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An Affiliate of the
CANCER SUPPORT COMMUNITY

2440 GRINSTEAD DR, LOUISVILLE, KY 40204
1720 W BROADWAY, STE 205, LOUISVILLE, KY 40203
1218 E OAK ST, NEW ALBANY, IN 47150
5318 KING RD, JEFFERSONVILLE, IN 47130



GILDA'S CLUB KENTUCKIANA

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Event Calendar

**JANUARY-MARCH
2025**

SPECIAL EVENTS

MIXED MEDIA CARD MAKING [GG]

1ST MONDAYS, 1 TO 3 PM

Make your own homemade cards.

MUSIC AND YOU [GG]

1ST MONDAYS, 6:30 TO 7:30 PM

In collab with Norton Cancer Institute. For adults ages 18-39.

REIKI RELAXATION [GG]

1ST MONDAYS, 3 TO 5 PM, 2ND&4TH TUES, 2 TO 3:30 PM

Individual 30-minute sessions for relaxation and rejuvenation.

LIVING THROUGH LOSS BOOK CLUB [GG]

TUESDAYS, 11 AM TO 12 PM

Book club for those grieving the loss of a loved one.

RELAX AND RENEW [GF]

1ST AND 3RD TUESDAYS, 11:15 TO 11:45 AM

A calming guided meditation designed to promote deep relaxation and rejuvenation.

REIKI [GF]

2ND AND 4TH TUESDAYS, 10 AM TO 12 PM

Individual 30-minute sessions for pain relief and relaxation.

COLORING CLUB [GF]

2ND AND 4TH TUESDAYS, 11 AM TO 12 PM

A space to unwind, de-stress and get creative with coloring.

SOUND BATH FOR DEEP RELAXATION [GG]

3RD TUESDAYS, 5:30 TO 6:30 PM

Enjoy this harmonious sound experience.

EXPLORING WATERCOLOR [GG]

3RD THURSDAYS, 6:30 TO 8 PM

Explore and paint with watercolors.

VISION AND VIBE

FRIDAY, JANUARY 3, 6:30 TO 8 PM [GC]

WEDNESDAY, JANUARY 8, 10:30 AM TO 12 PM [GG]

Create your vision and goals for the new year!

VALENTINE WREATHMAKING

MONDAY, JANUARY 6, 6 TO 8 PM [GG]

SATURDAY, JANUARY 25, 10:30 AM TO 12:30 PM [GW]

Make your own Valentine wreath!

LET'S CHILL: WINTER GET TOGETHER [GC]

WEDNESDAY, JANUARY 22, 2 TO 4 PM

A cozy hangout with hot drinks, treats, crafts and games.

WHAT IS REIKI ANYWAY? [GG]

SATURDAYS, JAN 25, FEB 8 AND MARCH 8

THURSDAYS, JAN 23 AND FEB 13, 12:15 TO 1:15 PM

Learn the basics with time for a Q&A and group meditation.

MANDALAS [GF]

FRIDAY, JANUARY 24, 2 TO 3:30 PM

Learn the meditative practice of creating mandalas.

ANTI-ESTROGEN THERAPY

WEDNESDAY, JAN 29, 11:30 AM TO 1 PM [GG],

6:30 TO 7:30 PM [VIRTUAL]

Learn about anti-estrogen therapy with Katherine Leng, PhD.

MINI WELLNESS RETREAT [GC]

FRIDAYS, JAN 31 AND MARCH 28, 10 AM TO 12 PM

Enjoy the serenity of the farm at Gilda's Clark!

DIY: COLLAGE POETRY [GG]

MONDAY, FEBRUARY 3, 6 TO 8 PM

Explore poetry writing by finding words in books/magazines.

TEA TIME [GC]

WEDNESDAY, FEBRUARY 5, 11:30 AM TO 2 PM

Join us for afternoon tea, lunch, crafts and games!

KIDS' CARD MAKING STUDIO [GF]

FRIDAY, FEBRUARY 7, 5:30 TO 7:30 PM

Cardmaking for kids and families. Dinner/treats provided.

BLACK HISTORY MONTH CELEBRATION [GW]

TUESDAY, FEBRUARY 11, 11:30 AM TO 1 PM

Celebrate achievements in Black History at Gilda's West.

GET IT TOGETHER: EXPECT THE UNEXPECTED

WEDNESDAY, FEBRUARY 12, 2 TO 3 PM [GF]

MONDAY, FEBRUARY 17, 6:30 TO 7:30 PM [VIRTUAL]

Learn to create a family book to keep all that you will need.

NO SEW PILLOW MAKING [GF]

THURSDAY, FEBRUARY 13, 10:30 AM TO 12 PM

Learn to make fleece pillows without sewing!

LESSONS ON LYNCH SYNDROME [HYBRID]

MONDAY, FEBRUARY 17, 6 TO 7 PM

Join for this talk about Lynch Syndrome&Cancer Genetics.

DIY: JUNK JOURNAL [GG]

MONDAY, MARCH 3, 6 TO 8 PM

Bring a journal and recycled materials to create.

BIRDHOUSE CREATIONS [GC]

THURSDAY, MARCH 6, 10:30 AM TO 12 PM

Craft and decorate your own birdhouse.

CUSTOM CANDLE MAKING [GG]

SATURDAY, MARCH 8, 10 TO 11 AM

Come make your own custom candle to enjoy at home.

LEGAL CLINIC 101

WEDNESDAY, MARCH 12, 2 TO 3 PM [GF]

THURSDAY, MARCH 13, 6:30 TO 7:30 PM [VIRTUAL]

Enjoy this seminar covering living wills and more.

HELLO, SPRING! [GC]

WEDNESDAY, MARCH 19, 1 TO 3 PM

Enjoy outdoor activities, crafts, food and more at the farm!

FESTIVAL DE LA FAMILIA INTERNACIONAL [GG]

FRIDAY, MARCH 21, 6 TO 8 PM

Ven a festejar a nuestras familias internacionales, con juegos, bocadillos, actividades y manualidades de otros países. Celebrate our international families with games, snacks, activities and arts and crafts from other countries.

BEYOND THE CURE: PEDIATRIC CANCER [GG]

SATURDAY, MARCH 22, 9 AM TO 12:30 PM

Norton Children's Cancer Institute leads this conversation.

Full descriptions of all offerings at gck.org.

LOUISVILLE, KENTUCKY

[gg] – GILDA'S GRINSTEAD 2440 Grinstead Dr, 40204

[gw] – GILDA'S WEST 1720 W Broadway, Ste 205, 40203

SOUTHERN INDIANA

[gf] – GILDA'S FLOYD 1218 E. Oak St, New Albany, 47150

[gc] – GILDA'S CLARK 5318 King Rd Jeffersonville, 47130

Please RSVP 24 hours in advance for all groups and program offerings online at gck.org or by calling 502.583.0075. We cannot guarantee offerings for members and guests who have not registered.

Activities without sufficient enrollment 24 hours ahead of time will be canceled.

If you are ill, please be considerate of fellow participants whose immune systems may be compromised and visit when you feel better.

SUPPORT

We welcome those connected to cancer to join our free cancer support community. For more information, call 502.583.0075. Participants interested in joining a support group must first complete a One-to-One with a team member and be placed in the appropriate group. Offered weekly from 6:30-8 pm unless otherwise noted. Dinner served at 5:45 pm.

Wellness

For adults living with an active cancer.

- Grinstead: Tuesdays.
- Paducah: 2nd Tuesdays, 5:30-6:30pm CST at Mercy Health-Lourdes Heritage Room, 1530 Lone Oak Rd, 42003.
- Lexington: 1st and 3rd Tuesdays, 6-7:30pm at Markey Cancer Center, Combs Building, 800 Rose St., 40536.

Friends and Family

For adult friends and family members of people with cancer. Tuesdays.

Beyond Cancer

For cancer survivors whose focus has shifted toward living life post treatment. 2nd Mondays.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. 2nd and 4th Thursdays.

Wellness and Beyond at Gilda's West

For men and women diagnosed with cancer or in remission. Mondays, 5:45-7:15pm.

Wellness at Gilda's Floyd

For men and women diagnosed with cancer. Tuesdays, 6:30-8pm.

Short-Term Counseling

Free individual, couples and/or family counseling sessions for matters related to a cancer experience. Call 502.583.0075 for more information.

Networking Groups

Offered monthly on 2nd Mondays, 6:30-8 pm.

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- Living Beyond Metastatic Breast Cancer - 2nd Wednesdays, 4-5:30 pm.
- Sarcoma Networking - 2nd Thursdays, 6:30-8 pm.

ARTS

Book Nook

Join our book club! Third Wednesdays, 2:30-4 pm and 6:30-8 pm.

Make and Take Card Making

Make greeting cards for your friends and one to take home. 4th Thursdays, 2-3:30 pm.

Empowering Beads

Create a beautiful, unique handmade piece of jewelry. First Tuesdays at Grinstead, First Thursdays at Gilda's West, 10:30 am-12 pm.

Fun with Art

Join us for artistic fun creating standalone projects. First and third Wednesdays, 10:30 am-12 pm.

Knitting Circle

Knitting group. 4th Mondays, 6-7:30 pm.

Peaceful Paint Night

A relaxing evening of painting. First Thursdays, 6-8 pm.

HEALTHY LIFESTYLE

Breathe and Receive

Simple breathing practices and gentle holds to relieve stress, anxiety and improve your health. Thursdays, 1-2 pm.

Fitness with Alison

A full-body, no-equipment workout for all. Thursdays, 10-11 am.

Gentle Yoga and Restorative Meditation

Accessible movement and meditation to accommodate all mobility levels. Thursdays, 5:30-6:30 pm.

Meditation Reset

Helps create space in your mind to breathe and be present. Fridays, 9-9:30 am.

Mindful Meditation with Halen

Relax your body through meditation and mindfulness exercises. Third Thursdays at Gilda's West, 12:30 to 1:15 pm.

Mindfulness

Focus on being present in this program guided by Dr. Paul Salmon. First and third Mondays, 5-6 pm.

Pilates

Engages both mind and body while supporting the spine, increasing flexibility and strength. Wednesdays, 12:30-1:30 pm.

Plant Powered Plates

Learn to add colorful, meatless meals to your weekly menu. First and third Mondays, 1-2:30 pm.

QiGong

Coordinates movement and meditation, focusing on cultivating consciousness. Tuesdays, 11:30 am-12:30 pm.

Reiki Meditation

Promotes relaxation and wellness. 2nd Wednesdays, 1-2 pm.

Tai Chi

Reduces stress and improves flexibility and strength, through gentle movements. Fridays, 10:30-11:30 am and Mondays, 5-6 pm.

COMMUNITY PARTNER NETWORKING GROUPS

BRAIN INJURY ALLIANCE OF KENTUCKY (BIAK)

Group for brain injury survivors, including tumors.
Second Mondays, 6:30-8pm.

LARYNGECTOMEE COMMUNITY GROUP

For those who have had their voice box surgically removed for cancer treatment in collaboration with UofL Health Group and Norton Cancer Institute.
Every Second Monday, 5-6 pm.

JANUARY

WEDNESDAY, 1st

CLUBHOUSES CLOSED

THURSDAY, 2nd

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2:30pm—Tai Chi [gw]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
6pm—Peaceful Paint Night

FRIDAY, 3rd

9am—Meditation Reset [v]
10:30am—Tai Chi
6:30pm—Vision and Vibe [gf]

MONDAY, 6th

10am—Coffee & Connect [gw]
1pm—Mixed Media Card Making
3-5pm—Reiki Relaxation
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6pm—Reconecta Tu Poder Interior
6pm—Valentine Wreathmaking
6:30pm—Music and You

TUESDAY, 7th

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:45pm—Dinner for Groups
6pm—Lexington Group [o]
6:30pm—Support Groups [h]

WEDNESDAY, 8th

10:30am—Vision and Vibe [gc]
12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]
2pm—Trivia Afternoon
4pm—Living Beyond
6pm—Solo Para Mujeres [o]

THURSDAY, 9th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]

1pm—Breathe and Receive [h]
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking [v]
6:30pm—Como Las Emociones
Afectan Tu Vida

FRIDAY 10th

9am—Meditation Reset [v]
10:30am—Tai Chi

MONDAY, 13th

10am—Coffee & Connect [gw]
12:30pm—Bingo
1pm—Florals in Painting [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Dinner for Groups
5:45pm—Wellness Group [gw]
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 14th

10am—Creative Coping [gw]
10am—Morning Mingle [gf]
10am-12pm—Reiki [gf]
11am—Coloring Club [gf]
11am—LTL Book Club
11:30am—QiGong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
2-3:30pm—Reiki Relaxation
5:30pm—Paducah Group [o]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 15th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook [v]
6pm—Virtual Journaling [v]
6:30pm—Book Nook [v]

THURSDAY, 16th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1pm—Plant Powered Plates
1:30pm—Crafts and More [gw]
5:30pm—Gentle Yoga
5:30pm—Spanish for Beginners
6pm—Nutrition After Treatment [h]

6:30pm—Drum Circle
6:30pm—Exploring Watercolor

FRIDAY, 17th

9am—Meditation Reset [v]
10:30am—Tai Chi
12:30pm—Bingo [gf]

MONDAY, 20th

CLUBHOUSES CLOSED

TUESDAY, 21st

10am—Morning Mingle [gf]
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:30pm—Sound Bath for Relaxation
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 22nd

12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2pm—Let's Chill [gc]

THURSDAY, 23rd

10am—Fitness with Alison [v]
10:30am—Creative Coping [gw]
11am—Bingo [gw]
12:30pm—Lunch Laughs [v]
1pm—Vamos a Jugar Loteria [o]
1pm—Breathe and Receive [h]
2pm—Make and Take Cardmaking
2:30pm—Tai Chi [gw]
4pm—What is Reiki?
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 24th

9am—Meditation Reset [v]
10:30am—Tai Chi
2pm—Mandalas [gf]

SATURDAY, 25th

10am—Loteria Mexicana
10:30am—Valentine
Wreathmaking [gw]
11am—Clubhouse Brunch
11:30am—Conversatorios de Salud
y Bienestar

12pm—Stories and Self-Expression
12pm—Junior Chef Academy
12:15pm—What is Reiki?

MONDAY, 27th

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
3pm—Spanish for Beginners [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Knitting Circle
6:30pm—Full Moon Painting

TUESDAY, 28th

10am—Morning Mingle [gf]
10am-12pm—Reiki [gf]
11am—Coloring Club [gf]
11am—LTL Book Club
11:30am—QiGong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
2pm to 3:30pm—Reiki Relaxation
4pm—Community Access [gw]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 29th

11:30am—Anti-Estrogen Therapy
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
6:30pm—Anti-Estrogen Therapy [v]

THURSDAY, 30th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
5:30pm—Gentle Yoga

FRIDAY, 31st

9am—Meditation Reset [v]
10am—Mini Wellness Retreat [gc]
10:30am—Tai Chi

RSVP at GCK.ORG or by
calling 502.583.0075.

FEBRUARY

MONDAY, 3rd

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
1pm—Mixed Media Card Making
3-5pm—Reiki Relaxation
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6pm—DIY: Collage Poetry
6pm—Reconecta Tu Poder Interior
6:30pm—Music and You

TUESDAY, 4th

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 5th

10:30am—Fun With Art
11:30am—Tea Time [gc]
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]

THURSDAY, 6th

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2:30pm—Tai Chi [gw]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night

FRIDAY, 7th

9am—Meditation Reset [v]
10:30am—Tai Chi
5:30pm—Kids' Cardmaking [gf]

SATURDAY, 8th

10am—Bone Strengthening

10am—Loteria Mexicana
11am—Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression
12pm—Junior Chef Academy
12:15pm—What is Reiki?

MONDAY, 10th

10am—Coffee & Connect [gw]
12pm—Watercolor [gc]
12:30pm—Bingo
1:30pm—Florals in Painting [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
5:45pm—Dinner for Groups
6:30pm—Networking Groups
6:30pm—Guitar Lessons

TUESDAY, 11th

10am—Morning Mingle [gf]
10am—Creative Coping [gw]
10am-12pm—Reiki [gf]
11am—Coloring Club [gf]
11am—LTL Book Club
11:30am—Black History Month Celebration [gw]
11:30am—QiGong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
2-3:30pm—Reiki Relaxation
5:30pm CST—Paducah Group [o]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 12th

12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Expect the Unexpected [gf]
2pm—Line Dancing [gw]
4pm—Living Beyond [h]
6pm—Solo Para Mujeres [o]

THURSDAY, 13th

10am—Fitness with Alison [v]
10:30am—No Sew Pillowmaking [gf]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]

4pm—What is Reiki?

5:30pm—Gentle Yoga
6:30pm—Como Las Emociones Afectan Tu Vida
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking [v]

FRIDAY, 14th

9am—Meditation Reset [v]
10:30am—Tai Chi

SATURDAY, 15th

10am—Ready Set Glow [gw]
11:30am—Bite Sized Bites [gw]

MONDAY, 17th

10am—Coffee & Connect [gw]
12:30pm—American Mahjong
1pm—Plant Powered Plates
3pm—Self-Care Monday [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Knitting Circle
6pm—Cancer Genetics [h]
6:30pm—Full Moon Painting
6:30pm—Expect the Unexpected [v]

TUESDAY, 18th

10am—Morning Mingle [gf]
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:30pm—Sound Bath for Relaxation
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 19th

10:30am—Fun with Art
12:30pm—Pilates

1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook [v]
6pm—Virtual Journaling [v]
6pm—Mardi Gras
6:30pm—Book Nook [v]

THURSDAY, 20th

10am—Fitness with Alison [v]
10:30am—Creative Coping [gw]
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
5:30pm—Gentle Yoga
6pm—Nutrition After Treatment [h]
6:30pm—Spanish for Beginners
6:30pm—Drum Circle
6:30pm—Exploring Watercolor

FRIDAY, 21st

9am—Meditation Reset [v]
10:30am—Tai Chi
12:30pm—Bingo [gf]

SATURDAY, 22nd-

SUNDAY, MARCH 2nd

CLUBHOUSES CLOSED

AT GILDA'S GRINSTEAD UNLESS MARKED

[gw]—GILDA'S WEST [gf]—GILDA'S FLOYD [gc]—GILDA'S CLARK
[v]—VIRTUAL [h]—HYBRID [o]—OFFSITE
ALL OTHER PROGRAMS IN PERSON

MARCH

MONDAY, 3rd

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
1pm—Mixed Media Card Making
3-5pm—Reiki Relaxation
5pm—Tai Chi
5pm—Mindfulness [v]
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6pm—DIY: Junk Journal
6pm—Reconecta Tu Poder Interior
6:30pm—Music and You

TUESDAY, 4th

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 5th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]

THURSDAY, 6th

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
10:30am—Birdhouse Creations [gc]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2:30pm—Tai Chi [gw]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night

FRIDAY, 7th

9am—Meditation Reset [v]
10:30am—Tai Chi

SATURDAY, 8th

10am—Bone Strengthening
10am—Loteria Mexicana
10am—Custom Candle Making

11am—Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression
12pm—Junior Chef Academy
12:15pm—What is Reiki?

MONDAY, 10th

10am—Coffee & Connect [gw]
12:30pm—Bingo
1:30pm—Florals in Painting [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
5:45pm—Dinner for Groups
6:30pm—Networking Groups
6:30pm—Guitar Lessons

TUESDAY, 11th

10am—Creative Coping [gw]
10am—Morning Mingle [gf]
10am-12pm—Reiki [gf]
11am—Coloring Club [gf]
11am—LTL Book Club
11:30am—QiGong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
2pm to 3:30pm—Reiki Relaxation
5:30pm CST—Paducah Group [o]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 12th

12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]
2pm—Legal Clinic 101 [gf]
4pm—Living Beyond [h]
6pm—Solo Para Mujeres [o]

THURSDAY, 13th

10am—Fitness with Alison [v]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]
6:30pm—Como Las Emociones
6:30pm—Sarcoma Networking [v]
6:30pm—Legal Clinic 101 [v]

FRIDAY, 14th

9am—Meditation Reset [v]

10:30am—Tai Chi

SATURDAY, 15th

10am—Ready Set Glow [gw]
11:30am—Bite Sized Bites [gw]

MONDAY, 17th

10am—Coffee & Connect [gw]
12:30pm—American Mahjong
3pm—Self-Care Monday [gw]
5pm—Mindfulness [v]
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]

TUESDAY, 18th

10am—Morning Mingle [gf]
11am—LTL Book Club
11:15am—Relax and Renew [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
1pm—Hooked on Crochet [gw]
5:30pm—Sound Bath for Relaxation
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 19th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Hello, Spring! [gc]
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook [v]
6pm—Virtual Journaling [v]
6:30pm—Book Nook [v]

THURSDAY, 20th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1pm—Plant Powered Plates
1:30pm—Crafts and More [gw]
5:30pm—Gentle Yoga
6pm—Nutrition After Treatment [h]
6:30pm—Spanish for Beginners
6:30pm—Drum Circle
6:30pm—Exploring Watercolor

FRIDAY, 21st

9am—Meditation Reset [v]
10:30am—Tai Chi
12:30pm—Bingo [gf]
6pm—Festival de la Familia Int.

SATURDAY, 22nd

9am—Beyond the Cure

MONDAY, 24th

10am—Coffee & Connect [gw]
3pm—Spanish for Beginners [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Knitting Circle
6:30pm—Full Moon Painting

TUESDAY, 25th

10am-12pm—Reiki [gf]
10am—Morning Mingle [gf]
11am—LTL Book Club
11am—Coloring Club [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
1pm—Creative Coping
2-3:30pm—Reiki
4pm—Community Access [gw]
5:45pm—Dinner for Groups [gg/gf]
6pm—Lexington Group [o]
6:30pm—Wellness Group [gf]
6:30pm—Support Groups [h]

WEDNESDAY, 26th

12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]

THURSDAY, 27th

10am—Fitness with Alison [v]
10:30am—Creative Coping [gw]
11am—Bingo [gw]
12:30pm—Lunch Laughs [v]
1pm—Vamos a Jugar Loteria [o]
1pm—Breathe and Receive [h]
2pm—Make/Take Cardmaking
2:30pm—Tai Chi [gw]
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 28th

9am—Meditation Reset [v]
10am—Mini Wellness Retreat [gc]
10:30am—Tai Chi

MONDAY, 31st

10am—Coffee & Connect [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]