

MARCH

COLORECTAL CANCER, KIDNEY CANCER, & MULTIPLE MYELOMA 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	3 Seated Strength 10AM Button Flowers 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	4 Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Young Adult Support Group 5:30PM	5 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	6 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal Support Group 5:30PM	7	8
9	10 Seated Strength 10AM Gentle Yoga 5:30PM	11 Massage/Healing Energy 10:30 - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon MELT 1PM Tai Chi 4PM	12 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM Supper & Support 5:30PM Hosted By G	13 Chair Yoga 10:30AM Chair Yoga 11:45AM Broccoli Casserole 1PM Zumba 3M	14	15
16	17 Seated Strength 10AM Shell Trinket Dish 1PM Gentle Yoga 5:30PM	18 Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Tai Chi 4PM Young Adult Support Group 5:30PM	19 Seated Strength 10AM Knitting Krew 10AM Kim's Bra Boutique 2-4PM Dominoes 2PM General Cancer Support Group 5:30PM	20 Chair Yoga 10:30AM Chair Yoga 11:45AM South Bend Symphony Concert Noon Zumba 3PM Spousal Support Group 5:30PM	21	22
23	24 Seated Strength 10AM Gentle Yoga 5:30PM	25 Massage/Healing Energy 10:30 - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Eating Healthy on a Budget Noon MELT 1PM Tai Chi 4PM	26 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	27 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	28	29
30	31 Seated Strength 10AM Birthday Club 12:30PM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM					

APRIL


ESOPHOGEAL CANCER, HEAD & NECK CANCER, & TESTICULAR CANCER AWARENESS MONTH



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Tai Chi 4PM Young Adult Support Group 5:30PM	2 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	3 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal Support Group 5:30PM	4	5
6	7 Seated Strength 10AM Easter Bunny Cups 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	8 Massage/Healing Energy 10:30 - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon MELT 1PM Mindful Pottery 2PM Tai Chi 4PM	9 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM Kim's Bra Boutique 2PM Supper & Support 5:30PM	10 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	11	12
13 Head & Neck Support Group 1:30PM	14 Seated Strength 10AM Gentle Yoga 5:30PM Harper Cancer Research Day	15 Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Mindful Pottery 2PM Tai Chi 4PM Young Adult Support Group 5:30PM	16 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	17 Chair Yoga 10:30AM Chair Yoga 11:45AM Butternut Squash Soup 1PM Zumba 3PM Spousal Support Group 5:30PM	18	19
20	21 Seated Strength 10AM Painting Bird Houses 1PM Gentle Yoga 5:30PM	22 Massage/Healing Energy 10:30 - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM What to Expect from Treatment 3PM Tai Chi 4PM	23 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	24 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	25	26
27	28 Seated Strength 10AM Birthday Club 12:30PM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	29 Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Understanding Medicare 2025 2PM Tai Chi 4PM Young Adult Support Group 5:30PM	30 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	 <p>RIVERBEND CANCER SERVICES Help and Hope Around the Bend</p> <p>3516 East Jefferson Boulevard South Bend, IN 46615</p>		

MAY

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



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal Support Group 5:30PM	2	3
4	5 Seated Strength 10AM Bath Bombs/Sugar Scrubs 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	6 Massage/Healing Energy 10:30 - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Understanding Hospice & Palliative Care 2PM Garden Club 10AM Tai Chi 4PM	7 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	8 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	9	10
11	12 Seated Strength 10AM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	13 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon MELT 1PM Tai Chi 4PM Young Adult Support Group 5:30PM	14 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM Kim's Bra Boutique 2PM Supper & Support 5:30PM	15 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM High Protein Spinach Dip 1PM Zumba 3PM Spousal Support Group 5:30PM	16	17
18	19 Seated Strength 10AM Birthday Club 12:30PM Wind Chimes 1PM Gentle Yoga 5:30PM	20 Massage/Healing Energy 10:30 - 3PM Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM	21 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	22 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	23	24
25	26 Happy Memorial Day! Wellness House Closed	27 Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Young Adult Support Group 5:30PM	28 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	29 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal Support Group 5:30PM	30	31

JUNE

NATIONAL CANCER SURVIVOR MONTH



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Seated Strength 10AM Magnet Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	3 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Mindful Pottery 2PM	4 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	5 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	6	7
8 Head & Neck Support Group 1:30PM	9 Seated Strength 10AM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	10 Massage/Healing Energy 10:30 - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Mindful Pottery 2PM Young Adult Support Group 5:30PM	11 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM Kim's Bra Boutique 2PM Supper & Support 5:30PM	12 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal Support Group 5:30PM	13	14
15	16 Seated Strength 10AM Garden Stakes 1PM Gentle Yoga 5:30PM	17 Garden Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon MELT 1PM	18 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	19 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Energy Balls 1PM Zumba 3PM	20	21
22	23 Seated Strength 10AM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	24 Massage/Healing Energy 10:30 - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM MELT 1PM Young Adult Support Group 5:30PM	25 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	26 Yarn Work 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal Support Group 5:30PM	27	28
29	30 Seated Strength 10AM Birthday Club 12:30PM Macreme Key Chains 1PM Gentle Yoga 5:30PM	 RIVERBEND CANCER SERVICES Help and Hope Around the Bend 3516 East Jefferson Boulevard South Bend, IN 46615				