

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MAY

<p>12pm Ask the Doc 5pm Tai Chi 5pm Mindfulness 5:15pm Dinner for Group [gw] 5:30pm Inglés Nivel Básico 5:45pm Wellness & Beyond [gw] 6pm Chef Gilda and Friends 6pm Fiber Art 6pm Knitting 6pm Decoding Medical Bills 6pm Wreathmaking 6:30pm Como las Emociones Afectan tu Vida 6</p>	<p>10:30am Empowering Beads 11:30am QiGong 12:30pm Lunch Laughs 5:45pm Dinner for Groups 6:30pm Support Groups 7</p>	<p>10:30am Fun with Art 12:30pm Pilates 1pm Paint Palette 2pm Line Dancing [gw] 2:30pm Trivia Afternoon 6pm Virtual Journaling 1</p>	<p>10am Fitness with Alison 10:30am Empowering Beads [gw] 12:30pm Lunch Laughs 1pm Breathe & Receive 5pm Bingo [gw] 5:30pm Hablas Español/ Spanish For Beginners 5:30pm Gentle Yoga 6pm Bite Sized Bites 2</p>	<p>CLUBHOUSE CLOSED 3</p>	<p>CLUBHOUSE CLOSED 4</p>
<p>10am Coffee & Connect [gw] 11am Hooked on Crochet [gw] 12:30pm Bingo 4pm Noche de Moda 5pm Tai Chi 5:45pm Dinner for Groups 6pm Intentional Journaling 6:30pm Beyond Cancer 6:30pm Networking Groups 6:30pm Guitar Lessons 6:30pm Full Moon Painting 13</p>	<p>11:30am QiGong 11:45am Words of Encouragement [gw] 12:30pm Lunch Laughs 5:30pm CST Paducah Group 5:45pm Dinner for Groups 6:30pm Support Groups 14</p>	<p>10:30am Fun with Art 12:30pm Pilates 1pm Paint Palette 2pm Line Dancing [gw] 2:30pm Book Nook I 6pm Virtual Journaling 6pm Mother's Day Celebration 6:30pm Book Nook II 15</p>	<p>10am Fitness with Alison 12:30pm Meditation [gw] 1pm Breathe & Receive 5:30pm Hablas Español 5:30pm Gentle Yoga 6pm Peaceful Paint Night 6pm Derechos de Acceso Lingüístico 6pm Sessions Begin Reiki 6pm Nutrition During Active Treatment 16</p>	<p>9am Meditation Reset 10:30am Tai Chi 10</p>	<p>10am Loteria Mexicana/ Mexican Bingo 11am Clubhouse Brunch 11:30am Conversatorios de Salud y Bienestar 12pm Stories and Self-Expression 12pm Junior Chef Academy 11</p>
<p>10am Coffee & Connect [gw] 5pm Mindfulness 5:15pm Dinner for Group [gw] 5:45pm Wellness and Beyond [gw] 20</p>	<p>11:30am QiGong 12:30pm Lunch Laughs 5:45pm Dinner for Groups 6:30pm Support Groups 21</p>	<p>12:30pm Pilates 1pm Reiki Meditation 1pm Paint Palette 2pm Line Dancing [gw] 22</p>	<p>10am Fitness with Alison 12:30pm Lunch Laughs 1pm Breathe & Receive 2pm Make and Take Cardmaking 5:30pm Gentle Yoga 5:45pm Dinner for Groups 6:30pm Living Through Loss 23</p>	<p>9am Meditation Reset 10:30am Tai Chi 24</p>	<p>CLUBHOUSE CLOSED 25</p>
<p>CLUBHOUSE CLOSED 27</p>	<p>11:30am QiGong 11:45am Words of Encouragement [gw] 12:30pm Lunch Laughs 4pm Community Access [gw] 5:30pm CST Paducah Group 5:45pm Dinner for Groups 6:30pm Support Groups 28</p>	<p>12:30pm Pilates 1pm Paint Palette 2pm Line Dancing [gw] 29</p>	<p>10am Fitness with Alison 12:30pm Lunch Laughs 1pm Breathe & Receive 5:30pm Gentle Yoga 30</p>	<p>9am Meditation Reset 31</p>	