

NOVEMBER

FRIDAY, 1st

9am—Meditation Reset [v]

MONDAY, 4th

10am—Coffee & Connect [gw]

1pm—Plant Powered Plates

5pm—Mindfulness [v]

5pm—Tai Chi

5:15pm—Dinner for Group [gw]

5:30pm—Inglés Nivel Básico

5:45pm—Wellness Group [gw-h]

6pm—Soothing Fiber Art

6pm—DIY: Paper Making

6:30pm—Como Las Emociones

Afectan Tu Vida

TUESDAY, 5th

10am—Morning Mingle [gf]

10:30am—Empowering Beads

11:30am—QiGong [v]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

WEDNESDAY, 6th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

2pm—Line Dancing [gw]

2:30pm—Trivia Afternoon

6pm—Virtual Journaling [v]

6:30pm—DIY Delights [gf]

THURSDAY, 7th

10am—Fitness with Alison [v]

10:30am—Empowering Beads [gw]

12:30pm—Lunch Laughs [v]

1pm—Breathe and Receive [h]

1pm—Creative Coping

2:30pm—Tai Chi [gw]

5pm—Bingo [gw]

FRIDAY, 8th

9am—Meditation Reset [v]

10:30am—Tai Chi

MONDAY, 11th

10am—Coffee & Connect [gw]

10:30am—Empowering Beads [gw]

12:30pm—Bingo

1pm—Plant Powered Plates

1pm—Florals in Painting [gw]

5pm—Tai Chi

5:15pm—Dinner for Group [gw]

5:30pm—Inglés Nivel Básico

5:45pm—Dinner for Groups

5:45pm—Wellness Group [gw-h]

6:30pm—Networking Groups [h]

6:30pm—Guitar Lessons

TUESDAY 12th

10am—Creative Coping

10am—Morning Mingle [gf]

11:30am—QiGong [v]

11:45am—Words of

Encouragement [gw]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

5:30pm CST—Paducah Group

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

WEDNESDAY, 13th

12:30pm—Pilates

1pm—Reiki Meditation [v]

1pm—Paint Palette

2pm—Line Dancing [gw]

4pm—Living Beyond [h]

6pm—Solo Para Mujeres [gw]

6:30pm—Relaxation Retreat [gf]

THURSDAY, 14th

10am—Fitness with Alison [v]

11am—Game Day [gw]

12:30pm—Lunch Laughs [v]

1pm—Breathe and Receive [h]

1pm—Creative Coping

2pm—Movie Time [gw]

5:30pm—Gentle Yoga

5:45pm—Dinner for Groups

6pm—Frankly Speaking: Prostate Cancer [o]

6:30pm—Living Through Loss [h]

FRIDAY, 15th

9am—Meditation Reset [v]

10:30am—Tai Chi

SATURDAY, 16th

10am—Bone Strengthening

10am—Loteria Mexicana

11am—Clubhouse Brunch

11:30am—Bite Sized Bites [gw]

11:30am—Conversatorios de Salud y Bienestar

12pm—Stories and Self-Expression

1pm—Ready, Set, Glow [gw]

MONDAY, 18th

10am—Coffee & Connect [gw]

12:30pm—American Mahjong

3pm—Self-Care Monday [gw]

5pm—Mindfulness [v]

5pm—Tai Chi

5:15pm—Dinner for Group [gw]

5:30pm—Inglés Nivel Básico

5:45pm—Wellness Group [gw-h]

6:30pm—Como Las Emociones

Afectan Tu Vida

TUESDAY 19th

10am—Morning Mingle [gf]

11:30am—QiGong [v]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

5:45pm—Dinner for Groups

6pm—Lexington Group

6:30pm—Support Groups [h]

WEDNESDAY, 20th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

1pm—Day of Sharing [gw]

2pm—Line Dancing [gw]

2:30pm—Book Nook I [h]

6pm—Virtual Journaling [v]

6:30pm—Book Nook II [v]

THURSDAY, 21st

10am—Fitness with Alison [v]

10:30am—Radiant Workshop [gw]

11am—Bingo [gw]

11am—Creative Coping

12:30pm—Lunch Laughs [v]

12:30pm—Meditation [gw]

1pm—Breathe and Receive [h]

1pm—Creative Coping

1:30pm—Crafts and More [gw]

5:30pm—Gentle Yoga

5:30pm—Spanish for Beginners

6pm—Healthy Holiday Entertaining

6pm—Nutrition After Treatment

6pm—Peaceful Paint Night

6pm—Drum Circle

6pm—Reconecta Tu Poder Interior

FRIDAY, 22nd

9am—Meditation Reset [v]

10:30am—Tai Chi

6pm—Clubhouse Thanksgiving Dinner

MONDAY, 25th

10am—Coffee & Connect [gw]

3pm—Spanish for Beginners [gw]

5pm—Tai Chi

5:15pm—Dinner for Group [gw]

5:30pm—Inglés Nivel Básico

5:45pm—Wellness Group [gw-h]

6pm—Knitting Circle

6:30pm—Como Las Emociones

Afectan Tu Vida

6:30pm—Full Moon Painting

6:30pm—Guitar Lessons

TUESDAY 26th

10am—Morning Mingle [gf]

11:30am—QiGong [v]

11:45am—Words of

Encouragement [gw]

12:30pm—Lunch Laughs [v]

1pm—Creative Coping for Grief

4pm—Community Access [gw]

5:30pm CST—Paducah Group

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

WEDNESDAY, 27th

12:30pm—Pilates

1pm—Paint Palette

2pm—Line Dancing [gw]

THURSDAY, 28th-

SATURDAY, 30th

CLUBHOUSE 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