

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>2pm Relaxing Art for Active Treatment [v]</p> <p>5pm Mindfulness [v] 5pm Skincare Essentials</p> <p>6pm Overcoming Struggles with Art [i]</p> <p>6:30pm Yoga [v]</p> <p style="text-align: right;">2</p>	<p>10:30am Empowering Beads [i] 11:30am QiGong</p> <p>12:30pm Lunch Laughs [v] 1pm Regaining Strength After Treatment</p> <p>5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">3</p>	<p>10:30am Fun with Art [i]</p> <p>12:30pm Pilates [i] 1pm Flying Solo - Bereaved</p> <p>4pm Game of Games [v] 5pm Open Art Studio [i] 6pm Eat Well, Live Well [i]</p> <p style="text-align: right;">4</p>	<p>10am Fitness w/Alison [v]</p> <p>12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>5pm Peaceful Paint Night [i] 5:45pm Dinner for Groups 6pm Music Heals [i] 6pm Bingo [v/gw] 6:30pm Beyond Cancer</p> <p style="text-align: right;">5</p>	<p>9am Meditation Reset [v]</p> <p>10:30am Tai Chi [i]</p> <p style="text-align: right;">6</p>	<p>9am Winter Walking [i/gw] 9:30am Slow Flow Yoga [v]</p> <p>11am Clubhouse Brunch [i] 11:30am Grupo de Bienestar en Español [i] 12pm Stories and Self-Expression [i]</p> <p style="text-align: right;">7</p>
<p>12:30pm Bingo [i]</p> <p>2pm Relaxing Art for Active Treatment [v]</p> <p>5:45pm Dinner for Groups 6pm Reiki Sessions [i] 6pm Write the Vision [i/gw] 6:30pm Gynecologic/Breast Cancer Networking 6:30pm Guitar Lessons [i] 6:30pm Yoga [v]</p> <p style="text-align: right;">9</p>	<p>10:30am Gentle Yoga 11:30am QiGong</p> <p>12:30pm Lunch Laughs [v] 1pm Regaining Strength After Treatment</p> <p>1:30pm Reiki Meditation [v]</p> <p>5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">10</p>	<p>12:30pm Pilates [i]</p> <p>4pm Living Beyond 5pm Open Art Studio [i] 6pm Legal 101: Wills, Trusts and Healthcare Directives [v]</p> <p style="text-align: right;">11</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>2pm Make & Take Cardmaking [i] 5:45pm Dinner for Groups</p> <p>6pm Music Heals [i] 6:30pm Living through Loss</p> <p style="text-align: right;">12</p>	<p>9am Meditation Reset [v]</p> <p>10am Cardmaking [i] 10:30am Tai Chi [i]</p> <p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">13</p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">14</p>
<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">16</p>	<p>10:30am Gentle Yoga 11:30am QiGong</p> <p>12:30pm Lunch Laughs [v] 1pm Regaining Strength After Treatment</p> <p>5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">17</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved</p> <p>2:30pm Book Nook I 4pm Game of Games [v] 5pm Open Art Studio [i] 6pm Eat Well, Live Well [i] 6:30pm Book Nook II [v]</p> <p style="text-align: right;">18</p>	<p>10am Fitness w/Alison [v] 10am Altered Book Making [i] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>5:45pm Dinner for Groups 6pm Music Heals [i] 6:30pm Beyond Cancer</p> <p style="text-align: right;">19</p>	<p>9am Meditation Reset [v]</p> <p>10:30am Tai Chi [i]</p> <p style="text-align: right;">20</p>	<p>9am Winter Walking [i/gw] 9:30am Slow Flow Yoga [v]</p> <p>10am Fantastic Fairy Houses [i] 10am Knit and Sip [i]</p> <p style="text-align: right;">21</p>
<p>2pm Relaxing Art for Active Treatment [v]</p> <p>6pm Cozy Evening In [i] 6:30pm Guitar Lessons [i] 6:30pm Yoga [v]</p> <p style="text-align: right;">23</p>	<p>9 & 10am Muscle Relaxation [i] 10:30am Gentle Yoga 11:30am QiGong</p> <p>12pm Muscle Relaxation [i] 12:30pm Lunch Laughs [v] 1pm Regaining Strength</p> <p>1:30pm Reiki Meditation [v] 3pm Muscle Relaxation [i] 5pm Muscle Relaxation [i] 5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">24</p>	<p>12:30pm Pilates [i] 2pm Coping with Challenges of Being an Older Adult with Cancer [i]</p> <p>5pm Open Art Studio [i] 5:45pm Dinner for Groups 6:30pm Sarcoma/Prostate Cancer Networking Groups</p> <p style="text-align: right;">25</p>	<p>10am Fitness w/Alison [v] 10am Altered Book Making [i] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>5:45pm Dinner for Groups 6pm Music Heals [i] 6:30pm Living through Loss</p> <p style="text-align: right;">26</p>	<p>9am Meditation Reset [v]</p> <p>10:30am Tai Chi [i]</p> <p style="text-align: right;">27</p>	<p>9am Winter Walking [i/gw] 9:30am Slow Flow Yoga [v] 10am Fantastic Fairy Houses [i] 10am Knit and Sip [i]</p> <p style="text-align: right;">28</p>
<p>2pm Relaxing Art for Active Treatment [v]</p> <p>6pm Write the Vision [i/gw] 6:30pm Yoga [v]</p> <p style="text-align: right;">30</p>	<p>9am Muscle Relaxation [i] 10am Muscle Relaxation [i] 10:30am Gentle Yoga 11:30am QiGong</p> <p>12pm Muscle Relaxation [i] 12:30pm Lunch Laughs [v] 1pm Regaining Strength 3pm Muscle Relaxation [i] 5pm Muscle Relaxation [i] 5:45pm Dinner for Groups 6:30pm Support Groups</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">[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</p> <p style="text-align: center;">Events not designated will be hybrid, with the option of attending in person or virtually. Pre-registration required to attend in person.</p>			