MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FE			10am Fitness with Alison [v] 10:30am Beading [i/gw] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2:30pm Tai Chi [i/gw] 5pm Bingo [i/gw] 5pm Tai Chi[i] 5:30pm Caregiver Burdens 6pm Claiming Hope 6pm Peaceful Paint Night [i] 6:30pm Beyond Cancer	9am Meditation Reset [v]  10:30am Tai Chi [i]	3
5pm Mindfulness [v] 5:15pm Dinner for Group [i/gw] 5:45pm Wellness [i/gw] 6pm Women's Fitness [i] 6pm Chef Gilda and Friends [i] 6pm Soothing Fiber Art [i] 6pm Expect the Unexpected 5	10:30am Empowering Beads [i] 11:30am QiGong [v] 12:30pm Creative Coping [i] 12:30pm Lunch Laughs [v] 2pm Tasty Tuesdays [i/gw] 5:45pm Dinner for Groups 6:30pm Support Groups	10:30am Fun with Art [i]  12:30pm Pilates [i] 2:30pm Trivia Afternoon [i]  5:30pm Lexington Group [i] 5:30pm Gentle Yoga [i] 5:30pm Creative Coping [i] 6pm Virtual Journaling [v] 6pm Mardi Gras [i]  7	10am Fitness with Alison [v] 11am Game Day [i/gw] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2:30pm Tai Chi [i/gw] 5pm Deb and Duncan [i] 5pm Tai Chi [i] 5:30pm Caregiver Burdens 5:45pm Dinner for Groups 6:30pm Living Through Loss 8	9am Meditation Reset [v]  10:30am Tai Chi [i]	10am Loteria Mexicana [i] 10am Loving the Skin You're In [i/gw] 10am Abstract Expression [i] 10am Women's Fitness [i] 10:30am Coping [i/gw] 11am Clubhouse Brunch [i] 12pm Camino a Bienestar [i] 12pm Stress Management [i] 12pm Stories and Self- Expression [i]
5pm Creative Coping [v] 5:45pm Dinner for Groups 6pm, 6:45pm, 7:30pm Reiki [i] 6:30pm Guitar Lessons [i] 6:30pm Gynecologic/Breast Cancer Networking	11:30am QiGong [v] 11:45am Words of Encouragement [i/gw] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 5:30pm Paducah Group [i] 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 Support Group [i] 6:30pm Creative Collage [i]	10am Fitness with Alison [v] 12:30pm Meditation [i/gw] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2:30pm Tai Chi [i/gw] 5pm Tai Chi [i] 5:15pm Creative Coping [i] 5:30pm Caregiver Burdens 5:30pm Creative Resp. Art [i] 6:30pm Creative Exploration [i] 6:30pm Beyond Cancer	9am Meditation Reset [v]  10:30am Tai Chi [i]  6pm Festival de la Familia Internacional [i]	11:30am Simple and Healthy Snacks [i/gw] 1pm Zumba [i/gw]
10am Coffee & Connect [i/gw]  12pm Ask the Doc [v]  5pm Mindfulness [v]  5:15pm Dinner for Group [i/gw]  5:45pm Wellness [i/gw]  6pm Women's Fitness [i]  6pm Knitting Circle [i]  6:30pm Full Moon Painting [i]	10:30am Arts and Crafts [i/gw] 11:30am QiGong [v] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i]  4pm Community Access [i/gw] 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 Lexington Group [i] 5:30pm Gentle Yoga [i] 5:30pm Creative Coping [i] 5:45pm Dinner for Groups 6pm Simple/Healthy Snacks [i] 6pm Virtual Journaling [v] 6:30pm Networking Groups 6:30pm Book Nook II [v] 21	10am Fitness with Alison [v] 12:30pm Lunch Laughs [v] 12:30pm Creative Coping [i] 1pm Breathe & Receive 2pm Make and Take Cards [i] 2:30pm Tai Chi [i/gw] 5pm Tai Chi [i] 5:30pm Caregiver Burdens 5:45pm Dinner for Groups 6:30pm Living Through Loss 22	9am Meditation Reset [v] 10:30am Tai Chi [i]	CLUBHOUSE CLOSED
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