

# Support Group Calendar

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Chandler</b> <b>Gilbert</b> <b>Scottsdale</b> <b>Glendale</b> <b>Mesa/Arbor</b> <b>Mesa/Dobson</b>	<b>3</b> Massage, by appt: Call 602-740-2409 Acupuncture 1-4pm, by appt: Call 480-330-6211 Tai Chi 4:30-5:15pm	<b>4</b> Massage, by appt: Call 480-234-1578 Massage, by appt: Call 602-740-2409 Chair Yoga 10-11am Tai Chi 1-2pm	<b>5</b> Massage, by appt: Call 480-234-1578 Tai Chi 3:00-3:45pm Meditation 5:30-6:30pm	<b>6</b> Pilates 2-3pm	<b>7</b>
<b>9</b> Look Good Feel Better 4-6pm CLIMB 5:30-7pm *RSVP Required Prostate Cancer Support Group 7-9	<b>10</b> Massage, by appt: Call 602-740-2409 Acupuncture 1-4pm, by appt: Call 480-330-6211 Color Me Calm 1-2:30pm Tai Chi 4:30-5:15pm	<b>11</b> Massage, by appt: Call 480-234-1578 Massage, by appt: Call 602-740-2409 Chair Yoga 10-11am Cancer Support Group 6:30-8:30pm	<b>12</b> Massage, by appt: Call 480-234-1578 Tai Chi 3:00-3:45pm Meditation 5:30-6:30pm Lymphoma Group 6-8pm	<b>13</b> Chair Yoga 1-2pm Chair Yoga 1-2pm	<b>14</b> Breast Cancer Group 10am-12pm
<b>16</b> Head & Neck Group 3-4:30pm CLIMB 5:30-7pm *RSVP Required	<b>17</b> Massage, by appt: Call 602-740-2409 Acupuncture 1-4pm, by appt: Call 480-330-6211 Head & Neck Group 3-4:30pm Tai Chi 4:30-5:15pm Rhythm & Relaxation 6-7pm	<b>18</b> Massage, by appt: Call 480-234-1578 Massage, by appt: Call 602-740-2409 Chair Yoga 10-11am Ask the Expert 12-1pm Tai Chi 1-2pm *NO Spirituality Group*	<b>19</b> Massage, by appt: Call 480-234-1578 Watercolor Painting 10am-12pm Tai Chi 3:00-3:45pm Meditation 5:30-6:30pm Colon Cancer Support Group 6-7:30pm	<b>20</b> Pilates 2-3pm	<b>21</b> Caregiver Support Group 10am-12pm
<b>23</b> Multiple Myeloma Group 1-2:30pm Look Good Feel Better 4-6pm CLIMB 5:30-7pm *RSVP Required	<b>24</b> Massage, by appt: Call 602-740-2409 Journaling Workshop 10am-12pm *RSVP Acupuncture 1-4pm, by appt: Call 480-330-6211 *NO TAI CHI*	<b>25</b> Massage, by appt: Call 480-234-1578 Massage, by appt: Call 602-740-2409 Chair Yoga 10-11am Metastatic Cancer Support Group 3-4:30pm Cancer Support Group 6:30-8:30pm	<b>26</b> Massage, by appt: Call 480-234-1578 Tai Chi 3:00-3:45pm Meditation 5:30-6:30pm	<b>27</b> Chair Yoga 1-2pm Chair Yoga 1-2pm	<b>28</b>
<b>30</b> CLIMB 5:30-7pm *RSVP Required	<b>31</b> Massage, by appt: Call 602-740-2409 Journaling Workshop 10am-12pm *RSVP Acupuncture 1-4pm, by appt: Call 480-330-6211 Tai Chi 4:30-5:15pm	Support Groups and Integrative Services held at Ironwood Cancer & Research Centers are open to all in the community affected by cancer. Unless otherwise noted, support groups and services are free of charge. <b>Should you have any questions please contact:</b> Kelly Huey, MSW, LCSW at 480-340-4013 Or Jenny Billiard, LMSW at 602-588-4367			



**Ironwood Cancer & Research Centers**

*Outsmarting Cancer One Patient at a Time™*

NOTE: Not all services are provided by ICRC employees and may be provided by community agencies and professionals. Participation is at your own risk. ICRC assumes no liability for services provided. [www.ironwoodcrc.com](http://www.ironwoodcrc.com)

## Support Groups

**Look Good Feel Better Class:** Offered by the American Cancer Society, select Mondays, 4-6pm, ladies only, registration required.

*\*Info/Register - Sandra: 480-855-2224*

- Chandler** - **2017 dates:** Feb 6, Mar 6, Apr 3, May 1, June 5, Aug 7, Oct 2, Nov 6, Dec 4  
**Gilbert** - **2017 dates:** Jan 23, Mar 27, May 22, July 24, Sept 25  
**Glendale** - **2017 dates:** Feb 27, Apr 17, June 19, Aug 21, Oct 16  
**Mesa (Arbor)** - **2017 dates:** Mar 20, May 15, July 17, Sept 18, Nov 20  
**Mesa (Dobson)** - **2017 dates:** Jan 9, Mar 13, May 8, July 10, Sept 11, Nov 13  
**Scottsdale** - **2017 dates:** Feb 13, Apr 10, June 12, Aug 14, Oct 9

**Breast Cancer Support Group:** **Scottsdale** - Second Saturday of each month from 10am-12pm

**Cancer Support Group:** **Glendale** - Second and Fourth Wednesday of each month from 6:30-8:30pm

**Caregiver Support Group:** **Chandler** - Third Saturday of each month from 10am-12pm

**Colon Cancer Support Group:** **Scottsdale** - Third Thursday of each month from 6-7:30pm

**Head & Neck Support Group:** **Chandler** - Third Monday of each month from 3-4:30pm

**Glendale** - Third Tuesday of each month from 3-4:30pm (Starting Jan 17)

**Lymphoma Support Group:** **Scottsdale** - Second Thursday of each month from 6-8pm

**Metastatic Cancer Support Group:** **Chandler** - Fourth Wednesday of each month from 3-4:30pm.

**Multiple Myeloma Support Group:** **Scottsdale** - Fourth Monday of each month from 1-2:30pm

**Prostate Cancer Support Group:** (Sponsored by US Too): **Chandler** - Second Monday of each month from 7-9pm (Info: Otto 480-229-5837)

## Integrative Services

**Chair Yoga Class:**

**Chandler** - Every Wednesday from 10-11am

**Glendale** - Fridays from 1-2pm, Jan 13, Jan 27

**Scottsdale** - Fridays from 1-2pm, Jan 13, Jan 27

**Physical Therapy:** **Chandler**— by appt only. *For appts, call Karen with Bustillo Physical Therapy at 480-892-0808*

**Pilates:** **Scottsdale**—Fridays from 2-3pm, Jan 6, Jan 20

**Tai Chi Class:** **Chandler** - Tuesdays from 4:30-5:15pm \*No Tai Chi Jan 24\*

**Glendale** - First and Third Wednesday of each month from 1-2pm

**Scottsdale** - Thursdays from 3:00-3:45pm

**By Appointment & Fee for Service:**

**Acupuncture Sessions:** (\$80 per hour) **Chandler** - Every Tuesday from 1-4pm. *Info/Schedule: Dr. Hsu 480-330-6211*

**Facials:** (\$25) **Chandler** - Wed 10am-2pm

**Massage:** (30 min-\$35, 60 min-\$65, 90 min-\$95) **Chandler**— Every Wednesday and Thursday, by appt. call Debra 480-234-1578

(30 min-\$40, 45 min- \$60, 60 min-\$70, 90 min- \$95) **Scottsdale** - Every Wednesday, by appt. call Rocco 602-740-2409

**Glendale** - Every Tuesday, by appt. call Rocco 602-740-2409

## Additional Services

**Color Me Calm:** **Scottsdale** - Second Tuesday of each month from 1-2:30pm. Coloring is a journey through calm and destressing.

**Cooking Demonstration:** **Scottsdale** - Third Thursday of each month, time TBD. Demo and tasting provided by the Arizona Culinary Institute.

*More info/RSVP: Tricia 480-855-2259. \*Class currently on hold for January\**

**Journaling Workshop:** **Scottsdale** - Tuesday, January 24 & Tuesday, January 31 from 10am-12pm. *RSVP required: Jenny 602-588-4367*

**Heartfulness Meditation:** **Chandler** - Every Thursday from 5:30-6:30pm.

**Ask the Expert:** **Scottsdale** - January 18 from 12-1pm with Dr. Tara Iyengar. A monthly open discussion for patients, family & community members to ask an Ironwood physician/expert questions from 12-1pm.

**Rhythm & Relaxation (Drumming Group):** **Scottsdale** - Third Tuesday of each month from 6-7pm *Info: Jenny 602-588-4367*

**Spirituality Support Group:** **Chandler** - Third Wednesday of each month from 5:30-7pm. \*NOT MEETING IN JANUARY\*

Co-Facilitated by Dr. Christopher Kellogg, Catholic Deacon and Medical Oncologist.

**Watercolor Painting Class:** **Chandler** - Thursday, January 19 from 10am-12pm

**Boutique Hours:** *Chandler/Mesa/Gilbert/Glendale/Scottsdale*

**Chandler** - Mon-Fri 10am-2pm

**Gilbert** - Tues & Thurs 10am-2pm

**Mesa** - *By appt only Info: Kelly: 480-340-4013*

**Scottsdale** - Tues 10am-2 pm

**Glendale** - *By appt, Info: Jenny 602-588-4367*

**Bra Fittings:** **Chandler** - By appt and after breast cancer support group held the second Monday of the month from 3:30-5pm. Barbara can also do home visits for fittings. *To schedule, call Barbara with Barbara's Mastectomy: 602-234-9568*

**Free Wig Styling:** **Chandler** - Second Thursday of the month 10am-12pm **Gilbert** - Please call Niki to schedule and appointment 516-816-6452

*\*For wig trimming/head shaving Niki with Xtend Yourself, will come to you. Phone: 516-816-6452 Email: Nicki@Xtendyourself.com*

## Special Events

**CLIMB : Children's Lives Include Moments of Bravery:** **Glendale**— Every Monday from January 9 through February 13 from 5:30-7pm. *RSVP required: Kelly: 480-340-4013* This is a six week program designed for children (ages 6-12) whose parents have cancer. Class will include art projects, discussions and a concurrent parent group. (dinner provided)

### Locations:

Avondale	Chandler	Gilbert	Glendale	Mesa (Arbor)	Mesa (Dobson)	Phoenix	Scottsdale
13055 W McDowell Rd #G112 Avondale 85392	685 S Dobson Rd Chandler 85224	3686 S Rome St Gilbert 85297	5810 W Beverly Ln Glendale 85306	6111 E Arbor Ave Mesa 85206	1432 S Dobson Rd #106, Mesa 85202	11209 N Tatum Blvd #260, Phoenix 85028	8880 E Desert Cove Ave Scottsdale 85260

*We are always looking to add new groups based on patient interest. Please call Kelly @ 480-340-4013 or Jenny @ 602-588-4367*

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