

MARCH

COLORECTAL, KIDNEY, & MULTIPLE MYELOMA AWARENESS MONTH



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

To register for 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	4 Seated Strength 10AM Breathworks 11:15AM Craft Coasters 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	5 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	6 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM General Cancer Support Group 5:30PM	7 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	8	9
10	11 Seated Strength 10AM Breathworks 11:15AM Zen Coloring 1PM Gentle Yoga 5:30PM	12 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM Mary's Garden Club 1PM	13 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM Kim's Bra Boutique 2PM Supper & Support 4:30PM	14 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Therapeutic Arts 2PM	15	16
17	18 Seated Strength 10AM Breathworks 11:15AM Craft String Basket 1PM Therapeutic Arts 2PM Gentle Yoga 5:30PM	19 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	20 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM Unity Gardens 1PM General Cancer Support Group 5:30PM	21 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM	22	23
24	25 Seated Strength 10AM Breathworks 11:15AM Birthday Club Noon Zen Coloring 1PM Gentle Yoga 5:30PM	26 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	27 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	28 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	29	30
31						

APRIL

ESOPHAGEAL, HEAD AND NECK, & TESTICULAR CANCER AWARENESS MONTH



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Seated Strength 10AM Breathworks 11:15AM Craft Dragonfly 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	2 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	3 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM General Cancer Support Group 5:30PM	4 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	5 Walking Club 9AM	6
7	8 Seated Strength 10AM Breathworks 11:15AM Zen Coloring 1PM Gentle Yoga 5:30PM	9 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM Mary's Garden Club 1PM	10 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM Kim's Bra Boutique 2PM Supper & Support 5:30PM	11 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Therapeutic Arts 2PM	12 Walking Club 9AM	13 Hello Gorgeous RED Event 9:00AM
14 Head & Neck Support Group 1:30PM	15 Harper Cancer Research Day 9:00AM Seated Strength 10AM Breathworks 11:15AM Paint with Wool 1PM Gentle Yoga 5:30PM	16 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	17 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Unity Gardens 1PM Dominoes 2PM General Cancer Support Group 5:30PM Supper & Support 5:30PM	18 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM What is Lymphedema? 5:30PM	19 Walking Club 9AM	20
21	22 Seated Strength 10AM Breathworks 11:15AM Zen Coloring 1PM Gentle Yoga 5:30PM	23 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM Talking to Family About Your Diagnosis 2PM	24 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM	25 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Therapeutic Arts 2PM	26 Walking Club 9AM	27
28	29 Seated Strength 10AM Breathworks 11:15AM Birthday Club Noon Paint with Wool 1PM Gentle Yoga 5:30PM	30 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	 RIVERBEND CANCER SERVICES Help and Hope Around the Bend 3516 East Jefferson Boulevard South Bend, IN 46615			

MAY

BLADDER, BRAIN, MELANOMA AND SKIN CANCER AWARENESS MONTH



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM General Cancer Support Group 5:30PM	2 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	3 Walking Club 9AM	4
5	6 Seated Strength 10AM Breathworks 11:15AM Watercolor Painting 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	7 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	8 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM Supper & Support 5:30PM	9 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Therapeutic Arts 2PM Caring for Yourself as a Caregiver 5:30PM	10 Walking Club 9AM	11
12	13 Seated Strength 10AM Breathworks 11:15AM Zen Coloring 1PM Gentle Yoga 5:30PM	14 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM Mary's Garden Club 1PM Shifts in Your Relationships 2PM	15 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Unity Gardens 1PM Dominoes 2PM Kim's Bra Boutique 2PM General Cancer Support Group 5:30PM	16 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM	17 Walking Club 9AM	18
19 Head & Neck Support Group 1:30PM	20 Seated Strength 10AM Breathworks 11:15AM Birthday Club Noon Bring Your Craft 1PM Gentle Yoga 5:30PM	21 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM Mary's Garden Club 1PM	22 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	23 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Therapeutic Arts 2PM	24 Walking Club 9AM	25
26	27 Happy Memorial Day! Wellness House Closed	28 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	29 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM	30 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM What to Expect from Treatment 5:30PM	31 Walking Club 9AM	

JUNE

NATIONAL CANCER SURVIVOR MONTH



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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 Seated Strength 10AM Breathworks 11:15AM Shabby Chic Planter 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	4 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	5 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM General Cancer Support Group 5:30PM	6 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	7 Walking Club 9AM	8
9 Head & Neck Support Group 1:30PM	10 Seated Strength 10AM Breathworks 11:15AM Zen Coloring 1PM Gentle Yoga 5:30PM	11 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM Mary's Garden Club 1PM	12 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM Summer Picnic 5:30PM	13 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	14 Walking Club 9AM	15
16	17 Seated Strength 10AM Breathworks 11:15AM Windchime Craft 1PM Gentle Yoga 5:30PM	18 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	19 Seated Strength 10AM Knitting Krew 10AM Unity Gardens 1PM Dominoes 2PM Kim's Bra Boutique 2PM General Cancer Support Group 5:30PM	20 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Cooking with Mary 1PM	21 Walking Club 9AM	22
23	24 Seated Strength 10AM Breathworks 11:15AM Birthday Club 12PM Zen Coloring 1PM Gentle Yoga 5:30PM	25 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Mary's Garden Club 1PM	26 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	27 Yarnwork 10AM Chair Yoga 10:30AM Chair Yoga 11:45AM	28 Walking Club 9AM	29
30						