

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NEW OFFERING!

**Self Discovery through Art
Sundays, 2pm**

MAY

**CLOSED FOR
DERBY DAY**

1

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

3

9 am Stretching and
Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

4

9 am Meditation Reset
11 am Zumba Gold
1 pm Flying Solo—Bereaved
2 pm Yoga for Any Body
4 pm Gilda’s Game of Games
6 pm Doodle Camp: Learn to
Draw Visual Notes

5

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

6

9 am Meditation Reset
11 am The Artist in You
Show and Tell
2 pm Yoga for Any Body

7

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

Mother’s Day Fun in a Box

8

9 am Meditation Reset
12:30 pm Bingo
2 pm Yoga for Any Body

6:30 pm Breast Cancer
Networking and Gynecologic
Cancer Networking

10

9 am Stretching and
Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

11

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 Any Body
4 pm Living Beyond

12

9 am Stretching and
Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
6 pm Writing from Life
6:30 pm Living through Loss
8:15 pm Bedtime Yoga

13

9 am Meditation Reset
11 am The Artist in You
Show and Tell
12 pm Comfort from the
Kitchen
2 pm Yoga for Any Body
6 pm Youth Sing-Along

14

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

15

9 am Meditation Reset
2 pm Yoga for Any Body
5 pm Mindfulness
6 pm Frankly Speaking:
A to ZZZ: Sleep and Cancer
6 pm Writing with Pam Platt
6 pm Southern Cravings
Cooking Class

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9 am Stretching and
Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

18

9 am Meditation Reset
11 am Zumba Gold
1 pm Flying Solo—Bereaved
2 pm Yoga for Any Body
2:30 pm Book Nook
4 pm Gilda’s Game of Games
5 pm Resiliency Series: A
Belief-Focused Approach
6 pm Doodle Camp
6:30 pm Wreath Making

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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

20

9 am Meditation Reset
11 am The Artist in You
Show and Tell
2 pm Yoga for Any Body

21

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

22

9 am Meditation Reset
2 pm Yoga for Any Body
6 pm Get Back To Life
and Work with RETAIN
Kentucky

24

9 am Stretching and
Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

25

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 Any Body
6:30 pm Networking
Groups

26

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

27

9 am Meditation Reset
11 am The Artist in You
Show and Tell
2 pm Yoga for Any Body

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**CLOSED FOR
MEMORIAL DAY**

29

9 am Special Memorial Day
Meditation Reset

**CLOSED FOR
MEMORIAL DAY**

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