

NOVEMBER

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 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 Dancing to the Oldies 9AM	2
3	4 Seated Strength 10AM ZEN Coloring/BYO Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	5 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	6 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM General Cancer Support Group 5:30PM	7 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	8 Dancing to the Oldies 9AM	9
10	11 Seated Strength 10AM Loss During the Holidays Noon Birthday Card Craft 1PM Gentle Yoga 5:30PM	12 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM	13 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM Kim's Bra Boutique 2-4PM Supper & Support 5:30PM	14 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM ART AROUND THE BEND 5-7PM	15 Dancing to the Oldies 9AM	16
17	18 Seated Strength 10AM Holiday Card Craft 1PM Gentle Yoga 5:30PM	19 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	20 Seated Strength 10AM Knitting Krew 10AM Unity Gardens Holiday Hosting 1PM Dominoes 2PM General Cancer Support Group 5:30PM	21 Chair Yoga 10:30AM Chair Yoga 11:45AM Butternut Squash Soup 1PM Zumba 3PM	22 Dancing to the Oldies 9AM	23
24	25 Seated Strength 10AM Birthday Club 12:30PM Holiday Wreath Making 1PM Gentle Yoga 5:30PM Thanksgiving Dinner, Greater Holy Temple Church of God in Christ 6PM	26 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	27 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM	28 HAPPY THANKSGIVING Wellness House Closed	29 THANKSGIVING BREAK Wellness House Closed	30

DECEMBER

CARCINOID CANCER 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 Seated Strength 10AM Ceramic Santa Craft 1PM Gyna Girls Holiday Dinner 5PM Gentle Yoga 5:30PM	3 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	4 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	5 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	6 Dancing to the Oldies 9AM	7
8	9 Seated Strength 10AM Zen Coloring/BYO Craft 1PM Gentle Yoga 5:30PM	10 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM	11 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Kim's Bra Boutique 2-4PM Holiday Afternoon Supper & Support Celebration 2:30PM	12 Chair Yoga 10:30AM Yoga Class Potluck 11:30AM Chair Yoga 11:45AM Zumba 3PM	13 Dancing to the Oldies 9AM	14
15	16 Seated Strength 10AM Snowman Craft 1PM Birthday Club 12:30PM Gentle Yoga 5:30PM	17 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	18 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Unity Gardens Natural Ornaments 1PM Dominoes 2PM General Cancer Support Group 5:30PM	19 Chair Yoga 10:30AM Chair Yoga 11:45AM Morning Glory Muffins 1PM Zumba 3PM	20 Dancing to the Oldies 9AM	21
22	23 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	24 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	25 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	26 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	27 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	28
29	30 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	31 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	 RIVERBEND CANCER SERVICES Help and Hope Around the Bend 3516 East Jefferson Boulevard South Bend, IN 46615			

JANUARY

CERVICAL CANCER PREVENTION WEEK JANUARY 20TH - 26TH

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 WELLNESS HOUSE CLOSED FOR THE HOLIDAYS	2 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	3	4
5	6 Seated Strength 10AM Ribbon Roses Craft 1PM Gyna Girls 4:30PM Gentle Yoga 5:30PM	7 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	8 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM General Cancer Support Group 5:30PM	9 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	10	11
12	13 Seated Strength 10AM Zen Coloring/BYO Craft 1PM Gentle Yoga 5:30PM	14 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM	15 Seated Strength 10AM Knitting Krew 10AM Massage & Reiki Garden Planning 1PM Dominoes 2PM Kim's Bra Boutique 2PM Supper & Support 5:30PM	16 Chair Yoga 10:30AM Chair Yoga 11:45AM Healthy Broccoli Casserole 1PM Zumba 3PM	17	18
19	20 Seated Strength 10AM Winter Blues 12:30PM Soap Felting Craft 1PM Gentle Yoga 5:30PM	21 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	22 Seated Strength 10AM Support Squad 10AM Knitting Krew 10AM Massage & Reiki Dominoes 2PM General Cancer Support Group 5:30PM	23 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	24	25
26	27 Seated Strength 10AM Birthday Club 12:30PM Zen Coloring/BYO Craft 1PM Gentle Yoga 5:30PM	28 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	29 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM	30 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	31	

FEBRUARY

NATIONAL CANCER PREVENTION MONTH, WORLD CANCER DAY FEBRUARY 4TH



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 Seated Strength 10AM Valentine Craft 1PM Gyna Girls Gut Microbiome Presentation 4:30PM Gentle Yoga 5:30PM	4 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	5 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM General Cancer Support Group 5:30PM	6 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	7	8
9	10 Seated Strength 10AM Zen Coloring/BYO Craft 1PM Shifts in Relationships 5PM Gentle Yoga 5:30PM	11 Chair Yoga 10:30AM Chair Yoga 11:45AM Bites & Bits Noon Melt 1PM	12 Seated Strength 10AM Knitting Krew 10AM Dominoes 2PM Kim's Bra Boutique 2-4PM Supper & Support 5:30PM	13 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	14	15
16	17 Seated Strength 10AM Fleece Blanket Craft 1PM Gentle Yoga 5:30PM	18 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM Caring for Yourself as a Caregiver 2PM	19 Support Squad 10AM Seated Strength 10AM Knitting Krew 10AM Unity Garden Starting Seeds 1PM Dominoes 2PM General Cancer Support Group 5:30PM	20 Chair Yoga 10:30AM Chair Yoga 11:45AM Broccoli & Grape Salad 1PM Zumba 3PM	21	22 RED EVENT
23	24 Seated Strength 10AM Birthday Club 12:30PM Zen Coloring/BYO Craft 1PM Gentle Yoga 5:30PM	25 Chair Yoga 10:30AM Chair Yoga 11:45AM Melt 1PM	26 Seated Strength 10AM Knitting Krew 10AM Massage/Reiki Dominoes 2PM	27 Chair Yoga 10:30AM Chair Yoga 11:45AM Zumba 3PM	28	