybody
6 pm Feliz Navidad, Joyeux Noel, and Merry Christmas!
6:30 pm Breast Cancer Networking and Gyn Cancer Networking

14

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4 pm Family Fitness Class
6:30 pm Support Groups
12 am Write Stuff Writing and Visual Art Contest Deadline

15

9 am Meditation Reset
11 am Zumba Gold
1 pm Flying Solo—Bereaved
2 pm Yoga for Anybody
2:30 pm Book Nook
4 pm Gilda's Game of Games
5 pm Welcome 101
6 pm Life is What you Bake it!
6:30 pm Networking Groups

16

9 am Stretching and Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
6 pm Nguzo Saba:Kwanzaa
6:30 pm Beyond Cancer
8:15 pm Bedtime Yoga

17

9 am Meditation Reset
11 am The Artist in You Show and Tell
12 pm Comfort from the Kitchen
12 pm Hablo un Poco [Intro to Spanish]
2 pm Yoga for Anybody

18

9:30 am Slow Flow Yoga

19

9 am Meditation Reset
2 pm Yoga for Anybody
5 pm Mindfulness
6 pm Writing with Pam Platt
6 pm Southern Cravings
Cooking Class

21

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
1 pm Welcome 101
6:30 pm Support Groups

22

9 am Meditation Reset
11 am Zumba Gold
12 pm Meditation Using the Reiki Energy Body
1 pm Flying Solo—Active Cancer
2 pm Yoga for Anybody
6 pm Mindfulness in the Holiday Season

23

CLUBHOUSE CLOSED

24

CLUBHOUSE CLOSED

25

CLUBHOUSE CLOSED

26

9 am Meditation Reset
2 pm Yoga for Anybody
6 pm How the World Says 'Happy New Year!'

28

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
6:30 pm Support Groups

29

9 am Meditation Reset
11 am Zumba Gold
2 pm Yoga for Anybody
3 pm Beyond Resolutions

30

CLUBHOUSE CLOSED

31

THE WRITE STUFF WRITING & VISUAL ARTS CONTEST

Entry Deadline: December 15

For youth grades 1st through 12th. Share your cancer connection experience through essay, poetry, visual art or video. Judging will be in two age groups—1st-5th grade and 6th-12th grade—with prizes up to \$500! To enter visit GCK.org!