



**GILDA'S
CLUB
KENTUCKIANA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

NOVEMBER/DECEMBER 2023

HYBRID PROGRAM CALENDAR

OUR MISSION

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

REMINDERS

Please RSVP for activities at least 24 hours in advance (48 hours for Noogieland). RSVP at gck.org or (502) 583-0075.

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

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



As we wind down into the end of the year, we reflect on this past year with gratitude. We are filled with thankfulness for our Gilda's Club community and for the opportunity to provide support for those impacted by cancer. As the busyness of the holiday season comes into play, we encourage you to find the gratitude in your day to day.

Join us for a special educational offering **Ask the Doc: Lunch and Learn Series**. This first session will specifically focus on fatigue after cancer.

We have several new opportunities at our Gilda's West location at the Republic Bank Foundation YMCA. Ease your mind this season with **Mindful Meditation with Halen** or learn tips and tricks about beginning and sustaining an exercise program at **Exercise Across the Cancer Continuum!**

Celebrate the Holiday season with many opportunities to get in the spirit! Our annual **Clubhouse Thanksgiving Dinner** is back for a time of fellowship and community!

In need of homemade holiday décor? Join us for our **Christmas Wreathmaking Workshop** with volunteer Wendy Hoback. We will also spread holiday cheer at our **Gingerbread House Making Workshop** – a fun time for all!

We cannot end this year without our **Holiday Party!** We hear Santa and the Grinch may be making an appearance. Festive attire is encouraged!

Make sure to check the Special Events page for more details about all our special program offerings. We hope you will join us at Gilda's Club for all the festivities and find moments to feel gratitude along the way.

Space is limited for some programs, so RSVP now at gck.org or by calling 502.583.0075!

Please RSVP 24 hours in advance for all groups and program offerings online at gck.org or by calling 502.583.0075.

Youth must be registered 48 hours in advance for all group/program offerings.

We cannot guarantee offerings for members and guests who have not registered.

SUPPORT

We welcome those connected to cancer to join our free cancer support community. For more information, call 502.583.0075. Members 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 is served at 5:45 pm.

Wellness

For adults living with an active cancer.

- Grinstead: Tuesdays.
- Paducah*: Second and fourth Tuesdays, 5:30-6:30pm CST.
- Lexington*: Wednesdays, 5:30-7pm. For women with breast/gyn cancers.

Friends and Family

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

Beyond Cancer

A bi-weekly group for cancer survivors whose focus has shifted toward living life post treatment. First and third Thursdays.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have died from cancer. Second and fourth Thursdays.

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.

These **Networking Groups** are offered monthly from 6:30-8 pm.

Breast Cancer Networking: Second Mondays.

Gynecologic Cancer Networking: Second Mondays.

Prostate Cancer Networking: Fourth Wednesdays.

Sarcoma Networking: Fourth Wednesdays.

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. Fourth Thursdays, 2-3:30 pm.

Empowering Beads

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

Fun with Art

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

Knitting Circle

Monthly knitting group. Fourth 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 to improve your health. Thursdays, 1-2 pm.

Fitness with Alison

A full-body, no-equipment-needed workout where all levels are welcome. Thursdays, 10-11 am.

Gentle Yoga and Restorative Meditation

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

Meditation Reset

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

Mindfulness

Focus on being present in this drop-in 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. Second and fourth Wednesdays, 1-2 pm.

Saturday Yoga with Halen

This morning yoga class is a unique monthly theme class for all levels. Second Saturdays, 10-11 am.

Slow Flow Yoga

Brings balance to the body and mind. Thursdays, 7-8 pm.

Tai Chi

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

COMMUNITY PARTNER NETWORKING GROUPS

Brain Injury Alliance of Kentucky (BIAK) Group for brain injury survivors, including tumors. Every fourth Wednesday, 6:30-8pm.

Laryngectomy Community Group for those who have had their voice box surgically removed for cancer treatment. A collaboration with UofL Health Group. Every Second Monday, 5-6 pm.

Living Beyond for women living with recurrent or metastatic breast cancer. A collaboration with Baptist Health Louisville. Every second Wednesday, 4-5:30 pm.

* **PADUCAH SUPPORT GROUP:** Mercy Health-Lourdes
Heritage Room | 1530 Lone Oak Rd | Paducah, KY 42003

* **LEXINGTON SUPPORT GROUP:** CHI Saint Joseph Health Office Park
Community Conference Center | 1401 Harrodsburg Rd | Lexington, KY 40504

CREATIVE COPING [IN PERSON @ GILDA'S WEST]

**3RD MONDAYS, 5:15 TO 6:30 PM AND 2ND SATURDAYS,
10:30 AM TO 12 PM**

Join our returning UofL Art Therapy intern, Rachael, for this weekly session for anyone impacted by cancer.

MINDFUL MEDITATION WITH HALEN

[IN PERSON @ GILDA'S WEST]

3RD THURSDAYS, 12:30 TO 1:15 PM

Learn how to quiet your mind and relax your body through different forms of meditation and mindfulness exercises.

JUNIOR CHEF ACADEMY [IN PERSON]

SATURDAY, NOVEMBER 4, 12 TO 2 PM

Let's take a trip to Italy by making everyone's favorite, pizza! We will be making our own personal sized pizzas and appetizer. This event is for youth ages 7-14. Seating is limited. Parents, please only register the attending youth.

**ASK THE DOC LUNCH AND LEARN SERIES
[VIRTUAL]**

MONDAY, NOVEMBER 6, 12 TO 1 PM

Join residents from the University of Louisville Physical Medicine and Rehabilitation department for this virtual lunch and learn series beginning with fatigue after cancer.

**EXERCISE ACROSS THE CANCER CONTINUUM
[HYBRID]**

MONDAY, NOVEMBER 13, 6 TO 7 PM

Audrey Stockwell, PT, DPT with KORT Physical Therapy shares this workshop about tips and tricks on how to begin and sustain an independent exercise program while navigating your cancer journey over your lifetime.

**CHRISTMAS WREATHMAKING WORKSHOP
[IN PERSON]**

THURSDAY, NOVEMBER 16, 6 TO 8 PM

Volunteer Wendy Hoback brings us a Christmas wreath extravaganza! Wendy will walk you through creating your very own wreath for this holiday season. Sign up today!

**CLUBHOUSE THANKSGIVING DINNER
[IN PERSON]**

FRIDAY, NOVEMBER 17, 6 TO 8 PM

Thanks to former Board member Wendy Swisher and others from St. Marks Church of Christ in New Albany for providing another wonderful Thanksgiving meal! Please RSVP and bring your gratitude!

SE ME HA PERDIDO UN HOMBRE [IN PERSON]

SATURDAY, NOVEMBER 18, 3 TO 4:30 PM

Presentation of the book "Se me ha perdido un hombre" by Cuban poet Carilda Oliver Labra. Appetizers and drinks included.

Presentación del libro "Se me ha perdido un hombre" de la poética cubana Carilda Oliver Labra. Evento presencial en español, habrá refrigerios y bebidas. Se requiere inscripción. Para inscribirse llame al 502-371-3064, envíe correo electrónico a martha@gck.org o en nuestro sitio de internet gck.org

GINGERBREAD HOUSE MAKING! [IN PERSON]

SATURDAY, DECEMBER 2, 12 TO 2 PM

Let's kick off the holiday season by spreading cheer and building gingerbread houses! Supplies will be provided. Sign up today!

HOLIDAY PARTY [IN PERSON]

SATURDAY, DECEMBER 9, 2 TO 5 PM

Join us at our Grinstead Clubhouse for an afternoon of holiday fun. Drop by for some holiday cheer, crafts and activities! Santa and the Grinch will be available for photographs, and holiday treats will be served. Festive attire is encouraged!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
NOVEMBER		10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Trivia Afternoon [i] 5:30pm Lexington Women's Support Group [i] 5:30pm Gentle Yoga [i] 6pm Virtual Journaling [v]	10am Fitness with Alison [v] 10:30am Beads [i/gw] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5pm Tai Chi [i] 5pm Bingo [i/gw] 5:45pm Dinner for Groups [i] 6pm Claiming Hope [v] 6pm Peaceful Paint Night [i] 6:30pm Beyond Cancer 7pm Slow Flow Yoga [v]	9am Meditation Reset [v] 10:30am Tai Chi [i]	10am Creative Guided Imagery [i] 10am Yoga with Halen [i] 11am Clubhouse Brunch [i] 11:30am Grupo de Bienestar [i] 12pm Stories and Self-Expression [i] 12pm Junior Chef Academy [i]	
	12pm Ask the Doc [v] 5pm Mindfulness [v] 5:30pm Moving to Heal [i/gw] 6pm Chef Gilda [i] 6pm Soothing Fiber Art [i]	10am Creative Coping [i] 11am LTL Book Club [i] 11:30am QiGong [v] 12:30pm Creative Coping [i] 12:30pm Lunch Laughs [v] 5:45pm Dinner for Groups 6:30pm Support Groups	12:30pm Pilates [i] 1pm Reiki Meditation [v] 4pm Living Beyond 5:30pm Gentle Yoga [i] 5:30pm Lexington Women's Support Group [i] 6:30pm Soul Collage Cards [i]	10am Fitness with Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5pm Tai Chi [i] 6:30pm Living Through Loss *No LTL dinner due to an event* 7pm Slow Flow Yoga [v]	9am Meditation Reset [v] 10:30am Creative Coping [i/gw]	
	12:30pm Bingo [i] 5:30pm Dinner for GW Groups [i/gw] 5:45pm Dinner for Groups 6pm Exercise Across the Cancer Continuum 6:15pm Wellness and Beyond [i/gw] 6:30pm Guitar Lessons [i] 6:30pm Gynecologic/Breast Cancer Networking	10am Creative Coping [i] 10:30am Empowering Beads [i] 11am Living Through Loss Book Club [i] 11:30am QiGong [v] 12:30pm Creative Coping [i] 12:30pm Lunch Laughs [v] 5:30pm (CST) Paducah Support Group [i] 5:45pm Dinner for Groups 6:30pm Support Groups	10:30am Fun with Art [i] 12:30pm Pilates [i] 2:30pm Book Nook I 5:30pm Lex Support Group [i] 5:30pm Gentle Yoga [i] 5:45pm Dinner for Groups 6pm Eat Well, Live Well [v] 6pm Virtual Journaling [v] 6:30pm Networking Groups 6:30pm Book Nook II [v]	10am Fitness with Alison [v] 12:30pm Lunch Laughs [v] 12:30pm Mindful Meditation [i/gw] 1pm Breathe & Receive 2pm Make/Take Cardmaking [i] 5pm Tai Chi 6pm Christmas Wreaths [i] 6:30pm Beyond Cancer 7pm Slow Flow Yoga [v]	9am Meditation Reset [v] 10:30am Tai Chi [i] 6pm Clubhouse Thanksgiving Dinner [i]	
	5pm Mindfulness [v] 5:15pm Creative Coping [i/gw]	10am Creative Coping [i] 11:30am QiGong [v] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 5:45pm Dinner for Groups 6:30pm Support Groups	12:30pm Pilates [i] 1pm Reiki Meditation [v]	CLUBHOUSE CLOSED HAPPY THANKSGIVING!	CLUBHOUSE CLOSED	CLUBHOUSE CLOSED
	6pm Knitting Circle [i] 6pm Nutrition During Active Treatment [i] 6:30pm Full Moon Painting [i] 6:30pm Guitar Lessons [i]	10am Creative Coping [i] 11:30am QiGong [v] 12:30pm Creative Coping [i] 12:30pm Lunch Laughs [v] 5:30pm (CST) Paducah Support Group [i] 5:45pm Dinner for Groups 6:30pm Support Groups	12:30pm Pilates [i] 5:30pm Lexington Women's Support Group [i] 5:30pm Gentle Yoga [i] 6:30pm Simple and Healthy Snacks [i]	10am Fitness with Alison [v] 12:30pm Lunch Laughs [v] 1pm Breathe & Receive 5pm Tai Chi [i] 7pm Slow Flow Yoga [v]	[i] in person only [v] virtual only [i/gw] in person program at Gilda's West [h/gw] hybrid program at Gilda's West, located at 1720 W. Broadway, 40203 Events not designated will be hybrid, with the option of attending in person or virtually. Pre-registration required to attend in person.	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER

9am Meditation Reset [v]

10:30am Tai Chi [i]

10am Creative Guided Imagery [i]
 10am Yoga with Halen [i]
 11am Clubhouse Brunch [i]
 11:30am Grupo de Bienestar [i]
 12pm Stories and Self-Expression [i]
 12pm Gingerbread House Making! [i]

1

2

5pm Mindfulness [v]
 5:30pm Ageless Grace [i/gw]

6pm Chef Gilda [i]
 6pm Soothing Fiber Art [i]

4

10am Creative Coping [i]
 10:30am Empowering Beads [i]
 11:30am QiGong [v]
 12:30pm Creative Coping [i]
 12:30pm Lunch Laughs [v]

5:45pm Dinner for Groups
 6:30pm Support Groups

5

10:30am Fun with Art [i]
 12:30pm Pilates [i]
 2:30pm Trivia Afternoon [i]

5:30pm Lexington Women's Support Group [i]
 5:30pm Gentle Yoga [i]
 6pm Eat Well, Live Well [v]
 6pm Virtual Journaling [v]

6

10am Fitness with Alison [v]
 10:30am Beads [i/gw]
 12:30pm Lunch Laughs [v]
 1pm Breathe & Receive
 5pm Bingo [i/gw]
 5pm Tai Chi [i]
 5:45pm Dinner for Groups

6pm Peaceful Paint Night [i]
 6:30pm Beyond Cancer
 7pm Slow Flow Yoga [v]

7

9am Meditation Reset [v]

10:30am Tai Chi [i]

10:30am Creative Coping [i/gw]

2pm Holiday Party [i]

8

9

12:30pm Bingo [i]

5:45pm Dinner for Groups

6:30pm Guitar Lessons [i]
 6:30pm Gynecologic/Breast Cancer Networking

11

10am Creative Coping [i]
 11:30am QiGong [v]
 12:30pm Creative Coping [i]
 12:30pm Lunch Laughs [v]

5:30pm (CST) Paducah Support Group [i]
 5:45pm Dinner for Groups
 6:30pm Support Groups

12

12:30pm Pilates [i]
 1pm Reiki Meditation [v]

4pm Living Beyond
 5:30pm Gentle Yoga [i]
 5:30pm Lexington Women's Support Group [i]
 6pm Eat Well, Live Well [v]
 6:30pm Intentional Creativity [i]

13

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

5pm Deb and Duncan [i]
 5pm Tai Chi [i]
 5:45pm Dinner for Groups
 6:30pm Living Through Loss
 7pm Slow Flow Yoga [v]

14

9am Meditation Reset [v]

10:30am Tai Chi [i]

15

16

5pm Mindfulness [v]
 5:15pm Creative Coping [i/gw]

6pm Knitting Circle [i]
 6:30pm Full Moon Painting [i]

18

11:30am QiGong [v]
 12:30pm Lunch Laughs [v]

5:45pm Dinner for Groups
 6:30pm Support Groups

19

10:30am Fun with Art [i]
 12:30pm Pilates [i]
 2:30pm Book Nook I
 5:30pm Lexington Women's Support Group [i]
 5:30pm Gentle Yoga [i]
 5:45pm Dinner for Groups
 6pm Eat Well, Live Well [v]
 6pm Virtual Journaling [v]
 6:30pm Networking Groups
 6:30pm Book Nook II [v]

20

10am Fitness with Alison [v]
 12:30pm Lunch Laughs [v]
 12:30pm Mindful Meditation [i/gw]
 1pm Breathe & Receive

5pm Tai Chi [i]
 6:30pm Beyond Cancer
 7pm Slow Flow Yoga [v]

21

9am Meditation Reset [v]

10:30am Tai Chi [i]

22

23

CLUBHOUSE CLOSED

CLUBHOUSE CLOSED

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CLUBHOUSE CLOSED

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6:30pm Living Through Loss [v]

THANK YOU



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Hybrid Program Event Calendar

**November/December
2023**