

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

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DECEMBER

APLASTIC ANEMIA AWARENESS MONTH



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 10:15AM Christmas Wreaths 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	2 Chair Yoga 10:30AM Chair Yoga 11:45AM	3 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM General Cancer Support Group 5:30PM	4 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	5	6
7	8 Seated Strength 10:15AM Zen Coloring/BYO Craft 1PM Gentle Yoga 5:30PM	9 Book Club 10AM Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon	10 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM Kim's Bra Boutique 2-4PM Supper & Support 5:30PM	11 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Jingle & Mingle 2:30 PM Zumba 3PM	12	13
14	15 Seated Strength 10:15AM Birthday Club 12:30PM Snow Man Craft 1PM Gentle Yoga 5:30PM	16 Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	17 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM General Cancer Support Group 5:30PM	18 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Mary's Healthy Cooking 1PM Zumba 3PM	19	20
21	22 Closed for Christmas Break	23 Closed for Christmas Break	24 Christmas Eve	25 Christmas Day	26 Closed for Christmas Break	27
28	29 Closed for Christmas Break	30 Closed for Christmas Break	31 Closed for Christmas Break	 3516 East Jefferson Boulevard South Bend, IN 46615		

JANUARY

CERVICAL CANCER AWARENESS MONTH



WELLNESS HOUSE HOURS
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Monday-Thursday, 9am-4:30pm,
Fridays 9am-12pm.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Closed for Christmas Break	2 Closed for Christmas Break	3
4	5 Seated Strength 10:15AM Small Pot Beeded Plants 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	6 Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM	7 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM General Cancer Support Group 5:30PM	8 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal 3PM	9	10
11	12 Seated Strength 10:15AM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	13 Book Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits 12PM	14 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM Bra Boutique 2-4PM Supper & Support 5:30PM	15 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM New Year's Vision Boards 1PM Zumba 3PM	16	17
18	19 Seated Strength 10:15AM Plastic Sun Catchers 1PM Gentle Yoga 5:30PM	20 Massage 10-3PM Winter Blues 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	21 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM General Cancer Support Group 5:30PM	22 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Mary's Healthy Cooking 1PM Zumba 3PM	23	24
25	26 Seated Strength 10:15AM Birthday Club 12:30PM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	27 Chair Yoga 10:30AM Chair Yoga 11:45AM	28 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM	29 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Board Game 4:30PM	30	31

FEBRUARY

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



WELLNESS HOUSE HOURS
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Fridays 9am-12pm.

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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 Seated Strength 10:15AM Valentine Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	3 Massage 10-3PM Chair Yoga 10:30AM Chair Yoga 11:45AM	4 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM General Cancer Support Group 5:30PM	5 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Spousal 3PM	6	7
8	9 Seated Strength 10:15AM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	10 Book Club 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Bits & Bites Noon	11 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM Kim's Bra Boutique 2-4PM Supper & Support 5:30PM	12 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	13	14
15	16 Seated Strength 10:15AM Color Pour on Canvas Craft 1PM Gentle Yoga 5:30PM	17 Massage 10AM - 3PM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Harvest 1PM	18 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM General Cancer Support Group 5:30PM	19 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM Tai Chi 4PM	20	21
22	23 Seated Strength 10:15AM Birthday Club 12:30PM Zen Coloring/BYOC 1PM Gentle Yoga 5:30PM	24 Chair Yoga 10:30AM Chair Yoga 11:45AM Life After Treatment: What's Next? 3PM	25 Knitting Krew 10AM Seated Strength 10:15AM Dominoes 2PM	26 Fiber Arts 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Mary's Healthy Cooking 1PM Zumba 3PM Tai Chi 4PM Trivia Night 4:30PM	27	28