

MAY

THURSDAY, 1st

10am—Fitness with Alison [v]
10:30am—Empowering Beads [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2:30pm—Tai Chi [gw]
5pm—Bingo [gw]
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night
6pm—What is Reiki Anyway?
6:30pm—Colorectal Cancer
Talk [gf]

FRIDAY, 2nd- SATURDAY, 3rd

CLUBHOUSES CLOSED

MONDAY, 5th

10am—Coffee & Connect [gw]
10:30am—Jewelry Box
Creations [gw]
1pm—Plant Powered Plates
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Soothing Fiber Art
6pm—Knitting Circle
6:30pm—Music and You

TUESDAY, 6th

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, 7th

10:30am—Fun with Art
10:30am—Farm to Table [gc]
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]

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]
5:45pm—Dinner for Groups
6-8pm—Reiki [gf]
6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking [v]

FRIDAY, 9th

9am—Meditation Reset [v]
10:30am—Tai Chi
10:30am—Jewelry Box
Creations
11am-1pm—Solo Reiki Sessions
12:30pm—DIY Bee and Butterfly
Watering Station [gf]

SATURDAY, 10th

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

MONDAY, 12th

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, 13th

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

WEDNESDAY, 14th

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

6pm—Solo Para Mujeres [o]

THURSDAY, 15th

10am—Fitness with Alison [v]
12:30pm—Lunch Laughs [v]
12:30pm—Mindful Meditation [gw]
1pm—Breathe and Receive [h]
1pm—Plant Powered Plates
1:30pm—Crafts and More [gw]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Nutrition After
Treatment [h]
6:30pm—Drum Circle
6:30pm—Como Las Emociones
Afectan Tu Vida
6:30pm—Exploring Watercolor
6:30pm—PanCan

FRIDAY, 16th

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

SATURDAY, 17th

10am—Ready, Set, Glow [gw]
10:30am—Grinstead Art Opening
11am—Spring Fest [gc]
11:30am—Bite Sized Bites [gw]

MONDAY, 19th

10am—Coffee & Connect [gw]
2:30-4:30pm—Reiki Relaxation
3pm—Self-Care Monday [gw]
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:30pm—Abstract Beginnings
5:45pm—Wellness Group [gw]
6pm—Full Moon Painting

TUESDAY, 20th

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
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 21st

10:30am—Fun with Art
11am—Tea Time [gc]
12:30pm—Pilates

1pm—Paint Palette
2pm—Line Dancing [gw]
2:30pm—Book Nook [v]
6pm—Virtual Journaling [v]
6:30pm—Book Nook II [v]

THURSDAY, 22nd

10am—Fitness with Alison [v]
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, 23rd

9am—Meditation Reset [v]
10:30am—Bingo
10:30am—Tai Chi
11am—Mixed Media Cardmaking

SATURDAY, 24th-MON- DAY, 26th

CLUBHOUSES CLOSED

TUESDAY, 27th

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, 28th

12:30pm—Pilates
2pm—Line Dancing [gw]

THURSDAY, 29th

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

FRIDAY, 30th

9am—Meditation Reset [v]
10:30am—Tai Chi
6:30pm—Family Movie Night [gf]

RSVP at GCK.ORG or by calling 502.583.0075.