

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOVEMBER

<p>10:30am Empowering Beads [i] 10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p style="text-align: right;">1</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved 4pm Game of Games [v] 5pm Día de los Muertos [i]</p> <p style="text-align: right;">2</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 6pm Music Heals [i] 6:30pm Beyond Cancer</p> <p style="text-align: right;">3</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p> <p style="text-align: right;">4</p>	<p>9:30am Slow Flow Yoga [v]</p> <p style="text-align: right;">5</p>
<p>2pm Relaxing Art for Active Treatment [v] 5pm Mindfulness [v] 5pm Rx and You 6pm The Struggle is Real [i] 6:30pm Living Well Beyond Cancer 6:30pm Mad Art [v] 6:30pm Yoga [v]</p> <p style="text-align: right;">7</p>	<p>10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 1:30pm Reiki Meditation [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p style="text-align: right;">8</p>	<p>12:30pm Pilates [i] 4pm Living Beyond 6pm Paint Along Craft Night [i/gw]</p> <p style="text-align: right;">9</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 1pm Make & Take Creative Cardmaking [i] 5:45pm LTL Dinner 6pm Music Heals [i] 6:30pm Living through Loss</p> <p style="text-align: right;">10</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i]</p> <p style="text-align: right;">11</p>
<p>2pm Relaxing Art for Active Treatment [v] 2pm Mad Art [v] 5:45pm Dinner for Groups 6pm Guitar Lessons [i] 6pm Reiki Sessions [i] 6:30pm Gynecologic/Breast Cancer Networking 6:30pm Yoga [v]</p> <p style="text-align: right;">14</p>	<p>10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p style="text-align: right;">15</p>	<p>10:30am Fun with Art [i] 12:30pm Pilates [i] 1pm Flying Solo - Bereaved [v] 2:30pm Book Nook I [v] 4pm Game of Games [v] 5:45pm Dinner for Groups 6:30pm Sarcoma/Prostate Cancer Networking Groups 6:30pm Book Nook II [v]</p> <p style="text-align: right;">16</p>	<p>10am Fitness w/Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5:45pm Beyond Cancer Dinner 6pm Music Heals [i] 6:30pm Beyond Cancer</p> <p style="text-align: right;">17</p>	<p>9am Meditation Reset [v] 10:30am Tai Chi [i] 6pm Clubhouse Thanksgiving Meal [i]</p> <p style="text-align: right;">18</p>
<p>2pm Relaxing Art for Active Treatment [v] 5pm Mindfulness [v] 6pm Cozy Evening In [i] 6pm Mad Art [v] 6:30pm Yoga [v]</p> <p style="text-align: right;">21</p>	<p>10:30am Gentle Yoga [v] 11:30am QiGong [v] 12:30pm Lunch Laughs [v] 1:30pm Reiki Meditation [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p style="text-align: right;">22</p>	<p>12:30pm Pilates [i]</p> <p style="text-align: right;">23</p>	<p style="text-align: center;">ENJOY THE THANKSGIVING HOLIDAY CLUBHOUSE CLOSED</p> <p style="text-align: right;">24</p>	<p style="text-align: center;">ENJOY THE THANKSGIVING HOLIDAY CLUBHOUSE CLOSED</p> <p style="text-align: right;">25</p>
<p>2pm Relaxing Art [v] 6pm Guitar Lessons [i] 6:30pm Yoga [v]</p> <p style="text-align: right;">28</p>	<p>10:30am Gentle Yoga 11:30am QiGong 12:30pm Lunch Laughs [v] 5:45pm Support Groups Dinner 6:30pm Support Groups</p> <p style="text-align: right;">29</p>	<p>12:30pm Pilates [i]</p> <p style="text-align: right;">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>	