

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]  
  
**5pm** Mindfulness [v]  
**6:30pm** Yoga for Any Body[v]

1

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]

**4:30pm** Youth Connect

**6:30pm** Support Groups

2

**9am** Meditation Reset [v]  
**10:30am** Fun with Art [i]  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12:30pm** Pilates [i]  
**1pm** Flying Solo - Bereaved  
**4pm** Game of Games [v]

**6pm** Understanding Cancer Related Fatigue and How to Manage it [v]

3

**10am** Fitness w/Alison [v]  
  
**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive

**6:30pm** Beyond Cancer

4

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11:30** Walk@Home [h/gw]  
**1pm** Comfort from the Kitchen [v]

5

**9:30am** Slow Flow Yoga [v]  
**10:45am** REFIT [v]

6

**3:30pm** Self-Discovery through Art [v]

7

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]  
**12:30pm** Bingo [i]  
  
**6:30pm** Yoga for Any Body[v]  
**6:30pm** Breast/Gynecologic Cancer Networking

8

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]  
  
**4:30pm** Youth Connect

**6:30pm** Support Groups

9

**9am** Meditation Reset[v]  
  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12pm** Reiki Meditation  
**12:30pm** Pilates [i]

**4pm** Living Beyond  
**6pm** A Candid Cancer Conversation [v]

10

**10am** Fitness w/Alison [v]  
  
**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive

**6:30pm** Living through Loss

11

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11:30** Walk@Home [h/gw]

12

**9:30am** Slow Flow Yoga [v]  
**10:45am** REFIT [v]

13

**3:30pm** Self-Discovery through Art [v]

14

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]  
  
**5pm** Mindfulness [v]  
**6pm** Thanksgiving Sides [v]  
**6pm** Writing w/Pam Platt  
**6:30pm** Yoga for Any Body[v]

15

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]  
  
**4:30pm** Youth Connect

**6:30pm** Support Groups

16

**9am** Meditation Reset [v]  
**10:30am** Fun with Art [i]  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12:30pm** Pilates [i]  
**1pm** Flying Solo - Bereaved  
**2:30pm** Book Nook  
**4pm** Game of Games [v]  
**6:30pm** Networking Groups  
**6:30pm** Book Nook

17

**10am** Fitness w/Alison [v]  
  
**12:30pm** Lunch Laughs [v]  
**1pm** Breathe & Receive  
**3pm** Sit & Knit [i]  
  
**6pm** Writing from Life [v]  
**6:30pm** Beyond Cancer

18

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11:30** Walk@Home [h/gw]  
  
**1pm** It's in the Cards! [i]  
**1pm** Comfort from the Kitchen [v]

19

**9:30am** Slow Flow Yoga [v]  
**10:45am** REFIT [v]

20

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]

21

**6:30pm** Yoga for Any Body[v]  
**6:30pm** Traditions of Hanukkah at Home [v]

22

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]

**4:30pm** Youth Connect

**6:30pm** Support Groups

23

**9am** Meditation Reset [v]  
  
**11am** Zumba Gold [v]  
**12pm** Pen to Paper [h/gw]  
**12pm** Reiki Meditation  
**12:30pm** Pilates [i]

24

**CLOSED FOR THANKSGIVING**

25

**CLOSED FOR THANKSGIVING**

26

**CLOSED FOR THANKSGIVING**

27

**CLOSED FOR THANKSGIVING**

28

**9am** Meditation Reset [v]  
**10:30am** Coffee & Connect [h/gw]  
**11am** Mindful Music  
**11:30** Walk@Home [h/gw]  
  
**6:30pm** Yoga for Any Body[v]

29

**12pm** QiGong  
**12:30pm** Lunch Laughs [v]

**4:30pm** Youth Connect  
**6:30pm** Support Groups

30

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

Program offerings not designated will be hybrid, with the option of attending in person or virtually.

Pre-registration required to attend a hybrid event in person.