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LOUISVILLE, KY  
PERMIT # 513



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**

# Program Event Calendar

**JULY - SEPTEMBER 2025**

# JULY

## GILDA'S GRINSTEAD | GILDA'S WEST

### TUESDAY, 1st

10:30am—Empowering Beads  
12:30pm—Zumba  
1pm—Ingles Basico [o]  
1pm—Hooked on Crochet  
1pm—Tasty Tuesday  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 2nd

10:30am—Fun with Art  
12:30pm—Pilates  
2pm—Line Dancing  
2:30pm—Trivia Afternoon

### THURSDAY, 3rd

10:30am—Empowering Beads  
**11am—El Gran Duelo de Dominó**  
1pm—Breathe and Receive [h]  
2:30pm—Tai Chi  
5pm—Bingo  
**5pm—Thriving Thursday**  
5:30pm—Gentle Yoga  
**6pm—Reconéctate**  
**6pm—Alza Tu Voz**  
6pm—Peaceful Paint Night

### FRIDAY, 4th

CLUBHOUSES CLOSED

### SATURDAY, 5th

CLUBHOUSES CLOSED

### MONDAY, 7th

10am—Coffee & Connect  
**10am—Yoga Flow**  
1pm—Plant Powered Plates  
5pm—Tai Chi  
**5pm—Aprendemos Juntos**  
5:15pm—Dinner for Group  
5:45pm—Wellness Group  
6pm—Soothing Fiber Art

### TUESDAY, 8th

11:45am—Words of Encouragement  
12pm CST—Paducah Group [o]  
12:30pm—Zumba  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 9th

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

### THURSDAY, 10th

11am—Game Day  
1pm—Breathe and Receive [h]  
2pm—Movie Time  
5:45pm—Dinner for Groups  
6:30pm—Living Through Loss [h]

### FRIDAY, 11th

10:30am—Tai Chi

### SATURDAY, 12th

10am—Loteria Mexicana  
11am—Clubhouse Brunch  
**12pm—Reconéctate**  
12pm—Mindful Art  
12:15pm—Discover Reiki

### MONDAY, 14th

**9am—Camp Gilda**  
5pm—Laryngectomy Group  
5:15pm—Dinner for Group  
5:45pm—Wellness Group  
5:45pm—Dinner for Groups  
6:30pm—Networking Groups [h]

### TUESDAY, 15th

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

### WEDNESDAY, 16th

**9am—Camp Gilda**  
2pm—Line Dancing

### THURSDAY, 17th

**9am—Camp Gilda**  
1pm—Breathe and Receive [h]

### FRIDAY, 18th

**9am—Camp Gilda**  
**11am—Tie the Knot**

### SATURDAY, 19th

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

### MONDAY, 21st

10am—Coffee & Connect  
**10am—Yoga Flow**  
1pm—Plant Powered Plates  
2:30pm—Reiki Relaxation Session  
3pm—Self-Care Monday  
3:15pm—Reiki Relaxation Session  
4pm—Reiki Relaxation Session  
5pm—Tai Chi  
5:15pm—Dinner for Group  
**5:30pm—Prompted Brushstrokes**  
5:45pm—Wellness Group  
6pm—Solo Para Mujeres

### TUESDAY, 22nd

**9am—Camp Shakespeare**  
**10:30am—Strength in Stories**  
11:45am—Words of Encouragement  
12:30pm—Zumba  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 23rd

**9am—Camp Shakespeare**  
12:30pm—Pilates  
2pm—Line Dancing

### THURSDAY, 24th

**9am—Camp Shakespeare**  
1pm—Breathe and Receive [h]  
1pm—Vamos a Jugar Loteria [o]  
**1pm—Open Art Studio**  
2pm—Make and Take Cardmaking  
2:30pm—Tai Chi  
5:45pm—Dinner for Groups  
6:30pm—Living Through Loss [h]

### FRIDAY, 25th

10am—Bingo  
10:30am—Tai Chi

### MONDAY, 28th

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

### TUESDAY, 29th

12:30pm—Zumba  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 30th

12:30pm—Pilates  
2pm—Line Dancing

### THURSDAY, 31st

1pm—Breathe and Receive [h]  
6:30pm—Drum Circle



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

GRINSTEAD WEST

# AUGUST

## GILDA'S GRINSTEAD | GILDA'S WEST

### FRIDAY, 1st

10:30am—Tai Chi

### MONDAY, 4th

10am—Coffee & Connect

**10am—Yoga Flow**

1pm—Plant Powered Plates

5pm—Tai Chi

**5pm—Aprendemos Juntos**

5:15pm—Dinner for Group

5:45pm—Wellness Group

6pm—Soothing Fiber Art

### TUESDAY, 5th

10:30am—Empowering Beads

12:30pm—Zumba

1pm—Hooked on Crochet

1pm—Ingles Basico [o]

1pm—Tasty Tuesday

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 6th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

**2pm—Line Dancing**

2:30pm—Trivia Afternoon

### THURSDAY, 7th

10:30am—Empowering Beads

**11am—El Gran Duelo de Dominó**

1pm—Breathe and Receive [h]

2:30pm—Tai Chi

5pm—Bingo

5:30pm—Gentle Yoga

**6pm—Reconéctate**

**6pm—Alza Tu Voz**

6pm—Peaceful Paint Night

### FRIDAY, 8th

10:30am—Tai Chi

### SATURDAY, 9th

10am—Loteria Mexicana

11am—Clubhouse Brunch

12pm—Mindful Art

**12pm—Plan With Purpose**

**12pm—Move, Eat, Play**

12:15pm—Discover Reiki

### MONDAY, 11th

10am—Coffee & Connect

12:30pm—American Mahjong

1:30pm—Florals in Painting

5pm—Tai Chi

5pm—Laryngectomee Group

5:15pm—Dinner for Group

5:45pm—Wellness Group

5:45pm—Dinner for Groups

6:30pm—Networking Groups [h]

6:30pm—Guitar Lessons

### TUESDAY, 12th

11:45am—Words of Encouragement

12pm CST—Paducah Group

**12pm—Reconéctate**

12:30pm—Zumba

1pm—Ingles Basico [o]

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 13th

12:30pm—Pilates

1pm—Paint Palette

**2pm—Line Dancing**

4pm—Living Beyond [h]

**6pm—Bracelet Bliss**

### THURSDAY, 14th

11am—Game Day

1pm—Breathe and Receive [h]

**2pm—Movie Time**

5:45pm—Dinner for Groups

6:30pm—Living Through Loss [h]

### FRIDAY, 15th

10:30am—Tai Chi

**10:30am—Strength in Stories**

**11am—Tie the Knot**

### SATURDAY, 16th

10am—Ready, Set, Glow

11:30am—Bite Sized Bites

### MONDAY, 18th

10am—Coffee & Connect

**10am—Yoga Flow**

1pm—Plant Powered Plates

2:30pm—Reiki Relaxation Session

3pm—Self-Care Monday

3:15pm—Reiki Relaxation Session

4pm—Reiki Relaxation Session

5pm—Tai Chi

5:15pm—Dinner for Group

**5:30pm—Prompted Brushstrokes**

5:45pm—Wellness Group

6pm—Solo Para Mujeres

### TUESDAY, 19th

**10:30am—Strength in Stories**

11:45am—Words of Encouragement

12:30pm—Zumba

1pm—Hooked on Crochet

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 20th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

**2pm—Line Dancing**

### THURSDAY, 21st

11am—Solo Reiki Sessions

**11am—El Gran Duelo de Dominó**

11:45am—Solo Reiki Sessions

12:30pm—Solo Reiki Sessions

**12:30pm—Mindful Meditation**

1pm—Breathe and Receive [h]

**1:30pm—Crafts and More**

5:30pm—Spanish for Beginners

5:30pm—Gentle Yoga

6pm—Nutrition and Cancer [h]

**6pm—Reconéctate**

6:30pm—PanCAN [h]

6:30pm—Como Las Emociones

6:30pm—Exploring Watercolor

### FRIDAY, 22nd

10:30am—Bingo

10:30am—Tai Chi

### MONDAY, 25th

10am—Coffee & Connect

3pm—Spanish for Beginners

5pm—Tai Chi

**5pm—Aprendemos Juntos**

5:15pm—Dinner for Group

5:45pm—Wellness Group

6pm—Knitting Circle

6:30pm—Full Moon Painting

6:30pm—Guitar Lessons

### TUESDAY, 26th

11:45am—Encouragement

12:30pm—Zumba

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 27th

12:30pm—Pilates

1pm—Paint Palette

**2pm—Line Dancing**

### THURSDAY, 28th

1pm—Breathe and Receive [h]

**1pm—Open Art Studio**

1pm—Vamos a Jugar Loteria [o]

2pm—Make and Take Cardmaking

**2:30pm—Tai Chi**

5:45pm—Dinner for Groups

6:30pm—Living Through Loss [h]

### FRIDAY, 29th

10:30am—Tai Chi

### SATURDAY, 30th

CLUBHOUSES CLOSED



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

GRINSTEAD WEST

# SEPTEMBER

## GILDA'S GRINSTEAD | GILDA'S WEST

### MONDAY, 1st

CLUBHOUSES CLOSED

### TUESDAY, 2nd

10:30am—Empowering Beads  
12:30pm—Zumba  
1pm—Hooked on Crochet  
1pm—Tasty Tuesday  
1pm—Ingles Basico [o]  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 3rd

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

### THURSDAY, 4th

10:30am—Empowering Beads  
**11am—El Gran Duelo de Dominó**  
1pm—Breathe and Receive [h]  
2:30pm—Tai Chi  
5pm—Bingo  
**5pm—Thriving Thursday**  
5:30pm—Gentle Yoga  
**6pm—Reconéctate**  
**6pm—Alza Tu Voz**  
6pm—Peaceful Paint Night

### FRIDAY, 5th

10:30am—Tai Chi

### MONDAY, 8th

10am—Coffee & Connect  
12:30pm—American Mahjong  
1pm—Florals in Painting  
5pm—Tai Chi  
5pm—Laryngectomee Group  
5:15pm—Dinner for Group  
5:45pm—Wellness Group  
5:45pm—Dinner for Groups  
6:30pm—Networking Groups [h]  
6:30pm—Guitar Lessons

### TUESDAY, 9th

11:45am—Words of Encouragement  
12pm CST—Paducah Group  
12:30pm—Zumba  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 10th

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

### THURSDAY, 11th

11am—Game Day  
1pm—Breathe and Receive [h]  
2pm—Movie Time  
5:45pm—Dinner for Groups  
6:30pm—Living Through Loss [h]

### FRIDAY, 12th

10:30am—Tai Chi  
**12pm—Reconéctate**

### SATURDAY, 13th

10am—Loteria Mexicana  
11am—Clubhouse Brunch  
12pm—Mindful Art  
**12pm—Move, Eat, Play!**  
12:15pm—Discover Reiki

### MONDAY, 15th

10am—Coffee & Connect  
1pm—Plant Powered Plates  
2:30pm—Reiki Relaxation Session  
3pm—Self-Care Monday  
3:15pm—Reiki Relaxation Session  
4pm—Reiki Relaxation Session  
5pm—Tai Chi  
5:15pm—Dinner for Group  
**5:30pm—Prompted Brushstrokes**  
5:45pm—Wellness Group  
6pm—Solo Para Mujeres

### TUESDAY, 16th

12:30pm—Zumba  
1pm—Hooked on Crochet  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 17th

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

### THURSDAY, 18th

**11am—El Gran Duelo de Dominó**  
12:30pm—Mindful Meditation  
1pm—Breathe and Receive [h]  
1:30pm—Crafts and More  
5:30pm—Spanish for Beginners  
5:30pm—Gentle Yoga  
**6pm—Reconéctate**  
6pm—Nutrition and Cancer [h]  
**6pm—Alza Tu Voz**  
6:30pm—PanCAN [h]  
6:30pm—Como Las Emociones  
6:30pm—Drum Circle  
6:30pm—Exploring Watercolor

### FRIDAY, 19th

10:30am—Tai Chi  
**11am—Tie the Knot**

### SATURDAY, 20th

**11am—Old Fashioned Game Day**

### MONDAY, 22nd

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

### TUESDAY, 23rd

11:45am—Words of Encouragement  
12:30pm—Zumba  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]

### WEDNESDAY, 24th

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

### THURSDAY, 25th

1pm—Breathe and Receive [h]  
**1pm—Open Art Studio**  
1pm—Vamos a Jugar Loteria [o]  
2pm—Make and Take Cardmaking  
5:45pm—Dinner for Groups  
6:30pm—Living Through Loss [h]

### FRIDAY, 26th

10:30am—Tai Chi  
10:30am—Bingo

### SATURDAY, 27th

**6pm—Hispanic Heritage Month Celebration**

### MONDAY, 29th

10am—Coffee & Connect  
5pm—Tai Chi  
5:15pm—Dinner for Group  
5:45pm—Wellness Group  
6pm—Soothing Fiber Art

### TUESDAY, 30th

12:30pm—Zumba  
5:45pm—Dinner for Groups  
6:30pm—Support Groups [h]



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

GRINSTEAD WEST

# JULY/AUG/SEPT

## GILDA'S FLOYD | GILDA'S CLARK

### July

#### **TUESDAY, 1st**

10am—Morning Mingle  
11:15am—Relax and Renew  
5:45pm—Dinner for Group  
6:30pm—Support Group

#### **TUESDAY, 8th**

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

#### **WEDNESDAY, 9th**

6pm—Natural Wonders Watercolor

#### **THURSDAY, 10th**

**6pm—Connection for Wellbeing**  
6pm—Reiki  
6:45pm—Reiki  
7:30pm—Reiki

#### **FRIDAY, 11th**

**10:30am—Strength in Stories**

#### **TUESDAY, 15th**

5:45pm—Dinner for Groups  
6:30pm—Support Groups

#### **TUESDAY, 22nd**

10am—Morning Mingle  
11am—Coloring Club  
5:45pm—Dinner for Group  
6:30pm—Support Group

#### **WEDNESDAY, 23rd**

**10am—You Can Do It**

#### **THURSDAY, 24th**

**6pm—Connection for Wellbeing**

#### **FRIDAY, 25th**

**10am—Farm Days**  
11am—Journal Jam

#### **TUESDAY, 29th**

10am—Morning Mingle  
**10am—IU Lung Cancer Screening**  
5:45pm—Dinner for Group  
6:30pm—Support Group

#### **WEDNESDAY, 30th**

**10am—You Can Do It**

### August

#### **FRIDAY, 1st**

**10:30am—Strength in Stories**  
**6pm—Summer's End Spectacular**

#### **TUESDAY, 5th**

10am—Morning Mingle  
11:15am—Relax and Renew  
5:45pm—Dinner for Group  
6:30pm—Support Group

#### **FRIDAY, 8th**

**10:30am—Strength in Stories**

#### **TUESDAY, 12th**

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

#### **WEDNESDAY, 13th**

5:30pm—Tending Your Garden

#### **THURSDAY, 14th**

**6pm—Connection for Wellbeing**  
6pm—Reiki  
6:45pm—Reiki  
7:30pm—Reiki

#### **FRIDAY, 15th**

12:30pm—Bingo

#### **TUESDAY, 19th**

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

#### **WEDNESDAY, 20th**

11am—Tea Time

#### **FRIDAY, 22nd**

**10am—Farm Days**  
11am—Journal Jam

#### **TUESDAY, 26th**

10am—Morning Mingle  
11am—Coloring Club  
5:45pm—Dinner for Group  
6:30pm—Support Group

#### **WEDNESDAY, 27th**

5:30pm—Tending Your Garden

#### **THURSDAY, 28th**

**6pm—Connection for Wellbeing**

### September

#### **TUESDAY, 2nd**

10am—Morning Mingle  
11:15am—Relax and Renew  
5:45pm—Dinner for Group  
6:30pm—Support Group

#### **FRIDAY, 5th**

**10:30am—Strength in Stories**

#### **TUESDAY, 9th**

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

#### **WEDNESDAY, 10th**

**10am—You Can Do It**  
6pm—Natural Wonders Watercolor

#### **THURSDAY, 11th**

**6pm—Connection for Wellbeing**  
6pm—Reiki  
6:45pm—Reiki  
7:30pm—Reiki

#### **TUESDAY, 16th**

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

#### **FRIDAY, 19th**

12:30pm—Bingo

#### **TUESDAY, 23rd**

10am—Morning Mingle  
11am—Coloring Club  
5:45pm—Dinner for Group  
6:30pm—Support Group

#### **THURSDAY, 25th**

**6pm—Connection for Wellbeing**

#### **FRIDAY, 26th**

**10am—Farm Days**  
11am—Journal Jam

#### **SATURDAY, 30th**

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



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

■ FLOYD

■ CLARK

# VIRTUAL

T H A N K   Y O U

## Weekly

### TUESDAYS

11:30am—Qigong  
12:30pm—Lunch Laughs

### THURSDAYS

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

### FRIDAYS

9am—Meditation Reset

### WEDNESDAY, 14th

1pm—Reiki Meditation  
4pm—Living Beyond [h]

### THURSDAY, 15th

6pm—Nutrition After Treatment [h]

### MONDAY, 18th

5pm—Mindfulness

### WEDNESDAY, 21st

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

### THURSDAY, 22nd

6:30pm—Living Through Loss [h]

## July

### WEDNESDAY, 2nd

6pm—Virtual Journaling

### WEDNESDAY, 9th

1pm—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 II

### MONDAY, 21st

5pm—Mindfulness

## September

### WEDNESDAY, 3rd

6pm—Virtual Journaling

### THURSDAY, 4th

1pm—Breathe and Receive [h]

### WEDNESDAY, 10th

1pm—Reiki Meditation  
4pm—Living Beyond [h]

### THURSDAY, 11th

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

### MONDAY, 15th

5pm—Mindfulness

### WEDNESDAY, 17th

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

### THURSDAY, 25th

6:30pm—Living Through Loss [h]

## August

### MONDAY, 4th

5pm—Mindfulness

### WEDNESDAY, 6th

6pm—Virtual Journaling

### THURSDAY, 8th

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

[h]—HYBRID

ROSTREVOR  
FOUNDATION



IRVIN F. & ALICE S.  
ETSCORN FOUNDATION



BROWN-FORMAN



BARR  
Foundation, Inc.

THE GHEENS  
FOUNDATION

THE CORY  
FOUNDATION



MCKESSON

FRED B. & OPAL S.  
WOOSLEY  
FOUNDATION



Brown Cancer Center

UHealth



BITTNER'S

THE PORCINI/FARMER  
Children's Foundation

Please register 24 hours in advance for all groups and program offerings online at [gck.org](http://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.

- West: Mondays. • 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, 5:45-7:15 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.

### 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

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.

### 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, 6:30-8 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.  
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

## YOGA FLOW [GG]

**1ST AND 3RD MONDAYS, 10-11 AM**

Explore and reconnect with your inner rhythm with Certified Yoga Instructor David Klaphaak who creates a flow for students of all levels.

## APRENDEMOS JUNTOS [GG]

**1ST AND 4TH MONDAYS, 5-6 PM**

Únete a Diana Ventura Matos en estos talleres prácticos sobre presupuestos, testamentos, seguros de vida y otros temas de educación financiera. *Spanish only program.*

## ALZA TU VOZ [GG]

**1ST MON AND 3RD THURS, 6-7:30 PM**

Espacio donde mujeres se reúnen para compartir sus historias, expresarse con valentía y empoderarse unas a otras con autenticidad. *Spanish only program.*

## PROMPTED BRUSHSTROKES [GG]

**3RD MONDAYS, 5:30-7 PM**

Unlock your creativity in this painting class where prompts serve as a springboard. In each class you will use the same canvas, making an unforgettable collage piece.

## YOGA FOR YOU: MOVEMENT [GF]

**2ND TUESDAYS, 12-1:15 PM**

Build a practice of daily movement through yoga! Each month will focus on a different aspect of physical wellness.

## EL GRAN DUELO DE DOMINÓ [GG]

**1ST AND 3RD THURSDAYS, 11 AM-1 PM**

¡Ponte las pilas y lánzate al torneo de dominó, aquí se juega con sabor y estilo! Únete a uno de los equipos y diviértete, habrá almuerzo ligero y bebidas.

Get in the game and join our domino tournament. Team up, play a few rounds and enjoy a light lunch.

## RECONÉCTATE [GG]

**1ST AND 3RD THURSDAYS, 6-7PM**

**2ND SATURDAYS, 12-1:30 PM**

Talleres transformadores con la coach de vida Jatzy Arias para sanar, crecer y reconectar contigo mismo a través del desarrollo humano. *Spanish only program.*

## CONNECTION FOR WELLBEING [GF]

**2ND AND 4TH THURSDAYS, 6-7:30 PM**

Explore music, art and movement to reduce stress and promote wellbeing with Certified Music Therapist Jenny Branson.

## TIE THE KNOT [GW]

**3RD FRIDAYS, 11 AM-12 PM**

Make your very own stylish tie from scratch! Whether you're looking to up your fashion game or create a handmade gift, this class is perfect for all skill levels.

## OPEN ART STUDIO [GW]

**4TH THURSDAYS, 1-2:30 PM**

Bring your creativity to this open art studio for all levels.

## FARM DAYS [GC]

**4TH FRIDAYS, 10 AM-2 PM**

Enjoy the scenery and serenity of Gilda's Clark.

## MOVE, EAT, PLAY! [GG]

**2ND SATURDAYS, 12-1:30 PM**

Kids can enjoy a post brunch afternoon of fun! We will make a treat, do a craft and then do a fun, physical activity!

## THRIVING THURSDAY [GG]

**THURSDAYS, JULY 3 AND SEPT 4, 5-6 PM**

Join Cosmetologist LaDawn Stallworth and learn easy hacks using essential oils.

## STRENGTH IN STORIES

**FRI, JULY 11, AUG 8, 10:30AM-12PM [GF]**

**FRIDAY, AUGUST 15, 10:30AM-12PM [GG]**

**FRI, JULY 22, AUG 19, 10:30-11:30AM [GW]**

**FRI, AUG 1 AND SEPT 5, 10:30AM-12PM [GC]**

This hands-on art-making workshop will focus on using line, color and form. Bring your story and curiosity and explore artistic mediums.

## CAMP SHAKESPEARE [GG]

**TUES, JULY 22-THURS, JULY 24,**

**9AM-4PM**

Calling all youth ages 7-13! Join us and our friends at Kentucky Shakespeare for three days of theater fun where you will learn about and perform a short piece written by Shakespeare.

## YOU CAN DO IT [GC]

**WEDNESDAYS, JULY 23, JULY 30 AND SEPTEMBER 10, 10AM-12PM**

Learn the basics of food storage with this hands-on vegetable freezing and preservation class led by Board Member Sharon Kleinert.

## SUMMER'S END SPECTACULAR [GC]

**FRIDAY, AUGUST 1, 6-8 PM**

Join us at the farm for yard and barn games, hayrides, snacks and more before school starts!

## PLAN WITH PURPOSE [GG]

**SATURDAY, AUGUST 9, 12-1 PM**

Learn the importance of making a will and about resources that can make this difficult task easier.

## OLD FASHIONED GAME DAY [GW]

**SATURDAY, SEPTEMBER 20, 11 AM-1:30 PM**

Join us for an afternoon of old-fashioned fun with volleyball, corn hole, sack races, Bingo, face painting, crafts and food.

## HISPANIC HERITAGE CELEBRATION [GG]

**FRIDAY, SEPTEMBER 27, 6-8 PM**

Join us for an evening of tribute, culture and pride as we kick off Hispanic Heritage Month. Meet local Hispanic women who have made a difference in their communities while enjoying music, food and entertainment.

¡Demos inicio al Mes de la Herencia Hispana en Gilda's Grinstead! Acompáñanos en una velada de homenaje, cultura y orgullo, este año celebramos: "Raíces y Alas: Mujeres Hispanas que Lideran." Ven a disfrutar de música, comida, entretenimiento y presenciar las historias de mujeres hispanas locales que han marcado la diferencia en la comunidad.



Full descriptions of all offerings at [gck.org](http://gck.org).

LOUISVILLE, KENTUCKY

[gg] GILDA'S GRINSTEAD 2440 Grinstead Dr, 40204

[gf] GILDA'S WEST 1720 W Broadway, Ste 205, 40203

SOUTHERN INDIANA

[gc] GILDA'S FLOYD 1218 E. Oak St, New Albany, 47150

[gw] GILDA'S CLARK 5318 King Rd Jeffersonville, 47130