



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

NON-PROFIT ORG  
US POSTAGE  
**PAID**  
LOUISVILLE, KY  
PERMIT # 513



**GILDA'S  
CLUB  
KENTUCKIANA**

# Program Event Calendar

**OCTOBER-DECEMBER 2025**

# SPECIAL EVENTS

## CONVERSATION CAFE [GW]

**MONDAYS, 11 AM-12 PM**

Meet new people and catch up with friends in a relaxed setting. Bring your own book, puzzle, or favorite topic to share. Refreshments provided!

## FALL FLAVORS IN THE KITCHEN [GG]

**1ST MONDAYS, 5-6:30 PM**

Autumn harvest brings comforting flavors in this cooking class with Chef Dave Hunter.

## WRITE ON [GG]

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

Reflect and rediscover the stories inside you through creative writing. Using inspiration from literary excerpts, this class welcomes discussion and time to respond to prompts.

## CIRCULO DE CALMA [GG]

**1ST AND 3RD FRIDAYS, 10 AM-12 PM**

Únete a nuestra clase de meditación con Ana y aprende a soltar el estrés, encontrar equilibrio y conectar contigo mismo en un ambiente acogedor.

## LAUGHTER YOGA [GG]

**THURSDAY, OCTOBER 2, 6-7 PM**

Laughter Yoga combines playful laughter exercises with deep breathing to boost mood, reduce stress and energize your body.

## ONLINE HEALTH INFO [GG]

**MONDAY, OCTOBER 6, 5:30-6:30 PM**

Learn how to find reliable information online.

## GILDA'S BARNYARD BASH [GC]

**FRIDAY, OCTOBER 10, 6-8 PM**

Enjoy food, live music, line dancing, art and activities for the whole family, plus a dessert contest.

## HOLIDAY WREATHMAKING

**SATURDAY, OCT 11, 10AM-12 PM [GW]**

**MONDAY, OCTOBER 27, 6-8 PM [GG]**

Join our crafty friend Wendy to make a lovely wreath for the holiday season!

## FALL FELT CRAFTS [GF]

**WEDNESDAY, OCTOBER 15, 1-2:30 PM**

Learn how to make felt garlands that celebrate your favorite parts of fall.

## HOLIDAY CARDMAKING [GG]

**FRIDAY, OCTOBER 17, 10:30 AM-12 PM**

Make a Fall, Halloween and Thanksgiving card in this crafty class with Cindy Foster.

## LYMPHEDEMA AND CANCER [GG]

**MONDAY, OCTOBER 20, 6-7 PM**

Learn about lymphedema causes, signs, symptoms, risk factors, treatment options, prevention and more.

## NOOGIEFEST [GG]

**SATURDAY, OCTOBER 25, 11 AM-1:30 PM**

Join us for fall fun with music, treats, games, crafts and more. Costumes encouraged!

## DIA DE MUERTOS [GG]

**THURSDAY, OCTOBER 30, 6-8 PM**

¡Celebra el Día de Muertos en Gilda Grinstead con una hermosa ofrenda comunitaria para honrar a tus seres queridos disponible el 24 de octubre! Participa en el Concurso de Catrinas y forma parte de esta querida tradición hispana.

Celebrate Día de Muertos at Gilda's Grinstead with a beautiful community ofrenda available on October 24 to honor your loved ones! Join our Catrina Contest and be part of this beloved Hispanic tradition — sign up today!

## HALLOWEEN OPEN HOUSE [GF]

**FRIDAY, OCTOBER 31, 6-8 PM**

Happy Halloween! Stop by Gilda's Floyd for a Halloween social and treats.

## RECIPE SWAP AND SHARE [GF]

**THURSDAY, NOV 13, 10:30AM-12 PM**

Bring your favorite recipes and stories to share.

## DAY OF SHARING [GW]

**WEDNESDAY, NOVEMBER 19, 1-3 PM**

Stop by for a sweet treat, a warm beverage and connection. We'd love to see you.

## THANKSGIVING DINNER [GG]

**FRIDAY, NOVEMBER 21, 6-8 PM**

Join us for a Thanksgiving meal! Please RSVP.

## CORE AND MORE [GG]

**TUESDAYS, NOV 25, DEC 18, 11AM-12 PM**

Full-body workout focusing on abs with exercises both standing and on a mat.

## WINTER WELLNESS RETREAT [GC]

**FRIDAY, DECEMBER 5, 10 AM-3 PM**

Welcome winter with painting, journaling, music and art therapy and guided meditation. Lunch is provided.

## TIE THE KNOT: HOLIDAY [GW]

**FRIDAY, DECEMBER 5, 11 AM-12:30 PM**

Learn how to make your very own stylish tie from scratch with a holiday twist!

## HOLIDAY PARTY [GG]

**SATURDAY, DECEMBER 6, 2-4PM**

Join us for holiday crafts, games, treats, plus photos with Santa and the Grinch!

## WINTER CRAFTING CREATIONS [GF]

**WEDNESDAY, DECEMBER 10, 1-2:30 PM**

Create your own winter wonderland with paper snowflakes, popcorn garland and oranges.

## EMPOWERING BEADS HOLIDAY [GW]

**WEDNESDAY, DEC 10, 10:30AM-12PM**

Join us to make holiday ornaments at a special December edition of Empowering Beads!

## HOLIDAY OPEN HOUSE [GW]

**WEDNESDAY, DECEMBER 17, 3-5:30 PM**

Enjoy a treat and warm welcome—our gift to you amid the holiday rush.



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

# OCTOBER

## GILDA'S GRINSTEAD | GILDA'S WEST

### WEDNESDAY, 1st

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

### THURSDAY, 2nd

10:30am—Empowering Beads  
11am—El Gran Duelo de Dominó  
1pm—Breathe and Receive [h]  
1:15pm—Reconéctate  
2:30pm—Tai Chi  
5pm—Thriving Thursday  
5:15pm—Bingo  
5:30pm—Gentle Yoga  
6pm—Peaceful Paint Night  
6pm—Laughter Yoga

### FRIDAY, 3rd

10am—Círculo de Calma  
10:30am—Tai Chi

### MONDAY, 6th

10am—Yoga Flow  
11am—Conversation Cafe  
5pm—Fall Flavors in the Kitchen  
5:15pm—Dinner for Group  
5:30pm—Navigating Online Health Info  
6pm—Wellness Group  
6pm—Soothing Fiber Art  
6pm—Alza Tu Voz  
6pm—Write On

### TUESDAY, 7th

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, 8th

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

### THURSDAY, 9th

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

### FRIDAY, 10th

10:30am—Tai Chi

### SATURDAY, 11th

10am—Buff Bones  
10am—Loteria Mexicana  
10am—Wreathmaking for the Holidays  
11am—Clubhouse Brunch  
12pm—Mindful Art  
12pm—Reconéctate

### MONDAY, 13th

10am—Yoga Flow  
11am—Conversation Cafe  
12:30pm—Mahjong for Good  
1pm—Plant Powered Plates  
1pm—Florals in Painting  
5pm—Laryngectomy Group [h]  
5:15pm—Dinner for Group  
5:45pm—Dinner for Groups  
6pm—Wellness Group  
6:30pm—Networking Groups [h]  
6:30pm—Guitar Lessons

### TUESDAY, 14th

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

### WEDNESDAY, 15th

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

### THURSDAY, 16th

12:30pm—Mindful Meditation  
1pm—Breathe and Receive [h]  
1:15pm—Aprendemos Juntos  
1:30pm—Crafts and More  
5:30pm—Spanish for Beginners  
5:30pm—Gentle Yoga

6pm—Alza Tu Voz

### **6pm—Bright Bites**

6pm—Nutrition and Cancer [h]  
6:30pm—Exploring Watercolor  
6:30pm—PanCAN [h]

### FRIDAY, 17th

10am—Círculo de Calma  
10:30am—Tai Chi  
10:30am—Holiday Cardmaking

### SATURDAY, 18th

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

### MONDAY, 20th

10am—Yoga Flow  
11am—Conversation Cafe  
2:30pm—Reiki Relaxation Session  
3pm—Self-Care Monday  
3:15pm—Reiki Relaxation Session  
4pm—Reiki Relaxation Session  
5:15pm—Dinner for Group  
5:30pm—Prompted Brushstrokes  
6pm—Wellness Group  
6pm—Solo Para Mujeres  
6pm—Write On  
6pm—Lymphedema and Cancer

### TUESDAY, 21st

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

### WEDNESDAY, 22nd

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

### THURSDAY, 23rd

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, 24th

10am—Bingo  
10:30am—Tai Chi

### SATURDAY, 25th

11am—Noogiefest

### MONDAY, 27th

10am—Yoga Flow  
11am—Conversation Cafe  
1pm—Plant Powered Plates  
3pm—Spanish for Beginners  
5:15pm—Dinner for Group  
6pm—Wellness Group  
6pm—Knitting Circle  
6pm—Wreathmaking for the Holidays  
6:30pm—Full Moon Painting  
6:30pm—Guitar Lessons

### TUESDAY, 28th

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

### WEDNESDAY, 29th

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

### THURSDAY, 30th

1pm—Breathe and Receive [h]  
6pm—Día de Muertos

### FRIDAY, 31st

10:30am—Tai Chi



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

GRINSTEAD WEST

# NOVEMBER

## GILDA'S GRINSTEAD | GILDA'S WEST

### MONDAY, 3rd

10am—Yoga Flow

**11am—Conversation Cafe**

**5pm—Fall Flavors in the Kitchen**

5:15pm—Dinner for Group

6pm—Wellness Group

6pm—Soothing Fiber Art

6pm—Alza Tu Voz

**6pm—Write On**

### TUESDAY, 4th

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, 5th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

**2pm—Line Dancing**

### THURSDAY, 6th

**10:30am—Empowering Beads**

1pm—Breathe and Receive [h]

1:15pm—Reconéctate

**2:30pm—Tai Chi**

5pm—Thriving Thursday

**5:15pm—Bingo**

5:30pm—Gentle Yoga

6pm—Peaceful Paint Night

### MONDAY, 10th

10am—Yoga Flow

**11am—Conversation Cafe**

12:30pm—Mahjong for Good

**1pm—Florals in Painting**

5pm—Laryngectomy Group

**5:15pm—Dinner for Group**

5:45pm—Dinner for Groups

**6pm—Wellness Group**

6:30pm—Networking Groups [h]

6:30pm—Guitar Lessons

### TUESDAY, 11th

**11:45am—Words of Encouragement**

12pm CST—Paducah Group [o]

**12:30pm—Zumba**

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 12th

12:30pm—Pilates

1pm—Paint Palette

**2pm—Line Dancing**

2:30pm—Trivia Afternoon

4pm—Living Beyond [h]

### THURSDAY, 13th

**11am—Game Day**

1pm—Breathe and Receive [h]

**2pm—Movie Time**

5:45pm—Dinner for Groups

6:30pm—Living Through Loss [h]

### FRIDAY, 14th

10:30am—Tai Chi

### SATURDAY, 15th

10am—Loteria Mexicana

10am—Buff Bones

**10am—Ready, Set, Glow**

11am—Clubhouse Brunch

**11:30am—Bite Sized Bites**

12pm—Mindful Art

12pm—Reconéctate

### MONDAY, 17th

10am—Yoga Flow

**11am—Conversation Cafe**

2:30pm—Reiki Relaxation Session

**3pm—Self-Care Monday**

3:15pm—Reiki Relaxation Session

4pm—Reiki Relaxation Session

**5:15pm—Dinner for Group**

5:30pm—Prompted Brushstrokes

6pm—Wellness Group

6pm—Solo Para Mujeres

**6pm—Write On**

### TUESDAY, 18th

12:30pm—Zumba

**1pm—Hooked on Crochet**

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 19th

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

**1pm—Day of Sharing**

**2pm—Line Dancing**

### THURSDAY, 20th

**12:30pm—Mindful Meditation**

1pm—Breathe and Receive [h]

1:15pm—Aprendemos Juntos

**1:30pm—Crafts and More**

5:30pm—Gentle Yoga

**5:30pm—Spanish for Beginners**

6pm—Nutrition and Cancer [h]

6pm—Alza Tu Voz

6:30pm—PanCAN [h]

6:30pm—Exploring Watercolor

### FRIDAY, 21st

**10am—Circulo de Calma**

10:30am—Tai Chi

**6pm—Clubhouse Thanksgiving Dinner**

### MONDAY, 24th

10am—Yoga Flow

**11am—Conversation Cafe**

1pm—Plant Powered Plates

3pm—Spanish for Beginners

**5:15pm—Dinner for Group**

6pm—Wellness Group

6pm—Knitting Circle

6:30pm—Full Moon Painting

6:30pm—Guitar Lessons

### TUESDAY, 25th

**11am—Core and More**

**11:45am—Words of Encouragement**

**12:30pm—Zumba**

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 26th

12:30pm—Pilates

1pm—Paint Palette

**2pm—Line Dancing**

### THURSDAY, 27th-

### SATURDAY, 29th

CLUBHOUSES CLOSED



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

GRINSTEAD WEST

# DECEMBER

## GILDA'S GRINSTEAD | GILDA'S WEST

### MONDAY, 1st

10am—Yoga Flow

**11am—Conversation Cafe**

**5pm—Fall Flavors in the Kitchen**

5:15pm—Dinner for Group

6pm—Wellness Group

6pm—Soothing Fiber Art

6pm—Alza Tu Voz

**6pm—Write On**

### TUESDAY, 2nd

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, 3rd

10:30am—Fun with Art

12:30pm—Pilates

1pm—Paint Palette

2pm—Line Dancing

### THURSDAY, 4th

11am—El Gran Duelo de Dominó

1pm—Breathe and Receive [h]

2:30pm—Tai Chi

1:15pm—Reconéctate

5pm—Thriving Thursday

5:15pm—Bingo

5:30pm—Gentle Yoga

6pm—Peaceful Paint Night

### FRIDAY, 5th

**10am—Circulo de Calma**

10:30am—Tai Chi

**11am—Tie the Knot:  
Holiday Edition**

### SATURDAY, 6th

**2pm—Holiday Party!**

### MONDAY, 8th

10am—Yoga Flow

**11am—Conversation Cafe**

12:30pm—Mahjong for Good

1pm—Florals in Painting

5pm—Tai Chi

5pm—Laryngectomee Group

5:15pm—Dinner for Group

5:45pm—Dinner for Groups

6pm—Wellness Group

6:30pm—Networking Groups [h]

6:30pm—Guitar Lessons

### TUESDAY, 9th

11:45am—Words of Encouragement

12pm CST—Paducah Group [o]

12:30pm—Zumba

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 10th

**10:30am—Empowering Beads:**

**Holiday Edition**

12:30pm—Pilates

1pm—Paint Palette

2pm—Line Dancing

2:30pm—Trivia Afternoon

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

### SATURDAY, 13th

10am—Loteria Mexicana

10am—Buff Bones

11am—Clubhouse Brunch

12pm—Mindful Art

12pm—Reconéctate

### MONDAY, 15th

10am—Yoga Flow

**11am—Conversation Cafe**

2:30pm—Reiki Relaxation Session

3pm—Self-Care Monday

3:15pm—Reiki Relaxation Session

4pm—Reiki Relaxation Session

5:15pm—Dinner for Group

5:30pm—Prompted Brushstrokes

6pm—Wellness Group

6pm—Solo Para Mujeres

**6pm—Bright Bites**

**6pm—Write On**

### TUESDAY, 16th

10:30am—Empowering Beads

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

**3pm—Holiday Open House**

### THURSDAY, 18th

10:30am—Empowering Beads

**11am—Core and More**

12:30pm—Mindful Meditation

1pm—Breathe and Receive [h]

1:15pm—Aprendemos Juntos

1:30pm—Crafts and More

5:30pm—Gentle Yoga

5:30pm—Spanish for Beginners

6pm—Alza Tu Voz

6pm—Nutrition and Cancer [h]

6:30pm—PanCAN [h]

### FRIDAY, 19th

**10am—Circulo de Calma**

10:30am—Tai Chi

### SATURDAY, 20th

10am—Ready, Set, Glow

11:30am—Bite Sized Bites

### MONDAY, 22nd

10am—Yoga Flow

**11am—Conversation Cafe**

3pm—Spanish for Beginners

6:30pm—Full Moon Painting

6:30pm—Guitar Lessons

### TUESDAY, 23rd-

### SATURDAY, 27th

CLUBHOUSES CLOSED

### MONDAY, 29th

10am—Yoga Flow

**11am—Conversation Cafe**

### TUESDAY, 30th

12:30pm—Zumba

5:45pm—Dinner for Groups

6:30pm—Support Groups [h]

### WEDNESDAY, 31st

CLUBHOUSES CLOSED



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

GRINSTEAD WEST



# OCT/NOV/DEC

## GILDA'S FLOYD | GILDA'S CLARK

### October

#### **THURSDAY, 2nd**

5:30pm—Buff Bones

#### **TUESDAY, 7th**

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

#### **FRIDAY, 10th**

**6pm—Gilda's Barnyard Bash**

#### **TUESDAY, 14th**

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

#### **WEDNESDAY, 15th**

**1pm—Fall Felt Crafts**

#### **FRIDAY, 17th**

12:30pm—Bingo

#### **SATURDAY, 18th**

12pm—Plan with Purpose

#### **TUESDAY, 21st**

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

#### **FRIDAY, 24th**

**10am—Farm Days**

#### **TUESDAY, 28th**

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

#### **FRIDAY, 31st**

**6pm—Halloween Open House**

### November

#### **TUESDAY, 4th**

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

#### **THURSDAY, 6th**

10am—Buff Bones

#### **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**

**11am—Tea Time**

#### **THURSDAY, 13th**

**10:30am—Recipe Swap and Share**

#### **TUESDAY, 18th**

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

#### **FRIDAY, 21st**

12:30pm—Bingo

#### **TUESDAY, 25th**

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

### December

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

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

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

**10am—Winter Wellness Retreat**

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

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

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

**1pm—Winter Crafting Session**

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

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

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

12:30pm—Bingo

#### **TUESDAY, 30th**

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



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

FLOYD

CLARK

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.

- 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, 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.

### 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.

### Meditation Using the Reiki Energy Body

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.

# VIRTUAL

## 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

## October

### WEDNESDAY, 1st

6pm—Virtual Journaling

### MONDAY, 6th

5pm—Mindfulness

### WEDNESDAY, 8th

1pm—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

### MONDAY, 20th

5pm—Mindfulness

### THURSDAY, 23rd

6:30pm—Living Through Loss [h]

## November

### MONDAY, 3rd

5pm—Mindfulness

### WEDNESDAY, 5th

6pm—Virtual Journaling

### WEDNESDAY, 12th

1pm—Reiki Meditation  
4pm—Living Beyond [h]  
6pm—Virtual Journaling

### 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

## December

### MONDAY, 1st

5pm—Mindfulness

### WEDNESDAY, 3rd

6pm—Virtual Journaling

### 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

[h]—HYBRID

T H A N K Y O U

**ROSTREVOR  
FOUNDATION**

**OGLE  
FOUNDATION**

**4EVERGREEN  
FOUNDATION**



Legacy Foundation of Kentuckiana

**IRVIN F. & ALICE S.  
ETSCORN FOUNDATION**



**HOME  
CENTER  
NEW ALBANY**



BROWN-FORMAN



**Kosair  
for Kids**

**BARR  
Foundation, Inc.**

**THE GHEENS  
FOUNDATION**

**THE CORY  
FOUNDATION**



**Trager  
Family  
Foundation**



**MacLellan**



**McKESSON**

**FRED B. & OPAL S.  
WOOSLEY  
FOUNDATION**



**TRI-ARROWS  
ALUMINUM INC.**



**NORTON  
CANCER INSTITUTE**

**Brown Cancer Center**

**UHealth**

**NCJW**

Israel Council of Jewish Women

**BAIRD**

**Meghan's Mountain  
CHARITABLE FOUNDATION**



**BITTNER'S**

**THE PORCINI/FARMER  
Children's Foundation**