

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPTEMBER

<p>LABOR DAY HOLIDAY</p> <p>5</p>	<p>LABOR DAY HOLIDAY</p> <p>6</p>	<p>LABOR DAY HOLIDAY</p> <p>7</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5pm Peaceful Paint Night [i] 5:45pm Beyond Cancer Dinner 6:30pm Beyond Cancer</p> <p>1</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i] 1pm Music Heals [i]</p> <p>2</p>	<p>LABOR DAY HOLIDAY</p> <p>3</p>
<p>LABOR DAY HOLIDAY</p> <p>5</p>	<p>10:30am Empowering Beads [i] 10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm MELT Method [i] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p>6</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved 4pm Game of Games [v]</p> <p>7</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5:45pm LTL Dinner 6pm Gilda's West Bingo [i/gw] 6:30pm Living through Loss</p> <p>8</p>	<p>9am Meditation Reset [v] 10am Card Making [i] 10:30am Tai Chi [i] 1pm Music Heals [i]</p> <p>9</p>	<p>9:30am Slow Flow Yoga [v] 10am Welcome 101 [i] 10am Between a Walk and a Hard Pace (off-site) [i] 11am Baptist Health Beat Cancer Block Party (off-site) [i]</p> <p>10</p>
<p>12:30pm Bingo [i] 1pm Mindfulness/Meditation [i] 2pm Relaxing Art [v] 5:45pm Groups Dinner 6pm Reiki Sessions [i] 6:30pm Guitar Lessons [i] 6:30pm Gynecologic/Breast Cancer Networking 6:30pm John Lennon [v] 6:30pm Yoga [v]</p> <p>12</p>	<p>10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm MELT Method [i] 1:30pm Reiki Meditation [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p>13</p>	<p>10am Dan Can Can [i] 12:30pm Pilates [i] 4pm Living Beyond</p> <p>14</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5:45pm Beyond Cancer Dinner 6:30pm Beyond Cancer</p> <p>15</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i] 1pm Music Heals [i]</p> <p>16</p>	<p>9:30am Slow Flow Yoga [v] 2pm Legacy Art Workshop [i]</p> <p>17</p>
<p>1pm Mindfulness/Meditation [i] 2pm John Lennon [v] 2pm Relaxing Art for Active Treatment [v] 5pm Mindfulness [v] 6:30pm Yoga [v]</p> <p>19</p>	<p>10:30am Gentle Yoga [v] 11:30am QiGong [v] 12:30pm Lunch Laughs [v] 1pm MELT Method [i] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p>20</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 1pm Welcome 101 [i] 1pm Flying Solo - Bereaved [v] 2:30pm Book Nook I [v] 4pm Game of Games [v] 6:30pm Book Nook II [v]</p> <p>21</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5:45pm LTL Dinner 6:30pm Living through Loss</p> <p>22</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i] 1pm Music Heals [i]</p> <p>23</p>	<p>9am Cave Hill Tour [i] 9:30am Slow Flow Yoga [v] 10am Between a Walk and a Hard Pace [i] 11am Clubhouse Brunch [i] 12pm Youth Craft [i]</p> <p>24</p>
<p>1pm Mindfulness/Meditation [i] 2pm Relaxing Art [v] 6:30pm Guitar Lessons [i] 6:30pm John Lennon [v] 6:30pm Yoga [v]</p> <p>26</p>	<p>10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 1pm MELT Method [i] 1:30pm Reiki Meditation [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p>27</p>	<p>12:30pm Pilates [i] 5:45pm Networking Groups Dinner 6:30pm Sarcoma/Prostate Cancer Networking Groups</p> <p>28</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive</p> <p>29</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i] 1pm Welcome 101 [i] 1pm Music Heals [i]</p> <p>30</p>	<p>[i] in person only [v] virtual only [i/gw] in person at GW [h/gw] hybrid at Gilda's West, 1720 W. Broadway, 40203 Events not designated are hybrid. Pre-registration required.</p>