

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPTEMBER

9am Meditation Reset [v]  
**10:30am Fun with Art [i]**  
 11am Zumba Gold [v]  
 11am Walk @ Home [h/gw]  
**12:30pm Pilates [i]**  
 1pm Flying Solo - Bereaved

3:30pm Game of Games [i]  
 6pm Mindful Music

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

6:30pm Beyond Cancer  
 8:15pm Unwind & Sleep [v]

9am Meditation Reset [v]  
 10:30am Walking...at Home! [h/gw]

CLOSED  
FOR  
LABOR DAY

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LABOR DAY

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FOR  
LABOR DAY

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

6:30pm Support Groups

9am Meditation Reset [v]  
 11am Zumba Gold [i]  
 11am Walk @ Home [h/gw]  
**12:30pm Pilates [i]**  
 1pm Reiki Meditation  
 1pm Flying Solo-Active Cancer  
 4pm Living Beyond  
**6pm Youth Game Night [i]**  
 6pm Mindful Music

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

6:30pm Living through Loss

9am Meditation Reset [v]  
 10:30am Walking...at Home! [h/gw]

12pm Comfort from the Kitchen [h]

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

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1pm Family Day at the Bats [i]  
 2pm The Art of Grief [v]

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9am Meditation Reset [v]  
 10:30am Coffee & Connect [h/gw]  
 12pm Pen to Paper [h/gw]  
 12:30pm Bingo [i]  
 2pm Yoga for Any Body [v]

6:30pm Breast Cancer and Gynecologic Cancer Networking

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

6:30pm Support Groups

9am Meditation Reset [v]  
**10:30am Fun with Art [i]**  
 11am Zumba Gold [i]  
 11am Walk @ Home [h/gw]  
**12:30pm Pilates [i]**  
 1pm Flying Solo - Bereaved  
 2:30pm Book Nook  
 4pm Game of Games [v]  
 6pm Mindful Music  
**6pm Herbal Supp [v]**  
 6:30pm Book Nook

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

6pm Writing from Life  
 6:30pm Beyond Cancer  
 8:15pm Unwind & Sleep [v]

9am Meditation Reset [v]  
 10:30am Walking...at Home! [h/gw]

1pm It's in the Cards! [i]

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

2pm The Art of Grief [v]  
 2pm Ice Cream & a Movie  
 3:30pm Self-Discovery through Art [v]

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9am Meditation Reset [v]  
 10:30am Coffee & Connect [h/gw]  
 12pm Pen to Paper [h/gw]  
 2pm Yoga for Any Body [v]

5pm Mindfulness [v]  
 6pm Writing w/Pam Platt  
**6pm Cost of Care**

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

6:30pm Support Groups

9am Meditation Reset [v]  
 11am Zumba Gold [i]  
 11am Walk @ Home [h/gw]  
**12:30pm Pilates [i]**  
 1pm Reiki Meditation  
 1pm Flying Solo - Active Cancer

6pm Mindful Music  
 6:30pm Networking Groups

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

6pm JCP Eats  
 6:30pm Living through Loss  
 7:30pm Young Adult Networking

9am Meditation Reset [v]  
 10:30am Walking...at Home! [h/gw]

12pm Comfort from the Kitchen [h]

6pm Family Movie Night [i]

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

2pm The Art of Grief [v]  
 2pm Celebration of Life Memorial [i]

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

6:30pm Support Groups

9am Meditation Reset [v]  
 11am Zumba Gold [i]  
 11am Walk @ Home [h/gw]  
**12:30pm Pilates [i]**

6pm Mindful Music

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

6pm Family Bubble Art [i]  
 8:15pm Unwind & Sleep [v]

[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.