



**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
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**GILDA'S
CLUB
KENTUCKIANA**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Program Event Calendar

APRIL - JUNE 2026

APRIL

GILDA'S GRINSTEAD | GILDA'S WEST

WEDNESDAY, 1st

10:30am—Fun With Art
12:30pm—Pilates
1pm—Paint Palette
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 Nigh
6pm—Decoding Medical Bills
and Insurance Documents [h]

FRIDAY, 3rd

10:30am—Tai Chi

MONDAY, 6th

11am—Conversation Cafe
5pm—Back to Basics and
Leveling Up
5:15pm—Dinner for Group
5:30pm—Individual Reiki Session
6pm—Wellness and Beyond Group
6:15pm—Individual Reiki Session
6:30pm—Write On
7pm—Individual Reiki Session

TUESDAY, 7th

10am—Yoga Flow
10:30am—Empowering Beads
12pm CST—Paducah Group [o]
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
1pm—Breathe and Receive [h]
2pm—Movie Time
2:30pm—Drawing From Trees
5:45pm—Dinner for Groups
6:30pm—Living Through Loss [h]

FRIDAY, 10th

10:30am—Tai Chi

SATURDAY, 11th

10am—Loteria Mexicana
10am—Buff Bones
10am—Paper Creations
11am—Clubhouse Brunch
12pm—Mindful Art

MONDAY, 13th

11am—Conversation Cafe
1pm—Florals in Painting
1pm—Plant Powered Plates
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

10am—Yoga Flow
10:30am—Empowering Beads:
Mother's Day Edition
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet:
Intermediate
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

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

FRIDAY, 17th

10:30am—Tai Chi
11am—Fun with Fascinators

MONDAY, 20th

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—Write On
7pm—Individual Reiki Session

TUESDAY, 21st

10am—Yoga Flow
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
6pm—Derby Party

THURSDAY, 23rd

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, 24th

10am—Solo Reiki Session
10:30am—Tai Chi
10:45am—Solo Reiki Session
11:30am—Solo Reiki Session
12:15pm—What IS Reiki Anyway?

SATURDAY, 25th

11am—Women's Day of Care

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]

TUESDAY, 28th

10am—Yoga Flow
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]



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

GRINSTEAD WEST

MAY

GILDA'S GRINSTEAD | GILDA'S WEST

FRIDAY, 1st- SATURDAY, 2nd

CLUBHOUSES CLOSED

MONDAY, 4th

11am—Conversation Cafe
5pm—Back to Basics and Leveling Up
5:15pm—Dinner for Group
5:30pm—Individual Reiki Session
6pm—Wellness and Beyond Group
6pm—Understanding Medicare and Medicare Advantage [h]
6:15pm—Individual Reiki Session
6:30pm—Write On
7pm—Individual Reiki Session

TUESDAY, 5th

10am—Yoga Flow
10:30am—Empowering Beads
12:30pm—Core and More
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
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

THURSDAY, 7th

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, 8th

10am—Solo Reiki Session
10:30am—Tai Chi
10:45am—Solo Reiki Session
11:30am—Solo Reiki Session
12:15pm—What IS Reiki Anyway?

SATURDAY, 9th

10am—Loteria Mexicana
10am—Paper Creations
11am—Clubhouse Brunch
12pm—Mindful Art

MONDAY, 11th

11am—Conversation Cafe
1pm—Florals in Painting
1pm—Plant Powered Plates
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, 12th

10am—Yoga Flow
11:45am—Words of Encouragement
12pm CST—Paducah Group [o]
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
4pm—Ask the Provider
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 13th

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

THURSDAY, 14th

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

FRIDAY, 15th

10:30am—Tai Chi
11am—Fun with Fascinators

SATURDAY, 16th

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

MONDAY, 18th

11am—Conversation Cafe
5:15pm—Dinner for Group
5:30pm—Individual Reiki Session
5:30pm—Prompted Brushstrokes
5:45pm—Dinner for Groups
6pm—Wellness and Beyond Group
6pm—Knitting Circle
6:15pm—Individual Reiki Session
6:30pm—Community Partner Groups [h]
6:30pm—Write On
6:30pm—Beyond Cancer [h]
7pm—Individual Reiki Session

TUESDAY, 19th

10am—Yoga Flow
12:30pm—Zumba
1pm—Hooked on Crochet: Beginners
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

10am—Intro to Line Dancing
12:30pm—Mindful Meditation
1pm—Breathe and Receive [h]
1:30pm—Crafts and More
6pm—Comedy Showcase
6pm—Nutrition and Cancer [h]
6:30pm—Exploring Watercolor
6:30pm—Understanding the Genetics of Cancer [h]

FRIDAY, 22nd

10:30am—Tai Chi

SATURDAY, 23rd - MONDAY, 25th

CLUBHOUSES CLOSED

TUESDAY, 26th

10am—Yoga Flow
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 27th

12:30pm—Pilates
2pm—Line Dancing

THURSDAY, 28th

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

FRIDAY, 29th

10:30am—Tai Chi



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

GRINSTEAD WEST

JUNE

GILDA'S GRINSTEAD | GILDA'S WEST

MONDAY, 1st

11am—Conversation Cafe
5pm—Back to Basics and Leveling Up
5:15pm—Dinner for Group
5:30pm—Individual Reiki Session
6pm—Wellness and Beyond Group
6:15pm—Individual Reiki Session
6:30pm—Write On
7pm—Individual Reiki Session

TUESDAY, 2nd

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

WEDNESDAY, 3rd

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

THURSDAY, 4th

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

SATURDAY, 6th

1pm—Dia del Nino

MONDAY, 8th

11am—Conversation Cafe
1pm—Florals in Painting
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, 9th

10am—Yoga Flow
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 10th

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

THURSDAY, 11th

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

FRIDAY, 12th

11am—Fun with Fascinators

SATURDAY, 13th

10am—Loteria Mexicana
10am—Paper Creations
11am—Clubhouse Brunch
12pm—Mindful Art

MONDAY, 15th

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—Write On
7pm—Individual Reiki Session

TUESDAY, 16th

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

WEDNESDAY, 17th

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

THURSDAY, 18th

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

FRIDAY, 19th-

SATURDAY, 20th

CLUBHOUSES CLOSED

MONDAY, 22nd

10am—Solo Reiki Sessions
10:45am—Solo Reiki Sessions
11am—Conversation Cafe
11:30am—Solo Reiki Sessions
12:15pm—What IS Reiki Anyway?
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, 23rd

10am—Yoga Flow
11:45am—Words of Encouragement
12:30pm—Zumba
1pm—Hooked on Crochet: Intermediate
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]

WEDNESDAY, 24th

12:30pm—Pilates
2pm—Line Dancing

THURSDAY, 25th

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]

SATURDAY, 27th

10am—Ready, Set, Glow
11am—Community is Stronger Than Cancer Day
11:30am—Bite Sized Bites

MONDAY, 29th

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

TUESDAY, 30th

10am—Yoga Flow
12:30pm—Zumba
5:45pm—Dinner for Groups
6:30pm—Support Groups [h]



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

GRINSTEAD WEST

APRIL/MAY/JUNE

GILDA'S FLOYD | GILDA'S CLARK

April

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]

THURSDAY, 9th

6pm—Outdoor Yoga and Meditation

TUESDAY, 14th

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

FRIDAY, 17th

12:30pm—Bingo

SATURDAY, 18th

10am—Eggstravaganza

TUESDAY, 21st

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

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]

May

TUESDAY, 5th

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

FRIDAY, 8th

10am—Exposure to Stained Glass

TUESDAY, 12th

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

THURSDAY, 14th

6pm—Outdoor Yoga and Meditation

FRIDAY, 15th

12:30pm—Bingo

SATURDAY, 16th

11am—Spring Fest

TUESDAY, 19th

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

FRIDAY, 22nd

10am—Farm Days

TUESDAY, 26th

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

THURSDAY, 28th

5:30pm—Gentle Chair Yoga and Restorative Meditation

June

TUESDAY, 2nd

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

THURSDAY, 4th

5:30pm—Buff Bones

TUESDAY, 9th

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

WEDNESDAY, 11th

6pm—Outdoor Yoga and Meditation

TUESDAY, 16th

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

WEDNESDAY, 17th

11am—Tea Time

TUESDAY, 23rd

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

THURSDAY, 25th

5:30pm—Gentle Chair Yoga and Restorative Meditation

FRIDAY, 26th

10am—Farm Days

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

SPECIAL EVENTS

INDIVIDUAL REIKI SESSIONS [GG]

**1ST AND 3RD MONDAYS, 5:30 TO 6 PM,
6:15 TO 6:45 PM, 7 TO 7:30 PM**

Reiki Practitioner Louise Smith offers 30-minute individual reiki sessions focused on managing pain, improving sleep and increasing the body's natural healing abilities.

OUTDOOR YOGA AND MEDITATION [GC]

2ND THURSDAYS, 6 TO 7 PM

Move and breathe in nature at Gilda's Clark. This gentle yoga practice and meditation will be outdoors and is accessible to all levels.

GENTLE CHAIR YOGA AND MEDITATION [GF]

4TH THURSDAYS, 5:30 TO 6:30 PM

Embrace the power of quieting your mind and body with this gentle, slow flow and restorative yoga class. Focus on slowing down and opening your body through passive stretching that accommodates all levels of mobility.

INTRO TO LINE DANCING [GG]

THURSDAYS, 10 AM TO 11 AM

Ready for fun, healthy movement? Join this beginner class with six-time World Champion and Award-Winning Choreographer, Jamie Marshall. Learn rhythm, basic steps and today's hottest dances. Rubber-soled shoes required.

TAI CHI FOR HEALTH AND WELLBEING [GG]

FRIDAYS, 12 TO 1:30 PM

Join Tai Chi practitioners Melissa Bernstrom and Julie Schmuckie in the gentle exercise and art of Tai Chi. Improve balance and flexibility, relieve stress and share the joy of Tai Chi's slow, flowing, meditative movements.

FUN WITH FASCINATORS [GW]

3RD FRIDAYS, 11 AM TO 12:30 PM

Join us to make a beautiful fascinator, just in time for Spring!

PAPER CREATIONS [GG]

2ND SATURDAYS, 10 TO 11 AM

This family-friendly class focuses on fun, age-appropriate art projects made primarily with construction paper. Children will learn basic design skills while creating imaginative take-home artwork in a relaxed environment.

DECODING MEDICAL BILLS AND INSURANCE DOCUMENTS [GG]

THURSDAY, APRIL 2, 6 TO 7 PM

It is reported that 80% of medical bills are incorrect. This presentation focuses on how to use the documents you receive from your insurance company to check the bills you receive for costly errors.

EGGSTRAVAGANZA [GC]

SATURDAY, APRIL 18, 10 AM TO 12 PM

Join us for Eggstravaganza at Gilda's Clark! Hunt for Easter eggs, win prizes and enjoy lots of other festive activities at the farm.

DERBY PARTY [GG]

WEDNESDAY, APRIL 22, 6 TO 8 PM

Join us in your best Derby attire for an evening of fun with snacks, crafts and more!

WOMEN'S DAY OF CARE [GW]

SATURDAY, APRIL 25, 11 AM TO 2 PM

Join us at Gilda's West for a day of self-care and pampering. Relax and enjoy a day designed just for you with massages, meditation, door prizes and much more!

UNDERSTANDING MEDICARE AND MEDICARE ADVANTAGE [GG]

MONDAY, MAY 4, 6 TO 7:30 PM

Learn about Medicare, key costs, enrollment timelines, avoiding penalties, Medigap policies, Traditional Medicare and Medicare Advantage.

ASK THE PROVIDER [GW]

TUESDAY, MAY 12, 4 TO 5:30 PM

Join Janice Stringer, MSN, APRN, WHNP-BC, FNP-C as she discusses cancer risk, healthy living and resources designed to help you thrive. Q&A and light refreshments provided.

SPRING FEST [GC]

SATURDAY, MAY 16, 11 AM TO 1 PM

Nurture your mind and body with a refreshing day in nature at Gilda's Clark. Enjoy music, crafts, movement and more!

COMEDY SHOWCASE [GG]

THURSDAY, MAY 21, 6 TO 7:30 PM

Share some laughs with five of Louisville's best comics for a night of good clean fun.

UNDERSTANDING THE GENETICS OF CANCER [GG]

THURSDAY, MAY 21, 6:30 TO 7:30 PM

Hereditary risk factors can play a significant role in the development of cancer. Lydia Pack, MS, LGC is a cancer genetic counselor at the University of Kentucky and will discuss cancer genetics, testing and what one can expect in a genetic counseling appointment. There will be time for a Q&A, so bring your questions.

DIA DEL NIÑO [GG]

SATURDAY, JUNE 6, 1 TO 3 PM

Celebremos a los niños en este evento especialmente para ellos. Habrá juegos, actividades artísticas, dulces, música y mucha diversión para toda la familia! No te lo pierdas!

Let's celebrate the children in our community at this event especially for them with games, art activities, treats, music and lots of fun for the whole family!

COMMUNITY IS STRONGER THAN CANCER DAY [GG]

SATURDAY, JUNE 27, 11 AM TO 1 PM

Community IS stronger than cancer and we invite you to celebrate with us at the 5th annual CSC Day! Join us for lunch, art activities, a cancer organization resource village, birthday 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

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.

Outdoor Yoga and Meditation

Move and breathe in nature. This gentle yoga practice and meditation will be outdoors and is accessible to all levels. Second Thursdays at Gilda's Clark, 6-7 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.

COMMUNITY PARTNER NETWORKING GROUPS

BRAIN INJURY ALLIANCE OF KENTUCKY (BIAK)

Group for brain injury survivors, including tumors.
Fourth Mondays, 6:30-8 pm.

LARYNGECTOMEE 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.

VIRTUAL

Weekly

TUESDAYS

11:30am—Qigong
12:30pm—Lunch Laughs
6:30pm—Wellness Group

THURSDAYS

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

FRIDAYS

9am—Meditation Reset

April

WEDNESDAY, 1st

6pm—Virtual Journaling

THURSDAY, 2nd

6pm—Decoding Medical Bills
and Insurance Documents [h]

MONDAY, 6th

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

WEDNESDAY, 8th

4pm—Living Beyond [h]
6pm—Reiki Meditation

THURSDAY, 9th

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

WEDNESDAY, 15th

2:30pm—Book Nook
6:30pm—Book Nook II

THURSDAY, 16th

6pm—Virtual Journaling
6pm—Nutrition and Cancer [h]

MONDAY, 20th

5pm—Mindfulness

THURSDAY, 23rd

6:30pm—Living Through Loss [h]

May

MONDAY, 4th

5pm—Mindfulness
6pm—Understanding Medicare
and Medicare Advantage [h]
6pm—Making Peace with the
Unknown: Journaling

WEDNESDAY, 6th

6pm—Virtual Journaling

WEDNESDAY, 13th

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

THURSDAY, 14th

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

MONDAY, 18th

5pm—Mindfulness

WEDNESDAY, 20th

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

THURSDAY, 21st

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

June

MONDAY, 1st

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

WEDNESDAY, 3rd

6pm—Virtual Journaling

WEDNESDAY, 10th

11:30am—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, 18th

6pm—Nutrition and Cancer [h]

THURSDAY, 25th

6:30pm—Living Through Loss [h]

[h]—HYBRID

THANK YOU

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