

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

APRIL

9am Meditation Reset [v]  
 10:30 Coffee/Connect [h/gw]  
 10:30am Tai Chi [t]  
 11:30 Walk @ Home [h/gw]

1pm Art Talks [t]  
 1pm Comfort from the Kitchen [v]  
 1pm Tú y Yo [v]

9am Team Gilda Training [t]  
 9:30am Slow Flow Yoga [v]  
 2pm Derby Kick-off [gw/t]

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2

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

1 Mindfulness/Meditation [t]

5pm Mindfulness [v]  
 6pm Derby Drawing [v]  
 6:30pm Yoga for Any Body [v]

3

10:30am Beaded Treasures [t]  
 10:30am Gentle Yoga [t]  
 11am Practicing Spirituality [h/gw]  
 11:30am QiGong  
 12:30pm Lunch Laughs [v]

5pm Youth Connect  
 6:30pm Support Groups

4

9am Meditation Reset [v]  
 10:30am Fun with Art [t]  
 12pm Pen to Paper [h/gw]  
 12:30pm Pilates [t]  
 1pm Art Talks [gw/t]  
 1pm Flying Solo - Bereaved

4pm Game of Games [v]

6pm Digital Sherpa [t]

6

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

6:30pm Beyond Cancer  
 7pm Louisville Civic Orchestra

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9am Meditation Reset [v]  
 10:30 Coffee/Connect [h/gw]  
 10:30am Tai Chi [t]  
 11:30 Walk @ Home [h/gw]

1pm Art Talks [t]  
 1pm Unwind Friday [gw/t]  
 1pm Tú y Yo [v]

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9am Team Gilda Training [t]  
 9:30am Slow Flow Yoga [v]  
 11am Clubhouse Brunch [t]  
 12pm Spring Family Craft Fun [t]

9

9am Meditation Reset [v]  
 10:30 Coffee/Connect [h/gw]  
 11:30 Walk @ Home [h/gw]  
 12:30pm Bingo [t]

1 Mindfulness/Meditation [t]

6pm Monologue Mondays [v]  
 6:30pm Gynecologic and Breast Cancer Networking  
 6:30pm Yoga for Any Body [v]

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10:30am Gentle Yoga [t]  
 11am Practicing Spirituality [h/gw]  
 11:30am QiGong  
 12:30pm Lunch Laughs [v]  
 1:30pm Reiki Meditation  
 5pm Youth Connect  
 6:30pm Support Groups

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9am Meditation Reset [v]  
 12pm Pen to Paper [h/gw]  
 12:30pm Pilates [t]  
 1pm Art Talks [gw/t]

4pm Living Beyond

13

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

5:30pm Living through Loss (Teens)  
 6:30pm Living through Loss (Adults)

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9am Meditation Reset [v]  
 10:30 Coffee/Connect [h/gw]  
 10:30am Tai Chi [t]  
 11:30 Walk @ Home [h/gw]

1pm Art Talks [t]  
 1pm It's in the Cards! [t]  
 1pm Comfort from the Kitchen [v]  
 1pm Unwind Friday [gw/t]  
 1pm Tú y Yo [v]

15

9am Team Gilda Training [t]  
 9:30am Slow Flow Yoga [v]

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

1 Mindfulness/Meditation [t]

5pm Mindfulness [v]  
 6pm Youth Game Night [t]  
 6:30pm Yoga for Any Body [v]

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10:30am Gentle Yoga [t]  
 11am Practicing Spirituality [h/gw]  
 11:30am QiGong  
 12:30pm Lunch Laughs [v]

5pm Youth Connect  
 6:30pm Support Groups

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9am Meditation Reset [v]  
 10:30am Fun with Art [t]  
 12pm Pen to Paper [h/gw]  
 12:30pm Pilates [t]  
 1pm Art Talks [gw/t]  
 1pm Flying Solo - Bereaved  
 2:30pm Book Nook I  
 4pm Game of Games [v]  
 6:30pm Book Nook II

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

6pm Writing from Life  
 6:30pm Beyond Cancer

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9am Meditation Reset [v]  
 10:30 Coffee/Connect [h/gw]  
 10:30am Tai Chi [t]  
 11:30 Walk @ Home [h/gw]

1pm Art Talks [t]  
 1pm Unwind Friday [gw/t]  
 1pm Tú y Yo [v]

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9am Team Gilda Training [t]  
 9:30am Slow Flow Yoga [v]

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

6pm Exercise Across the Cancer Continuum  
 6pm Monologue Mondays [v]  
 6:30pm Yoga for Any Body [v]

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10:30am Gentle Yoga [t]  
 11am Practicing Spirituality [h/gw]  
 11:30am QiGong  
 12:30pm Lunch Laughs [v]  
 1:30pm Reiki Meditation

5pm Youth Connect  
 6:30pm Support Groups

25

9am Meditation Reset [v]  
 12pm Pen to Paper [h/gw]  
 12:30pm Pilates [t]

6:30pm Networking Groups

27

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

5:30pm Living through Loss (Teens)  
 6:30pm Living through Loss (Adults)

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9am Meditation Reset [v]  
 10:30 Coffee/Connect [h/gw]  
 10:30am Tai Chi [t]  
 11:30 Walk @ Home [h/gw]

1pm Unwind Friday [gw/t]  
 1pm Tú y Yo [v]

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9:30am Slow Flow Yoga [v]

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