

# JUNE

## MONDAY, 2nd

10am—Coffee & Connect [gw]  
5pm—Tai Chi  
5pm—Mindfulness [v]  
5:15pm—Dinner for Group [gw]  
5:45pm—Wellness Group [gw]  
6pm—Soothing Fiber Art  
6:30pm—Music and You

## TUESDAY, 3rd

10am—Morning Mingle [gf]  
10:30am—Empowering Beads  
11:15am—Relax and Renew [gf]  
11:30am—QiGong [v]  
12:30pm—Lunch Laughs [v]  
12:30pm—Zumba [gw]  
1pm—Ingles Basico [o]  
1pm—Hooked on Crochet [gw]  
1pm—Tasty Tuesday  
5:45pm—Dinner for Groups [gg/gf]  
6:30pm—Support Groups [gg/gf]

## 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]

## THURSDAY, 5th

10:30am—Empowering Beads [gw]  
12:30pm—Lunch Laughs [v]  
1pm—Breathe and Receive [h]  
1pm—Plant Powered Plates  
2:30pm—Tai Chi [gw]  
5pm—Bingo [gw]  
5:30pm—Gentle Yoga  
6pm—Peaceful Paint Night  
6:30pm—Drum Circle

## FRIDAY, 6th

9am—Meditation Reset [v]  
10:30am—Tai Chi  
11am-1pm—Solo Reiki Sessions  
11am—Journal Jam [gc]

## SATURDAY, 7th

12pm—Dia del Nino [gc]

## MONDAY, 9th

10am—Coffee & Connect [gw]  
12:30pm—American Mahjong  
1:30pm—Florals in Painting [gw]  
5pm—Tai Chi  
5pm—Laryngectomee Group

5:15pm—Dinner for Group [gw]  
5:45pm—Wellness Group [gw]  
5:45pm—Dinner for Groups  
6:30pm—Networking Groups  
6:30pm—Guitar Lessons

## TUESDAY, 10th

10am—Morning Mingle [gf]  
11am—Coloring Club [gf]  
11:30am—QiGong [v]  
11:45am—Encouragement [gw]  
12pm CST—Paducah Group [o]  
12:30pm—Zumba [gw]  
12:30pm—Lunch Laughs [v]  
5:45pm—Dinner for Groups [gg/gf]  
6:30pm—Support Groups [gg/gf]

## WEDNESDAY, 11th

12:30pm—Pilates  
1pm—Reiki Meditation [v]  
2pm—Line Dancing [gw]  
4pm—Living Beyond [h]  
5:30pm—Tending Your Garden [gc]  
6pm—Solo Para Mujeres [o]

## THURSDAY, 12th

11am—Game Day [gw]  
12:30pm—Lunch Laughs [v]  
1pm—Breathe and Receive [h]  
2pm—Movie Time [gw]  
5:45pm—Dinner for Groups  
6-8pm—Reiki [gf]  
6:30pm—Living Through Loss [h]  
6:30pm—Sarcoma Networking [v]

## FRIDAY, 13th

9am—Meditation Reset [v]  
10:30am—Tai Chi  
12:30pm—Shell Yeah! [gf]

## SATURDAY, 14th

9:30am—Cave Hill Tour [o]  
10am—Loteria Mexicana  
10am—Sculpt and Tone  
11am—Clubhouse Brunch  
11am—Gilda's Day Out [o]  
11:30am—Conversatorios de Salud y Bienestar  
12pm—Mindful Art  
12pm—Junior Chef Academy  
12:15pm—What is Reiki Anyway?

## MONDAY, 16th

10am—Coffee & Connect [gw]

3pm—Self-Care Monday [gw]  
5pm—Mindfulness [v]  
5:15pm—Dinner for Group [gw]  
5:45pm—Wellness Group [gw]  
5:30pm—Abstract Beginnings  
6:30pm—Exploring Watercolor

## TUESDAY, 17th

10am—Morning Mingle [gf]  
11:15am—Relax and Renew [gf]  
11:30am—QiGong [v]  
12:30pm—Lunch Laughs [v]  
12:30pm—Zumba [gw]  
1pm—Ingles Basico [o]  
1pm—Hooked on Crochet [gw]  
5:45pm—Dinner for Groups [gg/gf]  
6:30pm—Support Groups [gg/gf]

## WEDNESDAY, 18th

10:30am—Fun with Art  
12:30pm—Pilates  
1pm—Paint Palette  
2pm—Line Dancing [gw]  
2:30pm—Book Nook [v]  
6pm—Virtual Journaling [v]  
6pm—Yard Party [gc]  
6:30pm—Book Nook [v]

## THURSDAY, 19th

CLUBHOUSES CLOSED

## FRIDAY, 20th

9am—Meditation Reset [v]  
10:30am—Tai Chi  
12pm—What is Reiki Anyway?  
12:30pm—Bingo [gf]

## SATURDAY, 21st

10am—Ready Set Glow [gw]  
11:30am—Bite Sized Bites [gw]

## MONDAY, 23rd

10am—Coffee & Connect [gw]  
1pm—Plant Powered Plates  
2:30-4:30pm—Reiki Relaxation  
3pm—Spanish for Beginners [gw]  
5pm—Tai Chi  
5:15pm—Dinner for Group [gw]  
5:45pm—Wellness Group [gw]  
6pm—Knitting Circle  
6:30pm—Guitar Lessons  
6:30pm—Full Moon Painting

## TUESDAY, 24th

10am—Morning Mingle [gf]  
11am—Coloring Club [gf]  
11:30am—QiGong [v]  
11:45am—Encouragement [gw]  
12:30pm—Lunch Laughs [v]  
12:30pm Zumba [gw]  
4pm—Community Access [gw]  
5:45pm—Dinner for Groups [gg/gf]  
6:30pm—Support Groups [gg/gf]

## WEDNESDAY, 25th

12:30pm—Pilates  
1pm—Paint Palette  
2pm—Line Dancing [gw]  
5:30pm—Tending Your Garden [gc]

## THURSDAY, 26th

12:30pm—Lunch Laughs [v]  
1pm—Breathe and Receive [h]  
1pm—Vamos a Jugar Loteria [o]  
2pm—Make and Take Cardmaking  
2:30pm—Tai Chi [gw]  
5:45pm—Dinner for Groups  
6-8pm—Reiki [gf]  
6:30pm—Living Through Loss [h]

## FRIDAY, 27th

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

## SATURDAY, 28th

11am—Community is Stronger Than Cancer Day

## MONDAY, 30th

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



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