

JULY

SARCOMA & BONE 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 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	2 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	3 Closed to Observe Independence Day	4 Happy Independence Day!
5	6 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM	7 Massage 10AM-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Watercolor Painting 2PM	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	10	11
12 Head & Neck Cancer Support Group 1:30PM	13 Seated Strength 10AM Cork Air Craft 1PM Gentle Yoga 5:30PM	14 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM Watercolor Painting 2PM	15 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	16 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Meditation Made Simple 1PM Zumba 3PM Jazz Around the Bend	17	18
19	20 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM	21 Massage 10AM-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Watercolor Painting 2PM	22 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	23 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM Zumba 3PM Tai Chi 4PM	24	25
26	27 Seated Strength 10AM Birthday Club 12:30PM Bubble Art Craft 1PM Gentle Yoga 5:30PM	28 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Watercolor Painting 2PM	29 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	30 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	31	

AUGUST

APPENDIX CANCER AWARENESS MONTH



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Seated Strength 10AM Beaded Keychain Craft 1PM Gyna-Girls 4:30PM Gentle Yoga 5:30PM	4 Massage 10AM-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM	5 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	6 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	7	8
9	10 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM	11 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon	12 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support 5:30PM	13 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	14	15
16 Head & Neck Cancer Support Group 1:30PM	17 Seated Strength 10AM Firefly Lights Craft 1PM Gentle Yoga 5:30PM	18 Massage 10AM-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	19 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	20 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM Board Game Night 4:30PM	21	22 Dance for the Cure
23	24 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM	25 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	26 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	27 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM Zumba 3PM Tai Chi 4PM	28	29
30	31 Seated Strength 10AM Birthday Club 12:30PM Flower Book Mark 1PM Gentle Yoga 5:30PM					

SEPTEMBER

LEUKEMIA & LYMPHOMA, OVARIAN, PROSTATE, THYROID, & GYNECOLOGIC CANCER AWARENESS MONTH



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM	2 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	3 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	4 Tennis Around the Bend	5
6	7 Closed for Labor Day	8 Massage 10AM - 3PM Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Pastel Painting 2PM	9 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support 5:30PM	10 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	11	12
13	14 Seated Strength 10AM Butterfly Shells Craft 1PM Gyna-Girls 4:30PM Gentle Yoga 5:30PM Golf Around the Bend	15 Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM Pastel Painting 2PM	16 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	17 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Ice Cream Social 2-4PM Zumba 3PM Tai Chi 4PM	18	19
20 Head & Neck Cancer Support Group 1:30PM	21 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM	22 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Pastel Painting 2PM	23 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	24 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM Zumba 3PM Tai Chi 4PM	25	26
27	28 Seated Strength 10AM Birthday Club 12:30PM Flower Hammering Craft 1PM Healthy Home, Healthy You 3PM Gentle Yoga 5:30PM	29 Chair Yoga 10:30AM Chair Yoga 11:45AM Pastel Painting 2PM	30 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM			

OCTOBER

BREAST & LIVER CANCER AWARENESS MONTH



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	2	3
4 Head & Neck Cancer Support Group 1:30PM	5 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gyna-Girls 4:30PM Living Well Through and After Cancer Treatment 4:30PM Gentle Yoga 5:30PM	6 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	7 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	8 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	9	10
11	12 Seated Strength 10AM Halloween Craft 1PM Gentle Yoga 5:30PM	13 Chair Yoga 10:30AM Chair Yoga 11:45AM Preparing for Medicare: Open Enrollment 1PM	14 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support 5:30PM	15 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	16	17
18	19 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM	20 Massage 10AM - 3PM Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon	21 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	22 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM Zumba 3PM Tricks, Treats & Trivia 4PM	23	24
25	26 Seated Strength 10AM Birthday Club 12:30PM Goodie Bag Craft 1PM Gentle Yoga 5:30PM	27 Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Fall Vision Board Workshop 1PM	28 Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	29 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	30	31