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**GILDA'S
CLUB
KENTUCKIANA**

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



**GILDA'S
CLUB
KENTUCKIANA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Event Calendar

**APRIL - JUNE
2025**

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.
- Floyd: Tuesdays.
- Paducah: 2nd Tuesdays, 12-1pm 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. Mondays, 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
- Living Beyond Metastatic Breast Cancer - 2nd Wednesdays, 4-5:30 pm.
- Sarcoma Networking - 2nd Thursdays, 6:30-8 pm. Virtual.

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. First and third 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.

Plant Powered Plates

Learn to add colorful, meatless meals to your weekly menu. Various dates, 1-2:30pm. See calendar for specific days.

QiGong

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

Reiki Meditation

Promotes relaxation and wellness. 2nd 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.

PANCREATIC CANCER NETWORK (PanCAN)

Group for those impacted by pancreatic cancer.
Third Thursdays, 6:30-8 pm.

SPECIAL EVENTS

ABSTRACT BEGINNINGS [GG]

3RD MONDAYS, 5:30 TO 7 PM

Unlock your creativity in this beginner-friendly abstract painting class and express emotions through color and form.

JOURNAL JAM [GC]

1ST FRIDAYS, 11 AM TO 12:30 PM

Practice being messy, let go of perfectionism and enjoy the peacefulness of making art at the farm.

CAVE HILL TOUR [GG]

2ND SATURDAYS, 9:30 TO 10:30 AM

Join Cave Hill Cemetery for a golf cart tour of one of our city's most beautiful landmarks.

MINDFUL ART [GG]

2ND SATURDAYS, 12 TO 1:30 PM

Relax and reset with Art Therapist Rachel Durnin.

VIRTUAL COLLAGE/JUNK JOURNALING [VIRTUAL]

THURSDAYS IN APRIL, 4 TO 5 PM

Discover the healing power of art with collage and junk journaling with things you have at home.

KIDS' NIGHT OUT AT THE FARM! [GC]

FRIDAY, APRIL 4, 5:30 TO 7:30 PM

Enjoy a spring break night at the farm with yard and barn games, hayrides, snacks and more! Parents are welcome.

EASTER CARDMAKING CLASS [GG]

FRIDAY, APRIL 11, 10:30 AM TO 12 PM

Get your creativity flowing, learn crafting techniques and design Easter cards to take home.

BRUNCH AND TOWN HALL [GG]

SATURDAY, APRIL 12, 11 AM TO 12 PM

Curious about our Indiana expansion or have questions about Gilda's Grinstead and Gilda's West? You'll get answers here!

BRACELET BLISS [GG]

THURSDAY, APRIL 17, 6 TO 7 PM

Bring your creativity to make beaded bracelets for yourself or a special someone in your life. No experience necessary.

INTRO TO RADICAL REMISSION PHILOSOPHY [GG]

THURSDAY, APRIL 17, 6 TO 7 PM

Intro to 10 Healing Factors and Mindfulness Based Stress Reduction and CBT techniques of Dr. Kelly Turner.

EGGSTRAVAGANZA [GC]

SATURDAY, APRIL 19, 10 AM TO 12 PM

Come to Gilda's Clark for a huge egg hunt with prizes, treats, games and more.

DERBY PARTY [GG]

WEDNESDAY, APRIL 23, 6 TO 8 PM

Join us in you Derby finery for an evening of fun.

BREAST CANCER RISK AND TREATMENT [GF]

THURSDAY, APRIL 24, 6:30 TO 7:30 PM

Join surgeon Thomas Noel for this workshop on screening with an overview on staging, treatment and surgical options.

BAPTIST HEALTH COLORECTAL CANCER TALK [GF]

THURSDAY, MAY 1, 6:30 TO 7:30 PM

Session focused on colorectal cancer led by Biruk Almaz, MD.

FARM TO TABLE [GC]

WEDNESDAY, MAY 7, 10:30 AM TO 1 PM

Follow your food from farm to table in this unique, hands-on gardening and cooking workshop.

DIY BEE AND BUTTERFLY WATERING STATION [GF]

FRIDAY, MAY 9, 12:30 TO 2 PM

Create a drinking water source for bees and butterflies out of terracotta pots and decorative stones.

SCULPT AND TONE [GG]

SATURDAYS, MAY 10 AND JUNE 14, 10 TO 11 AM

Join us for a full-body workout for all fitness levels designed to sculpt and tone.

GRINSTEAD ART OPENING [GG]

SATURDAY, MAY 17, 10:30 TO 11:30 AM

Artist Lee Running will present her inspiration and process for the new atrium installation honoring founding board member Tyler Beam. Light refreshments will be served.

SPRING FEST [GC]

SATURDAY, MAY 17, 11 AM TO 1 PM

Celebrate community and nature at Gilda's Clark with a refreshing day of music, crafts, gardening and more.

FLOYD FAMILY MOVIE NIGHT [GF]

FRIDAY, MAY 30, 6:30 TO 8 PM

Bring blankets, pillows and lawn chairs and camp out at indoor movie night.

DIA DEL NIÑO [GC]

SATURDAY, JUNE 7, 12 TO 4 PM

¡Acompáñanos en el Día del Niño para disfrutar en familia!

TENDING YOUR GARDEN [GC]

WEDNESDAYS, JUNE 11 AND 25, 5:30 TO 7:30 PM

A two-part painting and journaling workshop to work through emotions about grief and life transitions.

SHELL YEAH! SEASHELL JEWELRY [GF]

FRIDAY, JUNE 13, 12:30 TO 2 PM

Get creative with seaside treasures to make jewelry.

GILDA'S DAY OUT! [OFFSITE]

SATURDAY, JUNE 14, 11 AM TO 5 PM

A fun day out for our bereaved families. Kids will have lunch at Grinstead and then head to Calypso Cove.

YARD PARTY [GC]

SATURDAY, JUNE 18, 6 TO 8 PM

Enjoy dinner and games on a summer evening at the farm.

COMMUNITY IS STRONGER THAN CANCER DAY [GG]

SATURDAY, JUNE 28, 11 AM TO 1 PM

Celebrate Community is Stronger than Cancer Day and Gilda Radner's birthday with lunch, activities, cake and more!

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

APRIL

TUESDAY, 1st

10am—Morning Mingle [gf]
10:30am—Empowering Beads
11am—LTL Book Club
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, 2nd

10:30am—Fun with Art
12pm—Natural Watercolor [gc]
12:30pm—Pilates
2pm—Line Dancing [gw]
2:30pm—Trivia Afternoon
6pm—Virtual Journaling [v]

THURSDAY, 3rd

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]
4pm—Pieces of Peace [v]
5pm—Bingo [gw]
5:30pm—Gentle Yoga
6pm—Peaceful Paint Night

FRIDAY, 4th

9am—Meditation Reset [v]
10:30am—Tai Chi
11am—Journal Jam [gc]
5:30pm—Kids' Night Out! [gc]

MONDAY, 7th

10am—Coffee & Connect [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
6:30pm—Music and You

TUESDAY, 8th

10am—Morning Mingle [gf]
11am—Coloring Club [gf]
11am—LTL Book Club
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, 9th

12:30pm—Pilates
1pm—Reiki Meditation [v]
1pm—Paint Palette
2pm—Line Dancing [gw]
4pm—Living Beyond [h]
6pm—Solo Para Mujeres [o]

THURSDAY, 10th

10am—Fitness with Alison [v]
11am—Game Day [gw]
12:30pm—Lunch Laughs [v]
1pm—Breathe and Receive [h]
2pm—Movie Time [gw]
4pm—Pieces of Peace [v]
5:45pm—Dinner for Groups
6-8pm—Reiki [gf]
6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking [v]

FRIDAY, 11th

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

SATURDAY, 12th

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

MONDAY, 14th

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, 15th

10am—Morning Mingle [gf]
11am—LTL Book Club
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, 16th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
1-3pm—Solo Reiki Sessions
2:30pm—Book Nook [v]
6pm—Virtual Journaling [v]
6:30pm—Book Nook II [v]

THURSDAY, 17th

10am—Fitness with Alison [v]
10:30am—Crochet Circle [gf]
12:30pm—Lunch Laughs [v]
12:30pm—Mindful Meditation [gw]
1pm—Breathe and Receive [h]
1:30pm—Crafts and More [gw]
4pm—Pieces of Peace [v]
5:30pm—Spanish for Beginners
5:30pm—Gentle Yoga
6pm—Bracelet Bliss
6pm—Radical Remission Philosophy
6pm—Nutrition After Treatment [h]
6pm—What is Reiki Anyway?
6:30pm—Drum Circle
6:30pm—Exploring Watercolor
6:30pm—PanCan
6:30pm—Como Las Emociones

FRIDAY, 18th

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

SATURDAY, 19th

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

MONDAY, 21st

10am—Coffee & Connect [gw]
1pm—Plant Powered Plates
2:30-4:30pm—Reiki Relaxation
3pm—Self-Care Monday
5pm—Mindfulness [v]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]

TUESDAY, 22nd

10am—Morning Mingle [gf]
11am—Coloring Club [gf]

11am—LTL Book Club
11:30am—Qigong [v]
11:45am—Encouragement [gw]
12:30pm—Lunch Laughs [v]
12:30pm—Zumba
4pm—Community Access [gw]
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 23rd

12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing [gw]
6pm—Derby Party

THURSDAY, 24th

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]
4pm—Pieces of Peace [v]
5:45pm—Dinner for Groups
6-8pm—Reiki [gf]
6:30pm—Living Through Loss [h]
6:30pm—Breast Cancer Talk [gf]

FRIDAY, 25th

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

SATURDAY, 26th

11am—Women's Day of Care [gw]

MONDAY, 28th

10am—Coffee & Connect [gw]
3pm—Spanish for Beginners [gw]
5pm—Tai Chi
5:15pm—Dinner for Group [gw]
5:45pm—Wellness Group [gw]
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons

TUESDAY, 29th

10am—Morning Mingle [gf]
11am—LTL Book Club
11:30am—Qigong [v]
12:30pm—Zumba
5:45pm—Dinner for Groups [gg/gf]
6:30pm—Support Groups [gg/gf]

WEDNESDAY, 30th

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

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.

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