

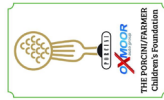
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GILDA'S
CLUB
KENTUCKIANA

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Event Calendar

JULY-SEPTEMBER
2024

An Affiliate of the
CANCER SUPPORT COMMUNITY



2440 GRINSTEAD DR, LOUISVILLE, KY 40204
1720 W BROADWAY, STE 205, LOUISVILLE, KY 40203
1218 E OAK ST, NEW ALBANY, IN 47150
5318 KING RD, JEFFERSONVILLE, IN 47130

Please RSVP 24 hours in advance for all groups and program offerings online at gck.org or by calling 502.583.0075.
We cannot guarantee offerings for members and guests who have not registered.

Activities without sufficient enrollment 24 hours ahead of time will be canceled.

If you are ill, please be considerate of fellow participants whose immune systems may be compromised and visit when you feel better.

SUPPORT

We welcome those connected to cancer to join our free cancer support community. For more information, call 502.583.0075. Participants interested in joining a support group must first complete a One-to-One with a team member and be placed in the appropriate group. Offered weekly from 6:30-8 pm unless otherwise noted. Dinner served at 5:45 pm.

Wellness

For adults living with an active cancer.

- Grinstead: Tuesdays.
- Paducah: 2nd and 4th Tuesdays, 5:30-6:30pm CST at Mercy Health-Lourdes Heritage Room, 1530 Lone Oak Rd, 42003

Friends and Family

For adult friends and family members of people with cancer. Tuesdays.

Beyond Cancer

For cancer survivors whose focus has shifted toward living life post treatment. 2nd Mondays.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. 2nd and 4th Thursdays.

Wellness and Beyond at Gilda's West

For men and women diagnosed with cancer or in remission. Weekly, 5:45-7:15pm.

Short-Term Counseling

Free individual, couples and/or family counseling sessions for matters related to a cancer experience. Call 502.583.0075 for more information.

Networking Groups

Offered monthly on 2nd Mondays, 6:30-8 pm.

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- Sarcoma
- Living Beyond Metastatic Breast Cancer - 2nd Wednesdays, 4-5:30 pm.

THE ARTS

Book Nook

Join our book club! Third Wednesdays, 2:30-4 pm and 6:30-8 pm.

Make and Take Card Making

Make greeting cards for your friends and one to take home. 4th Thursdays, 2-3:30 pm.

Empowering Beads

Create a beautiful, unique handmade piece of jewelry. First Tuesdays at Grinstead, First Thursdays at Gilda's West, 10:30 am-12 pm.

Fun with Art

Join us for artistic fun creating standalone projects. First and third Wednesdays, 10:30 am-12 pm.

Knitting Circle

Knitting group. 4th Mondays, 6-7:30 pm.

Peaceful Paint Night

A relaxing evening of painting. First Thursdays, 6-8 pm.

HEALTHY LIFESTYLE

Breathe and Receive

Simple breathing practices and gentle holds to relieve stress, anxiety and improve your health. Thursdays, 1-2 pm.

Fitness with Alison

A full-body, no-equipment workout for all. Thursdays, 10-11 am.

Gentle Yoga and Restorative Meditation

Accessible movement and meditation to accommodate all mobility levels. Thursdays, 5:30-6:30 pm.

Meditation Reset

Helps create space in your mind to breathe and be present. Fridays, 9-9:30 am.

Mindful Meditation with Halen

Relax your body through meditation and mindfulness exercises. Third Thursdays at Gilda's West, 12:30 to 1:15 pm.

Mindfulness

Focus on being present in this program guided by Dr. Paul Salmon. First and third Mondays, 5-6 pm.

Pilates

Engages both mind and body while supporting the spine, increasing flexibility and strength. Wednesdays, 12:30-1:30 pm.

QiGong

Coordinates movement and meditation, focusing on cultivating consciousness. Tuesdays, 11:30 am-12:30 pm.

Reiki Meditation

Promotes relaxation and wellness. 2nd and 4th Wednesdays, 1-2 pm.

Tai Chi

Reduces stress and improves flexibility and strength, through gentle movements. Fridays, 10:30-11:30 am and Mondays, 5-6 pm.

COMMUNITY PARTNER NETWORKING GROUPS

BRAIN INJURY ALLIANCE OF KENTUCKY (BIAK)

Group for brain injury survivors, including tumors.
Second Mondays, 6:30-8pm.

LARYNGECTOMY COMMUNITY GROUP

For those who have had their voice box surgically removed for cancer treatment in collaboration with UofL Health Group and Norton Cancer Institute.
Every Second Monday, 5-6 pm.

SELF-CARE MONDAY [GW]

3RD MONDAYS, 3 TO 4 PM

Find a better you through self-care.

MORNING MINGLE [GF]

TUESDAYS, 10 TO 11 AM

Stop by Gilda's Floyd on Tuesday mornings for coffee or tea and conversation.

DIY DELIGHTS [GF]

1ST WEDNESDAYS, 6:30 TO 8 PM

Learn to make easy, DIY crafts you can use at home.

BINGO [GF]

2ND WEDNESDAYS, 12:30 TO 2 PM

Join us for an afternoon of bingo and prizes.

GAME ON! [GF]

3RD WEDNESDAYS, 6:30 TO 8 PM

An evening of friendly competition as we dive into a variety of games.

RECONECTA TU PODER INTERIOR [GG]

1ST THURSDAYS, 6 TO 8 PM

Acompaña a Albirross en estas charlas de autodescubrimiento y bienestar integral por medio de programación neurolingüística y coaching. This program is conducted in Spanish.

MOVIE TIME [GW]

2ND THURSDAYS, 2 TO 4 PM

Gilda's West presents a day at the movies with popcorn and candy in our comfortable living room.

DOING OUR PART [GG]

3RD THURSDAYS, 12 TO 1:45 PM

Ivonne Lagunez, Specialist Professional Natural Health Practitioner, speaks on healthy foods and physical wellbeing.

RADIANT WORKSHOP [GG]

3RD THURSDAYS, 10:30 TO 11:30 AM

Oncology Trained Licensed Esthetician and Makeup Artist Angie Frye of Thrive Beauty leads this workshop series.

CRAFTS AND MORE [GW]

3RD THURSDAYS, 1:30 TO 3 PM

An afternoon of arts and crafts at Gilda's West!

PONIENDO NUESTRO GRANITO DE ARENA [GG]

3RD THURSDAYS, 10 TO 11:45 AM

Conoce más sobre salud alimenticia, corporal, y otros temas para ayudar a mejorar tu vida junto a Ivonne Lagunez. ¡Te esperamos, programa gratuito en persona, inscríbete ya! Join Ivonne Lagunez to learn more about dietary, physical and other healthy lifestyles choices. Presented in Spanish.

CAVE HILL TOUR [GG]

SATURDAYS, JULY 20 & SEPTEMBER 14, 9 TO 11 AM

Join Lee Payne for a golf cart tour of one of our city's most beautiful landmarks, Cave Hill!

CAMP SHAKESPEARE [GG]

MONDAY, JULY 22 TO WEDNESDAY, JULY 24, 9AM-4PM

Kentucky Shakespeare leads this day camp for youth ages 7-13.

SUMMER'S END SPECTACULAR [GC]

FRIDAY, AUGUST 9, 6 TO 8 PM

Celebrate summer's end and the start of the school year with family night at Gilda's Clark.

FRANKLY SPEAKING: MENTAL HEALTH [GG]

THURSDAY, AUGUST 15, 6:30 TO 7:30 PM

Learn the importance of mental health after a cancer diagnosis in this educational workshop.

WEAPON AGAINST CANCER...EXERCISE [GG]

MONDAY, AUGUST 19, 6 TO 7 PM

Jody Swimmer, ReVital Cancer Rehabilitation Therapist from KORT Physical Therapy, shares the benefits of exercise.

OLD FASHIONED GAME DAY [GW]

SATURDAY, AUGUST 24, 11 AM TO 1 PM

Join us for an afternoon of games, food and fun!

HISPANIC HERITAGE MONTH [GG]

FRIDAY, SEPTEMBER 13, 6 TO 8 PM

Ven a celebrar el Mes de la Herencia Hispana "Obras Maestras que perduran y traspasan fronteras" en una noche de arte, música, bailes y comidas tradicionales. Celebrate Hispanic Heritage Month with us!

CAPTURING THE MOMENT [GG]

WEDNESDAY, SEPTEMBER 18, 5 TO 7 PM

Gilda's Club and Brown Cancer Center provide a family portrait session with a professional photographer for those in active treatment.

GILDA'S BARNYARD BASH [GC]

FRIDAY, SEPTEMBER 20, 6 TO 8 PM

Fall fun at the farm with a chili cook-off, music, art and activities for the whole family!

GILDA'S DAY ON THE RIVER

SATURDAY, SEPTEMBER 28, 2 TO 4 PM

Join us for an afternoon on the Belle of Louisville!

FRANKLY SPEAKING: LIVER CANCER [GG]

MONDAY, SEPTEMBER 30, 6 TO 7 PM

Dr. Abigail Chan of Brown Cancer Center UofL Medical School leads this offering about liver cancer.

Full descriptions of all offerings at gck.org.

LOUISVILLE, KENTUCKY

[gg] – GILDA'S GRINSTEAD 2440 Grinstead Dr, 40204

[gw] – GILDA'S WEST 1720 W Broadway, Ste 205, 40203

SOUTHERN INDIANA

[gf] – GILDA'S FLOYD 1218 E. Oak St, New Albany, 47150

[gc] – GILDA'S CLARK 5318 King Rd Jeffersonville, 47130

JULY

MONDAY, 1st

10am—Coffee & Connect [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Soothing Fiber Art
6:30pm—Como Las Emociones
Afectan tu Vida

TUESDAY, 2nd

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 3rd

10:30am—Fun with Art
12:30pm—Pilates
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]
6:30pm—DIY Delights [gf]

THU, 4th - SAT, 6th

CLUBHOUSE CLOSED

MONDAY, 8th

8:30am—Camp Gilda
10am—Coffee & Connect [gw]
11am—Hooked on Crochet [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Dinner for Groups
5:45pm—Wellness [gw-h]
6:30pm—Networking Groups [h]

TUESDAY, 9th

8:30am—Camp Gilda
10am—Morning Mingle [gf]
11:30am—QiGong
11:45am—Words of
Encouragement [gw]
12:30pm—Lunch Laughs [v]
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 10th

8:30am—Camp Gilda

2pm—Line Dancing [gw]
4pm Living Beyond [h]

THURSDAY, 11th

8:30am—Camp Gilda
10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
6:30pm—*Living Through Loss [v]

FRIDAY 12th

8:30am—Camp Gilda
9am—Meditation Reset [v]
10:30am—Tai Chi

MONDAY, 15th

10am—Coffee & Connect [gw]
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 [gw]
6pm—Women's Core Fitness
6:30pm—Como Las Emociones
Afectan tu Vida

TUESDAY, 16th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 17th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook I [h]
6pm—Virtual Journaling [v]
6:30pm—Game On! [gf]
6:30pm—Book Nook II [v]

THURSDAY, 18th

10am—Fitness with Alison [v]
10am—Poniendo Nuestro Granito
de Arena
10:30am—Radiant Workshop
12pm—Doing Our Part

12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
5:30pm—Gentle Yoga
5:30pm—Spanish for Beginners
6pm—Peaceful Paint Night
6pm—Nutrition After Treatment [h]
6pm-8pm—Reiki Sessions

FRIDAY 19th

9am—Meditation Reset [v]
10:30am—Tai Chi

SATURDAY, 20th

9am—Cave Hill Tour
10am—Lotería 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, 22nd

9am—Camp Shakespeare
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 [gw-h]
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Como Las Emociones
6:30pm—Guitar Lessons

TUESDAY, 23rd

9am—Camp Shakespeare
10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of
Encouragement [gw]
12:30pm—Lunch Laughs [v]
4pm—Community Access [gw]
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 24th

9am—Camp Shakespeare
12:30pm—Pilates
2pm—Line Dancing [gw]

THURSDAY, 25th

10am—Fitness with Alison [v]
11am—Bingo [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Make/Take Cardmaking
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss

FRIDAY 26th

9am—Meditation Reset [v]
10:30am—Tai Chi

MONDAY, 29th

10am—Coffee & Connect [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Bone Strengthening
6:30pm—Como Las Emociones
Afectan tu Vida

TUESDAY, 30th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 31st

12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]

AT GILDA'S GRINSTEAD UNLESS MARKED

[gw]—GILDA'S WEST [gf]—GILDA'S FLOYD [gc]—GILDA'S CLARK
[v]—VIRTUAL [h]—HYBRID ALL OTHER PROGRAMS IN PERSON

AUGUST

THURSDAY, 1st

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night
6pm—Reconecta Tu Poder Interior

FRIDAY, 2nd

9am—Meditation Reset [v]
10:30am—Tai Chi

MONDAY, 5th

10am—Coffee & Connect [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness [gw]

TUESDAY, 6th

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 7th

10:30am—Fun with Art
12:30pm—Pilates
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]
6:30pm—DIY Delights [gf]

THURSDAY, 8th

10am—Fitness with Alison [v]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
5pm—Deb and Duncan
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 9th

9am—Meditation Reset [v]

10:30am—Tai Chi
6pm—Summer's End Spectacular [gc]

SATURDAY, 10th

10am—Loteria Mexicana
11am—Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression

MONDAY, 12th

10am—Coffee & Connect [gw]
11am—Hooked on Crochet [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Dinner for Groups
5:45pm—Wellness [gw]
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY 13th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]
12:30pm—Lunch Laughs [v]
5:30pm CST—Paducah Group [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 14th

12:30pm—Pilates
12:30pm—Bingo [gf]
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]
4pm—Living Beyond [h]

THURSDAY, 15th

10am—Fitness with Alison [v]
10am—Poniendo Nuestro Granito de Arena
10:30am—Radiant Workshop
12pm—Doing Our Part
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga

5:30pm—Nutrition After Treatment [h]
6pm-8pm—Reiki Sessions
6:30pm—Frankly Speaking: Mental Health and Cancer [h]

FRIDAY, 16th

9am—Meditation Reset [v]
10:30am—Tai Chi

SATURDAY, 17th

11:30am—Bite Sized Bites [gw]
1pm—Ready, Set, GLOW! [gw]

MONDAY, 19th

10am—Coffee & Connect [gw]
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 [gw]
6pm—Soothing Fiber Art
6pm—Your Secret Weapon [h]
6:30pm—Como Las Emociones Afectan Tu Vida

TUESDAY 20th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 21st

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook I [h]
6pm—Virtual Journaling [v]
6:30pm—Game On! [gf]
6:30pm—Book Nook II [v]

THURSDAY, 22nd

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Make/Take Cardmaking
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups

6:30pm—Living Through Loss [h]

FRIDAY, 23rd

9am—Meditation Reset [v]
10:30am—Tai Chi

SATURDAY, 24th

11am—Old Fashioned Games [gw]

MONDAY, 26th

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 [gw]
6pm—Knitting Circle
6pm—Bone Strengthening
6:30pm—Como Las Emociones Afectan Tu Vida
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons

TUESDAY 27th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]
12:30pm—Lunch Laughs [v]
4pm—Community Access [gw]
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 28th

12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]

THURSDAY, 29th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
5:30pm—Gentle Yoga

FRIDAY, 30th

10:30am—Tai Chi

RSVP at GCK.ORG or by calling 502.583.0075

SEPTEMBER

MONDAY, 2nd

CLUBHOUSE CLOSED

TUESDAY, 3rd

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 4th

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, 5th

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
5pm—Bingo [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night
6pm—Reconecta Tu Poder Interior

FRIDAY, 6th

9am—Meditation Reset [v]
10:30am—Tai Chi

MONDAY, 9th

10am—Coffee & Connect [gw]
11am—Hooked on Crochet [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Dinner for Groups
5:45pm—Wellness [gw]
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 10th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]

12:30pm—Lunch Laughs [v]
5:30pm CST—Paducah Group
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 11th

12:30pm—Pilates
12:30pm—Bingo [gf]
1pm—Paint Palette
2pm—Line Dancing [gw]
4pm—Living Beyond [h]

THURSDAY, 12th

10am—Fitness with Alison [v]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
5pm—Deb and Duncan
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY 13th

9am—Meditation Reset [v]
10:30am—Tai Chi
6pm—Hispanic Heritage Month

SATURDAY, 14th

9am—Cave Hill Tour
10am—Loteria Mexicana
11am—Clubhouse Brunch
11:30am—Conversatorios de Salud y Bienestar
12pm—Stories and Self-Expression

MONDAY, 16th

10am—Coffee & Connect [gw]
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 [gw]
6pm—Soothing Fiber Art
6pm—Women's Core Fitness
6:30pm—Como Las Emociones Afectan Tu Vida

TUESDAY, 17th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
12:30pm—Lunch Laughs [v]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 18th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook I [h]
5pm—Capturing the Moment
6pm—Virtual Journaling [v]
6:30pm—Game On! [gf]
6:30pm—Book Nook II [v]

THURSDAY, 19th

10am—Fitness with Alison [v]
10am—Poniendo Nuestro Granito de Arena
10:30am—Radiant Workshop
12pm—Doing Our Part
12:30pm—Lunch Laughs [v]
12:30pm—Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Nutrition After Treatment [h]
6pm-8pm—Reiki Sessions

FRIDAY 20th

9am—Meditation Reset [v]
10:30am—Tai Chi
6pm—Gilda's Barnyard Bash [gc]

SATURDAY, 21st

11:30am—Bite Sized Bites [gw]
1pm—Ready, Set, GLOW! [gw]

MONDAY, 23rd

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 [gw]
6pm—Knitting Circle

6:30pm—Como Las Emociones Afectan Tu Vida
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons

TUESDAY, 24th

10am—Morning Mingle [gf]
11:30am—QiGong [v]
11:45am—Words of Encouragement [gw]
12:30pm—Lunch Laughs [v]
4pm—Community Access [gw]
5:30pm CST—Paducah Group [h]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 25th

12:30pm—Pilates
1pm—Reiki Meditation
1pm—Paint Palette
2pm—Line Dancing [gw]

THURSDAY, 26th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Make/Take Cardmaking
5:30pm—Gentle Yoga
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY 27th

9am—Meditation Reset [v]
10:30am—Tai Chi

SATURDAY, 28th

2pm—Gilda's Day on the River

MONDAY, 30th

10am—Coffee & Connect [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Inglés Nivel Básico
5:45pm—Wellness [gw]
6pm—Frankly Speaking: Liver Cancer [h]
6pm—Bone Strengthening
6:30pm—Como Las Emociones Afectan Tu Vida