

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30am Gentle Yoga 11:30am Laughter Yoga 1pm Not Ready for Primetime 6:30pm Support Groups (dinner at 6pm)	10:30am Zumba Gold 11:30am Yoga for Beginners 1pm Welcome 101	10am Art for Grownups 11:15am Pilates CLUBHOUSE CLOSSES 12:30pm Pegasus Parade	CLUBHOUSE CLOSED Oaks Day	CLUBHOUSE CLOSED Derby Day
11am Qigong 6pm Welcome 101 7pm Professional Comedian Keith McGill	10:30am Gentle Yoga 1pm Not Ready for Primetime 6:30pm Support Groups (dinner at 6pm)	10:30am Zumba Gold 11:30am Yoga for Beginner 1pm Meditation Using the Reiki Energy Body 4pm Living Beyond 6pm Cancer Awareness Baseball Game at Jim Patterson Stadium	10am Art for Grownups 11:15am Pilates 6:30pm Living through Loss (dinner at 6pm)		9:30am Between a Walk and a Hard Pace 10:30am Dulcimer Lessons 10:30am Vinyasa Yoga 10:30am Youth Dance Group
11am Qigong 12:30pm Bingo 1pm Wordbounce 6:30pm FORCE 6:30pm Together for Breast Cancer Survival 6:30pm Breast Cancer Networking	10:30am Gentle Yoga 11:30am Laughter Yoga 1pm Not Ready for Primetime 6:30pm Support Groups (dinner at 6pm)	10:30am Zumba Gold 11am Welcome 101 11:30am Yoga for Beginners 6pm Wordbounce	10am Art for Grownups 11:15am Pilates 5:30pm Mindfulness 6:30pm Beyond Cancer 6:30pm Beyond Cancer Friends and Family (dinner at 6pm)		9:30am Between a Walk and a Hard Pace 10:30am Dulcimer Lessons 10:30am Vinyasa Yoga 10:30am Youth Dance Group 1pm Noogie Nights/SNL 7:30pm Young Adult Social
11am Qigong 2pm Hard Hat Party 6pm Hard Hat Party 6pm Welcome 101 6pm Writing with Pam Platt	10:30am Gentle Yoga 1pm Not Ready for Primetime 6:30pm Support Groups (dinner at 6pm)	10:30am Zumba Gold 11:30am Yoga for Beginners 1pm Meditation Using the Reiki Energy Body 4pm Living Beyond 6:30pm Networking Groups: Prostate, Colorectal, Sarcoma, Lung, BIAK, Friends for Hope, (dinner at 6)	10am Art for Grownups 11:15am Pilates 6:30pm Living through Loss (dinner at 6pm)	10am Cardmaking	CLUBHOUSE CLOSED
CLUBHOUSE CLOSED Memorial Day	10:30am Gentle Yoga 1pm Not Ready for Primetime 6:30pm Support Groups (dinner at 6pm)	10:30am Zumba Gold 11:30am Yoga for Beginners	10am Art for Grownups 11:15am Pilates 1pm Welcome 101		

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*“Then followed that beautiful season ... Summer ...
Filled was the air with a dreamy and magical light; and the landscape lay
as if new created in all the freshness of childhood.”*
Henry Wadsworth Longfellow

9:30am Between a Walk and
a Hard Pace
10:30am Dulcimer Lessons
10:30am Vinyasa Yoga
10:30am Youth Dance Group

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11am Qigong

10:30am Gentle Yoga

9am Camp Shakespeare
10:30am Zumba Gold
11:30am Yoga for Beginners

9am Camp Shakespeare
10am Art for Grownups
11:15am Pilates

9am Camp Shakespeare

9:30am Between a Walk and
a Hard Pace
10:30am Dulcimer Lessons
10:30am Vinyasa Yoga

1pm Not Ready for Primetime

1pm Welcome 101

5:30pm Mindfulness

6:30pm Gilda's Club Night
at Shakespeare in the Park

6:30pm Support Groups
(dinner at 6pm)

6pm Wiggling Out

6:30pm Beyond Cancer
6:30pm Beyond Cancer
Friends and Family
(dinner at 6pm)

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11am Qigong
12:30pm Bingo

10:30am Gentle Yoga

10:30am Zumba Gold
11:30am Yoga for Beginners

10am Art for Grownups
11:15am Pilates

9:30am Between a Walk and
a Hard Pace
10am Gilda's How To Festival
10:30am Dulcimer Lessons
10:30am Vinyasa Yoga
10:30am Youth Dance Group

6pm Welcome 101
6:30pm Together for Breast
Cancer Survival
6:30pm Breast Cancer
Networking

1pm Not Ready for Primetime

4pm Living Beyond

6:30pm Living through Loss
(dinner at 6pm)

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11am Qigong

10:30am Gentle Yoga
11:30am Laughter Yoga
1pm Not Ready for Primetime

10:30am Zumba Gold
11am Welcome 101
11:30am Yoga for Beginners

10am Art for Grownups
11:15am Pilates

10am Cardmaking

9:30am Between a Walk and
a Hard Pace
10:30am Dulcimer Lessons
10:30am Vinyasa Yoga
11am Welcome 101

6pm Scarves and Stories
6pm Writing with Pam Platt

6:30pm Support Groups
(dinner at 6pm)

5pm Noogie Nights/SNL
5:30pm Mindfulness
6:30pm Beyond Cancer
6:30pm Beyond Cancer
Friends and Family

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11am Qigong

10:30am Gentle Yoga
11:30am Laughter Yoga
1pm Not Ready for Primetime

10:30am Zumba Gold
11:30am Yoga for Beginners

10am Art for Grownups
11:15am Pilates

9:30am Between a Walk and
a Hard Pace
10:30am Dulcimer Lessons
10:30am Vinyasa Yoga

6pm Welcome 101

6:30pm Support Groups
(dinner at 6pm)

4pm Living Beyond
6:30pm Networking Groups:
Prostate, Colorectal, Sarcoma,
Lung, BIAK, Friends for
Hope, (dinner at 6)

6:30pm Living through Loss
(dinner at 6pm)

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