NOVEMBER

NEUROENDOCRINE, GASTRIC, LUNG, & PANCREATIC 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 Zen Coloring/ BYOC 1PM Gyna Girls 4:30 Gentle Yoga 5:30PM	**3** Chair Yoga 10:30AM Chair Yoga 11:45AM	**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	**6**	**7**
8	**9** Seated Strength 10AM Christmas Card Craft 1PM Gentle Yoga 5:30PM	**10** Massage 10AM-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits 12PM	**11** Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	**12** Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	**13**	**14**
15	**16** Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM Breast Cancer Support Group 5:30PM	**17** Massage 10AM-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	**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	**20**	**21**
22	**23** Seated Strength 10AM Birthday Club 12:30PM Diamond Art Craft 1PM Thanksgiving Dinner at Greater Holy Temple Church of God in Christ 5PM	**24** Chair Yoga 10:30AM Chair Yoga 11:45AM Thanksgiving Vision Boards 2PM	**25** Seated Strength 10AM Knitting Krew 10AM Healthy Cooking with Mary 1PM Dominoes 2-4PM	**26** **Closed for Thanksgiving**	**27**	**28**
29	**30** Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM					

RIVERBEND CANCER SERVICES
Help and Hope Around the Bend

3516 East Jefferson Boulevard
South Bend, IN 46615

DECEMBER



WELLNESS HOUSE HOURS
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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	**4**	**5**
6	**7** Seated Strength 10AM Cinnamon Candles Craft 1PM Gyna-Girls 4:30PM Gentle Yoga 5:30PM	**8** Massage 10AM-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits 12PM	**9** Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	**10** Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Holiday Bingo! 4:30PM	**11**	**12**
13	**14** Seated Strength 10AM Birthday Club 12:30PM Crayon Ornaments Craft 1PM Gentle Yoga 5:30PM Breast Cancer Support Group 5:30PM	**15** Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	**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 Healthy Cooking with Mary 1PM Jingle & Mingle Holiday Party 2:30-5:30PM	**18**	**19**
20	**21** **Closed for Winter Break**	**22** **Closed for Winter Break**	**23** **Closed for Winter Break**	**24** **Closed for Winter Break**	**25** **Closed for Winter Break**	**26**
27	**28** **Closed for Winter Break**	**29** **Closed for Winter Break**	**30** **Closed for Winter Break**	**31** **Closed for Winter Break**	**Closed for Winter Break**	

JANUARY

CERVICAL CANCER AWARENESS MONTH



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	**2**
3	**4** Seated Strength 10AM Zen Coloring/ BYOC 1PM Gyna-Girls 4:30PM Gentle Yoga 5:30PM	**5** Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM	**6** Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM General Cancer Support Group 5:30PM	**7** Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	**8**	**9**
10	**11** Seated Strength 10AM Winter Luminary Craft 1PM Gentle Yoga 5:30PM	**12** Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits 12PM	**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	**15**	**16**
17	**18** Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM Breast Cancer Support Group 5:30PM	**19** Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	**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 Winter Board Game Night 4:30PM	**22**	**23**
24 **31**	**25** Seated Strength 10AM Birthday Club 12:30PM Snowman Pen Craft 1PM Gentle Yoga 5:30PM	**26** Chair Yoga 10:30AM Chair Yoga 11:45AM	**27** Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	**28** Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM	**29**	**30**

FEBRUARY

NATIONAL CANCER PREVENTION MONTH & GALLBLADDER & BILE DUCT CANCER AWARENESS MONTH



WELLNESS HOUSE HOURS
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Seated Strength 10AM Zen Coloring/ BYOC 1PM Gyna-Girls 4:30PM Gentle Yoga 5:30PM	**2** Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Oil Painting 2PM	**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	**5**	**6**
7	**8** Seated Strength 10AM Felt Hearts Craft 1PM Gentle Yoga 5:30PM	**9** Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits 12PM Oil Painting 2PM	**10** Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM Supper & Support 5:30PM	**11** Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM **Art Around the Bend 5PM - 7PM**	**12**	**13**
14	**15** Seated Strength 10AM Zen Coloring/ BYOC 1PM Gentle Yoga 5:30PM Breast Cancer Support Group 5:30PM	**16** Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM Oil Painting 2PM	**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 Tai Chi 4PM	**19**	**20**
21	**22** Seated Strength 10AM Birthday Club 12:30PM Clay Pots Craft 1PM Gentle Yoga 5:30PM	**23** Chair Yoga 10:30AM Chair Yoga 11:45AM Oil Painting 2PM	**24** Seated Strength 10AM Knitting Krew 10AM Dominoes 2-4PM	**25** Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM Tai Chi 4PM	**26**	**27**
28						

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