

MARCH

COLORECTAL, KIDNEY, & MULTIPLE MYELOMA CANCER AWARENESS MONTH

WELLNESS HOUSE HOURS

The Wellness House will be open
Monday-Thursday, 9am-4:30pm,
Fridays 9am-12pm.



To register for free classes or activities, please call 574-287-4197 or email programs@riverbendcancerservices.org

For weather-related program cancellations please check local media sources or call RiverBend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Seated Strength 10AM St. Patrick's Day Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	3 Chair Yoga 10:30AM Chair Yoga 11:45AM Massage 10AM-3PM Mini Series: Coping with Diagnosis 3PM	4 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	5 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	6	7
8	9 Seated Strength 10AM Zen Coloring & Craft 1PM Gentle Yoga 5:30PM	10 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon	11 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support 5:30PM	12 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	13	14
15	16 Seated Strength 10AM Yarn Mandala Craft 1PM Gentle Yoga 5:30PM	17 Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM Mini Series: Scanxiety 3PM	18 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	19 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM Board Game Night 4:30PM	20	21
22	23 Seated Strength 10AM Zen Coloring & Craft 1PM Gentle Yoga 5:30PM	24 Chair Yoga 10:30AM Chair Yoga 11:45AM Massage 10AM-3PM	25 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	26 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM No Sugar Blueberry Muffin 1PM Zumba 3PM Tai Chi 4PM	27	28
29	30 Seated Strength 10AM Birthday Club 12:30PM Easter Craft 1PM Gentle Yoga 5:30PM	31 Chair Yoga 10:30AM Chair Yoga 11:45AM Mini Series Mindfulness for Regulation 3PM				

APRIL

ESOPHAGEAL, HEAD & NECK, & TESTICULAR CANCER AWARENESS MONTH

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	2 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	3	4
5	6 Seated Strength 10AM Zen Coloring & Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	7 Chair Yoga 10:30AM Chair Yoga 11:45AM Massage 10AM-3PM	8 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support 5:30PM	9 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	10	11
12	13 Seated Strength 10AM Pressed Flower Lantern Craft 1PM Gentle Yoga 5:30PM	14 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Mini Series: Supporting Someone with Cancer 3PM	15 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	16 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	17	18
19 Head & Neck Support Group 1:30PM	20 Seated Strength 10AM Zen Coloring & Craft 1PM Gentle Yoga 5:30PM	21 Chair Yoga 10:30AM Chair Yoga 11:45AM Let's Spill the Tea 1PM Massage 10AM-3PM	22 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	23 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Lemon Garlic Spinach Pasta 1PM Zumba 3PM Tai Chi 4PM	24	25
26	27 Seated Strength 10AM Tea Party Birthday Club 12:30PM Tea Party Craft 1PM Gentle Yoga 5:30PM	28 Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM Mini Series: How To Ask for & Accept Help 3PM	29 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	30 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM		

MAY

BLADDER, BRAIN, & MELANOMA & SKIN CANCER AWARENESS MONTH, & NATIONAL CANCER RESEARCH MONTH

WELLNESS HOUSE HOURS

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Seated Strength 10AM Zen Coloring & Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	5 Chair Yoga 10:30AM Chair Yoga 11:45AM Massage 10AM - 3PM	6 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Restorative Yoga 2PM General Cancer Support Group 5:30PM	7 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	8	9
10	11 Seated Strength 10AM Dry Flower Embroidery 1PM Gentle Yoga 5:30PM	12 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Mini Series: Cancer & Intimacy Women 3PM	13 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support 5:30PM	14 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Veggie Chili 1PM Zumba 3PM	15	16
17 Head & Neck Support Group 1:30PM	18 Seated Strength 10AM Birthday Club 12:30PM Bean Mosaic 1PM Gentle Yoga 5:30PM	19 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM Massage 10AM - 3PM	20 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	21 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Bingo Night 4:30PM	22	23
24	25 Closed for Memorial Day	26 Chair Yoga 10:30AM Chair Yoga 11:45AM Mini Series: Cancer & Intimacy Men 3PM	27 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	28 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Flower Walk 1PM Zumba 3PM	29	30

JUNE

NATIONAL CANCER SURVIVOR MONTH

WELLNESS HOUSE HOURS

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Fridays 9am-12pm.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Seated Strength 10AM Gift Box Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	2 Chair Yoga 10:30AM Chair Yoga 11:45AM Massage 10AM - 3PM	3 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	4 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	5	6
7 Head & Neck Support Group 1:30PM	8 Seated Strength 10AM Zen Coloring & Craft 1PM Gentle Yoga 5:30PM	9 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Mini Series: Communicating Needs to Family & Friends 3PM	10 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support on the Patio 2PM	11 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Made in the Shade Summer Vision Boards 1PM Zumba 3PM	12	13
14	15 Seated Strength 10AM Hello Summer Door Wreath Craft 1PM Gentle Yoga 5:30PM	16 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM Massage 10AM - 3PM	17 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	18 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Flower Walk 1PM Zumba 3PM	19	20
21	22 Seated Strength 10AM Zen Coloring & Craft 1PM Gentle Yoga 5:30PM	23 Chair Yoga 10:30AM Chair Yoga 11:45AM Life After Treatment 3PM	24 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	25 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM White Bean Skillet 1PM Zumba 3PM	26	27
28	29 Seated Strength 10AM Birthday Club 12:30PM Fabric Flowers Craft 1PM Gentle Yoga 5:30PM	30 Chair Yoga 10:30AM Chair Yoga 11:45AM	<p>RIVERBEND CANCER SERVICES Help and Hope Around the Bend</p> <p>3516 East Jefferson Boulevard South Bend, IN 46615</p>			