



**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

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**GILDA'S
CLUB
KENTUCKIANA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Event Calendar

JULY-SEPTEMBER 2026

JULY

GILDA'S GRINSTEAD | GILDA'S WEST

WEDNESDAY, 1st

10:30am—Fun With Art
12:30pm—Pilates
2pm—Line Dancing

THURSDAY, 2nd

10am—Intro to Line Dancing
10:30am—Empowering Beads
1pm—Breathe and Receive [h]
5pm—Thriving Thursday
5:15pm—Bingo
6pm—Peaceful Paint Night

FRIDAY, 3rd-

SATURDAY, 4th

CLUBHOUSES CLOSED

MONDAY, 6th

11am—Conversation Cafe
5:15pm—Dinner for Group
5:30pm—Individual Reiki Session
6pm—Wellness and Beyond Group
6:15pm—Individual Reiki Session
7pm—Individual Reiki Session

TUESDAY, 7th

9:15am—Yin Yoga
10:30am—Empowering Beads
12:30pm—Zumba
1pm—Hooked on Crochet:
Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 8th

12:30pm—Pilates
2pm—Line Dancing
2:30pm—Trivia Afternoon
4pm—Living Beyond [h]

THURSDAY, 9th

10am—Intro to Line Dancing
11am—Game Day
12:30pm—Mahjong for Good
1pm—Breathe and Receive [h]
2pm—Movie Time
2:30pm—Creative Guided
Imagery
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 10th

10:30am—Tai Chi

SATURDAY, 11th

10am—Loteria Mexicana
10am—Gilda's Club 101 and
Clubhouse Tour
11am—Clubhouse Brunch
12pm—Kids Korner
12pm—El Poder De Conocer a
Uno Mismo
12pm—Mindful Art

MONDAY, 13th

9am—Camp Gilda
1pm—Magic of Art
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 14th

9am—Camp Gilda
12pm CST—Paducah Group [o]
12:30pm—Zumba
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 15th

9am—Camp Gilda
2pm—Line Dancing

THURSDAY, 16th

9am—Camp Gilda
1:30pm—Crafts and More

FRIDAY, 17th

9am—Camp Gilda

SATURDAY, 18th

10am—Ready, Set, Glow
11:30am—Bite Sized Bites

MONDAY, 20th

11am—Conversation Cafe
5:15pm—Dinner for Group
5:30pm—Prompted Brushstrokes
6pm—Wellness and Beyond Group
6:30pm—Keep the Hand and
Heart Moving: Writing Practice

TUESDAY, 21st

9:15am—Yin Yoga
12:30pm—Zumba
1pm—Hooked on Crochet:
Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 22nd

12:30pm—Pilates
2pm—Line Dancing
2pm—Make a Memory Book

THURSDAY, 23rd

10am—Intro to Line Dancing
1pm—Breathe and Receive [h]
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 24th

10:30am—Tai Chi

MONDAY, 27th

11am—Conversation Cafe
1pm—Plant Powered Plates
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons
6:30pm—Community Partner
Groups [h]
6:30pm—Beyond Cancer [h]
6:30pm—GU Cancer Networking:
Sexual Health

TUESDAY, 28th

9:15am—Yin Yoga
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet:
Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 29th

12:30pm—Pilates
2pm—Line Dancing

THURSDAY, 30th

10am—Intro to Line Dancing
1pm—Breathe and Receive [h]

FRIDAY, 31st

10:30am—Tai Chi



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

GRINSTEAD WEST

AUGUST

GILDA'S GRINSTEAD | GILDA'S WEST

MONDAY, 3rd

11am—Conversation Cafe
1pm—Plant Powered Plates
5:15pm—Dinner for Group
5:30pm—Individual Reiki Session
6pm—Wellness and Beyond Group
6:15pm—Individual Reiki Session
7pm—Individual Reiki Session

TUESDAY, 4th

9:15am—Yin Yoga
10:30am—Empowering Beads
12:30pm—Zumba
1pm—Hooked on Crochet:
Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 5th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 6th

10am—Intro to Line Dancing
10:30am—Empowering Beads
1pm—Breathe and Receive [h]
5pm—Thriving Thursday
5:15pm—Bingo
6pm—Peaceful Paint Night

FRIDAY, 7th

10:30am—Tai Chi

SATURDAY, 8th

10am—Loteria Mexicana
10am—Gilda's Club 101 and
Clubhouse Tour
11am—Clubhouse Brunch
12pm—Mindful Art
12pm—Kids Korner
12pm—El Poder De Conocerce a
Uno Mismo

MONDAY, 10th

11am—Conversation Cafe
1pm—**Magic of Art**
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 11th

9:15am—Yin Yoga
11:45am—Words of Encouragement
12pm CST—Paducah Group [o]
12:30pm—Zumba
1pm—Hooked on Crochet:
Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 12th

12:30pm—Pilates
2pm—Line Dancing
2:30pm—Trivia Afternoon
4pm—Living Beyond [h]

THURSDAY, 13th

10am—Intro to Line Dancing
10am—Game Day
12:30pm—Mahjong for Good
1pm—Breathe and Receive [h]
2pm—Movie Time
2:30pm—Creative Guided
Imagery
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 14th

10:30am—Tai Chi

SATURDAY, 15th

10am—Ready, Set, Glow
11:30am—Bite Sized Bites

MONDAY, 17th

11am—Conversation Cafe
1pm—Plant Powered Plates
5:15pm—Dinner for Group
5:30pm—Individual Reiki Session
5:30pm—Prompted Brushstrokes
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6:15pm—Individual Reiki Session
6:30pm—Community Partner
Groups [h]
6:30pm—**Keep the Hand and
Heart Moving: Writing Practice**
6:30pm—Beyond Cancer [h]
7pm—Individual Reiki Session

TUESDAY, 18th

9:15am—Yin Yoga
12:30pm—Zumba
1pm—Hooked on Crochet:
Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 19th

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 20th

10am—Intro to Line Dancing
12:30pm—Mindful Meditation
1pm—Breathe and Receive [h]
1:30pm—Crafts and More
6pm—Nutrition and Cancer [h]

FRIDAY, 21st

10:30am—Tai Chi

MONDAY, 24th

11am—Conversation Cafe
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6pm—Knitting Circle
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons
6:30pm—Community Partner
Groups [h]
6:30pm—Beyond Cancer [h]

TUESDAY, 25th

9:15am—Yin Yoga
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet:
Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 26th

12:30pm—Pilates
2pm—Line Dancing

THURSDAY, 27th

10am—Intro to Line Dancing
1pm—Breathe and Receive [h]
2:30pm—Make and Take
Cardmaking
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 28th

10:30am—Tai Chi

MONDAY, 31st

11am—Conversation Cafe
5:15pm—Dinner for Group
6pm—Wellness and Beyond Group



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

GRINSTEAD WEST

SEPTEMBER

GILDA'S GRINSTEAD | GILDA'S WEST

TUESDAY, 1st

9:15am—Yin Yoga
10:30am—Empowering Beads
12:30pm—Zumba
1pm—Hooked on Crochet:
Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 2nd

10:30am—Fun with Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 3rd

10am—Intro to Line Dancing
10:30am—Empowering Beads
1pm—Breathe and Receive [h]
5pm—Thriving Thursday
5:15pm—Bingo
6pm—Peaceful Paint Night
6pm—Hot Topics in Lung
Cancer [h]

FRIDAY, 4th

10:30am—Tai Chi

SATURDAY, 5th- MONDAY, 7th

CLUBHOUSES CLOSED

TUESDAY, 8th

9:15am—Yin Yoga
11:45am—Words of Encouragement
12pm CST—Paducah Group [o]
12:30pm—Zumba
1pm—Hooked on Crochet:
Intermediate
1pm—Learn to Love Your
Lymph [h]
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 9th

12:30pm—Pilates
2pm—Line Dancing
2:30pm—Trivia Afternoon
4pm—Living Beyond [h]

THURSDAY, 10th

10am—Intro to Line Dancing
11am—Game Day
12:30pm—Mahjong for Good
1pm—Breathe and Receive [h]
2pm—Movie Time
2:30pm—Creative Guided
Imagery
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 11th

10:30am—Tai Chi

MONDAY, 14th

11am—Conversation Cafe
1pm—Magic of Art
1pm—Ms. Mastectomy Pirate
Crew Paper Dolls
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6:30pm—Networking Groups [h]
6:30pm—Guitar Lessons

TUESDAY, 15th

9:15am—Yin Yoga
12:30pm—Zumba
1pm—Hooked on Crochet:
Beginners
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 16th

10:30am—Fun With Art
12:30pm—Pilates
1pm—Paint Palette
2pm—Line Dancing

THURSDAY, 17th

10am—Intro to Line Dancing
12:30pm—Mindful Meditation
1pm—Breathe and Receive [h]
1:30pm—Crafts and More
5pm—Core and More
6pm—Nutrition and Cancer [h]
6:30pm—Exploring Watercolor

FRIDAY, 18th

10:30am—Tai Chi

SATURDAY, 19th

10am—Loteria Mexicana
10am—Gilda's Club 101 and
Clubhouse Tour
10am—Ready, Set, Glow
11am—Clubhouse Brunch
11:30am—Bite Sized Bites
12pm—Mindful Art
12pm—Kids Korner
12pm—El Poder De Conocer a
Uno Mismo

MONDAY, 21st

11am—Conversation Cafe
5:15pm—Dinner for Group
5:30pm—Prompted Brushstrokes
5:30pm—Individual Reiki Session
6pm—Wellness and Beyond Group
6:15pm—Individual Reiki Session
6:30pm—Keep the Hand and
Heart Moving: Writing Practice
7pm—Individual Reiki Session

TUESDAY, 22nd

9:15am—Yin Yoga
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet:
Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 23rd

12:30pm—Pilates
2pm—Line Dancing

THURSDAY, 24th

10am—Intro to Line Dancing
1pm—Breathe and Receive [h]
2pm—Make and Take Cardmaking
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 25th

10:30am—Tai Chi

SATURDAY, 26th

11am—Old Fashioned Game Day

MONDAY, 28th

11am—Conversation Cafe
1pm—Plant Powered Plates
5:15pm—Dinner for Group
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6pm—Knitting Circle
6:30pm—Beyond Cancer
6:30pm—Full Moon Painting
6:30pm—Guitar Lessons
6:30pm—Community Partner
Groups [h]

TUESDAY, 29th

9:15am—Yin Yoga
12:30pm—Zumba
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 30th

12:30pm—Pilates
2pm—Line Dancing



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

■ GRINSTEAD ■ WEST

JULY/AUG/SEP

GILDA'S FLOYD | GILDA'S CLARK

July

WEDNESDAY, 1st

11am—Tea Time

THURSDAY, 2nd

5:30pm—Buff Bones

TUESDAY, 7th

10am—Morning Mingle
11:15am—Relax and Renew
1pm—Get to Know Jin Shin Jyutsu
5:45pm—Dinner for Group
6:30pm—Support Group [h]

WEDNESDAY, 8th

6pm—Speak, Sing, Shout

FRIDAY, 10th

10am—Casual Crafting

TUESDAY, 14th

5:45pm—Dinner for Group
6:30pm—Support Group [h]

TUESDAY, 21st

10am—Morning Mingle
5:45pm—Dinner for Group
6:30pm—Support Group [h]

WEDNESDAY, 22nd

6pm—Speak, Sing, Shout

THURSDAY, 23rd

5:30pm—Gentle Chair Yoga and Restorative Meditation

FRIDAY, 24th

10am—Farm Days

TUESDAY, 28th

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

THURSDAY, 30th

6:30pm—Food Budgeting and Meal Planning

FRIDAY, 31st

6:30pm—Summer's End Spectacular

August

TUESDAY, 4th

10am—Morning Mingle
11:15am—Relax and Renew
1pm—Experience Jin Shin Jyutsu
5:45pm—Dinner for Group
6:30pm—Support Group [h]

TUESDAY, 11th

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

WEDNESDAY, 12th

6pm—Speak, Sing, Shout

FRIDAY, 14th

10am—Casual Crafting

TUESDAY, 18th

10am—Morning Mingle
5:45pm—Dinner for Group
6:30pm—Support Group [h]

FRIDAY, 21st

10:30am—Summer Wellness Retreat
12:30pm—Bingo

TUESDAY, 25th

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

WEDNESDAY, 26th

6pm—Speak, Sing, Shout

THURSDAY, 27th

5:30pm—Gentle Chair Yoga and Restorative Meditation

FRIDAY, 28th

10am—Farm Days

September

TUESDAY, 1st

10am—Morning Mingle
11:15am—Relax and Renew
1pm—Experience Jin Shin Jyutsu
5:45pm—Dinner for Group
6:30pm—Support Group [h]

THURSDAY, 3rd

5:30pm—Buff Bones

TUESDAY, 8th

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

THURSDAY, 10th

6pm—Outdoor Yoga and Meditation

FRIDAY, 11th

10am—Casual Crafting

TUESDAY, 15th

10am—Morning Mingle
5:45pm—Dinner for Group
6:30pm—Support Group [h]

FRIDAY, 18th

12:30pm—Bingo

TUESDAY, 22nd

10am—Morning Mingle
11am—Coloring Club
12:15pm—Yoga for You
5:45pm—Dinner for Group
6:30pm—Support Group [h]

THURSDAY, 24th

5:30pm—Gentle Chair Yoga and Restorative Meditation

FRIDAY, 25th

10am—Farm Days

TUESDAY, 29th

10am—Morning Mingle
5:45pm—Dinner for Group
6:30pm—Support Group [h]



[h]—HYBRID | [o]—OFFSITE
SPECIAL EVENTS IN BOLD

FLOYD

CLARK

SPECIAL EVENTS

MAGIC OF ART [GW]

2ND MONDAYS, 1 TO 2:30 PM

Creativity trumps perfection in this workshop led by Dianne Rowan where you'll create art with everyday materials.

KEEP THE HAND (AND HEART) MOVING: A WRITING PRACTICE [GG]

3RD MONDAYS, 6:30 TO 7:30 PM

Join this workshop with guided prompts and stream-of-consciousness writing.

SPEAK, SING AND SHOUT [GF]

2ND AND 4TH WEDNESDAYS, 6 TO 7:30 PM

Explore song writing, poetry and spoken word with board-certified music therapist Jenny Branson, MS, MT-BC.

CREATIVE GUIDED IMAGERY [GG]

2ND THURSDAYS, 2:30 TO 3:30 PM

Join Eileen Estes for a therapeutic art workshop that integrates guided imagery relaxation with creative expression.

CASUAL CRAFTING [GC]

2ND FRIDAYS, 10 AM TO 12 PM

Enjoy casual crafts at your own pace as we hang out at our serene farmhouse.

KIDS KORNER! [GG]

2ND SATURDAYS, 12 TO 1 PM

Kids ages 9-15 are invited to a post brunch afternoon of crafts, games and fun.

EL PODER DE CONOERCE A UNO MISMO/THE POWER OF KNOWING YOURSELF [GG]

2ND SATURDAYS, 12 TO 1:30 PM

Desarrollar la autoconciencia y vivir una vida más auténtica y con más libertad, alejándose del miedo y de la dependencia de la aprobación de las demás personas.

Build self-awareness and live with greater authenticity and freedom while moving away from fear and the need for external approval.

GET TO KNOW JIN SHIN JYUTSU [GF]

TUESDAY, JULY 7, 1 TO 2:30 PM

Learn about the art of Jin Shin Jyutsu to help with life balance.

MAKE A MEMORY BOOK [GG]

WEDNESDAY, JULY 22, 2 TO 3:30 PM

Make a memory book with your own photos, memories or favorite quotes with local book and paper artist, Debbie Shannon.

GU CANCER NETWORKING: SEXUAL HEALTH [GG]

MONDAY, JULY 27, 6:30 TO 8 PM

Join Gilda's Club and UofL Health for quarterly networking and educational workshops on genitourinary cancer. Dr. Jessica N. Schardein, Director of Sexual and Reproductive Medicine, will present on sexual wellness.

FOOD BUDGETING AND MEAL PLANNING [GF]

THURSDAY, JULY 30, 6:30 TO 7:30 PM

Gilda's Club and the Clark County Purdue Extension Office's Health and Human Sciences Educator Emma Finerfrock will teach grocery shopping strategies, offer tips for lowering your grocery bill and teach hands-on meal planning.

SUMMER'S END SPECTACULAR [GC]

FRIDAY, JULY 31, 6:30 TO 7:30 PM

Wrap up summer in style! Celebrate the end of summer and the start of the school year with a family night. Enjoy dinner, outdoor games, back to school goodies and more!

EXPERIENCE JIN SHIN JYUTSU [GF]

TUESDAYS, AUGUST 4 AND SEPTEMBER 1, 1 TO 2 PM

Learn and explore Jin Shin Jyutsu to help find body harmony and health.

SUMMER WELLNESS RETREAT [GC]

FRIDAY, AUGUST 21, 10:30 AM TO 1:30 PM

Participate in all day projects and activities that connect wellness goals and themes. Expect journaling, music therapy, art therapy and guided meditation. Lunch provided.

HOT TOPICS IN LUNG CANCER [HYBRID]

THURSDAY, SEPTEMBER 3, 6 TO 7:30 PM

Join Gilda's Club and AstraZeneca Pharmaceuticals' Executive Medical Science Liaison in Thoracic Oncology Nick Theilen, PhD MSc for this overview on lung cancer, including current and new treatments.

LEARN TO LOVE YOUR LYMPH [HYBRID]

TUESDAY, SEPTEMBER 8, 1 TO 2 PM

Join Angela M. Von Handorf, OTR/L, MLD-C, for an informational session about your lymphatic system and how to support it during your healing journey.

MS. MASTECTOMY PIRATE CREW PAPER DOLL WORKSHOP [GG]

MONDAY, SEPTEMBER 14, 1 TO 2:30 PM

Artist Erin McGee Ferrell introduces the Pirate Crew Paper Doll Kit, an educational and creative project using humor, storytelling and hands-on art making to provide connection, resilience and moments of lightness during difficult experiences.

OLD FASHIONED GAME DAY [GW]

SATURDAY, SEPTEMBER 26, 11 AM TO 1:30 PM

Enjoy an afternoon of old-fashioned fun with volleyball, corn hole, sack races, Bingo, face painting, food 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



VIRTUAL

Weekly

TUESDAYS

11:30am—Qigong
6:30pm—Wellness Group

THURSDAYS

12:30pm—Lunch Laughs
1pm—Breathe and Receive [h]

FRIDAYS

9am—Meditation Reset

July

WEDNESDAY, 1st

6pm—Virtual Journaling

MONDAY, 6th

5pm—Mindfulness
6pm—Making Peace with the Unknown: Journaling

WEDNESDAY, 8th

11:30am—Reiki Meditation
4pm—Living Beyond [h]

THURSDAY, 9th

6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking

WEDNESDAY, 15th

2:30pm—Book Nook
6pm—Virtual Journaling
6:30pm—Book Nook II

THURSDAY, 16th

6pm—Nutrition and Cancer

MONDAY, 20th

5pm—Mindfulness

THURSDAY, 23rd

6:30pm—Living Through Loss [h]

August

MONDAY, 3rd

5pm—Mindfulness
6pm—Making Peace with the Unknown: Journaling

WEDNESDAY, 5th

6pm—Virtual Journaling

WEDNESDAY, 12th

11:30am—Reiki Meditation
4pm—Living Beyond [h]

THURSDAY, 13th

6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking

MONDAY, 17th

5pm—Mindfulness

WEDNESDAY, 19th

2:30pm—Book Nook
6pm—Virtual Journaling
6:30pm—Book Nook II

THURSDAY, 20th

6pm—Nutrition and Cancer [h]
6:30pm—Living Through Loss [h]
6:30pm—Understanding the Genetics of Cancer

September

WEDNESDAY, 2nd

6pm—Virtual Journaling

THURSDAY, 3rd

6pm—Hot Topics in Lung Cancer [h]

TUESDAY, 8th

1pm—Learn to Love Your Lymph [h]

WEDNESDAY, 9th

11:30am—Reiki Meditation
4pm—Living Beyond [h]

THURSDAY, 10th

6:30pm—Living Through Loss [h]
6:30pm—Sarcoma Networking

WEDNESDAY, 16th

2:30pm—Book Nook
6pm—Virtual Journaling
6:30pm—Book Nook

THURSDAY, 17th

6pm—Nutrition and Cancer [h]

MONDAY, 21st

5pm—Mindfulness

THURSDAY, 24th

6:30pm—Living Through Loss [h]

[h]—HYBRID

THANK YOU

ROSTREVOR FOUNDATION



FOUR EVERGREEN®
FOUNDATION

IRVIN F. & ALICE S.
ETSCORN FOUNDATION



PAULA & FRANK HARSHAW

LINDY B. STREET



HOME
CENTER
NEW ALBANY



BROWN-FORMAN



Legacy Foundation of Kentuckiana

THE GHEENS
FOUNDATION

Lift a Life
FOUNDATION

BARR
FOUNDATION, INC.

FRED B. & OPAL S.
WOOSLEY
FOUNDATION



THE CORY
FOUNDATION

MCKESSON



Trager
Family
Foundation



Sacred Heart
ACADEMY



CAESARS
FOUNDATION
OF FLOYD COUNTY



TRI-ARROWS
ALUMINUM INC.

NTS



NORTON
CANCER INSTITUTE



THE PORCINI/FARMER
Children's Foundation

Brown Cancer Center

UL Health



BITTNER'S

THE
GLENVIEW
TRUST
COMPANY

Please register 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 info, 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 and 4th 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, 6-7:30 pm.

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.

Meditation Reset

Create space 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, 12:30-1:15 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.

QiGong

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

Meditation Using the Reiki Energy Body

Promotes relaxation and wellness. 2nd Wednesdays, 11:30am-12:30pm.

Tai Chi for Health and Wellbeing

Improve balance and flexibility, relieve stress and share the joy of Tai Chi's slow, flowing, meditative movements. Fridays, 10:30-11:45 am.

Yin Yoga

A slow-paced, meditative style that uses long-held, passive floor poses to target deep connective tissues rather than muscles. Tuesdays, 9:15-10:30am.

COMMUNITY PARTNER NETWORKING GROUPS

BRAIN INJURY ALLIANCE OF KENTUCKY (BIAK)

Group for brain injury survivors, including tumors.

Fourth Mondays, 6:30-8 pm.

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.

Fourth Mondays, 5-6 pm.

PANCREATIC CANCER NETWORK (PanCAN)

Group for those impacted by pancreatic cancer.

Fourth Mondays, 6:30-8 pm.