

# MARCH 2018 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAKE PHOTO WITH iPhone OR SCAN FOR EVENT PAGE 	LOCATION COLOR CODES (SEE BACK FOR ADDRESSES) <b>Chandler</b> <b>Gilbert</b> <b>Glendale</b> <b>Scottsdale</b> <b>Mesa Arbor</b> <b>Mesa Dobson</b>		1 <b>Art Class, Chandler 10am-12pm</b> <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler 5:30-6:30pm</b> <b>Meditation, Glendale 6-7pm</b>	2 <b>Chair Yoga, Glendale 1-2pm</b> <b>Chair Pilates, Scottsdale 1-2pm</b>	3 <b>Ironwood Booth at Breast Cancer Resource Expo, PHX Airport Marriott 9am-1pm</b> <b>Caregiver Group, Glendale 10am-12pm</b>
5 <b>Look Good Feel Better, Chandler 4-6pm**</b> <b>Brain Tumor Group, Chandler 6:30pm-8pm</b>	6 <b>Tai Chi, Chandler 4:30-5:15pm</b> <b>Drums Rhythm &amp; Relaxation, Chandler 6-7pm</b> <b>Colon Cancer Support Group, Glendale 6-7:30pm</b> <b>Essential Oils Class, Mesa Arbor 6-7:30pm</b>	7 <b>Chair Yoga, Chandler 10-11am</b> <b>Tai Chi, Glendale 1-2pm</b> <b>Breast Cancer Group, Chandler 6-7:30pm</b>	8 <b>Radiation Support Group, Chandler 10-11:30pm</b> <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler 5:30-6:30pm</b> <b>Leukemia &amp; Lymphoma Group, Scottsdale 6-8pm</b>	9 <b>Chair Yoga, Scottsdale 1-2pm</b>	10 <b>Caregiver Group, Scottsdale 10-12pm</b> <b>Breast Cancer Group, Scottsdale 10-12pm</b>
12 <b>Look Good Feel Better, Gilbert 4-6pm**</b> <b>Prostate Support Group, Chandler 7-9pm</b>	13 <b>Walk in Desert Breeze Park, Chandler 9-10am</b> <b>Writing Workshop, Chandler 1-2:30pm</b> <b>Tai Chi, Chandler 4:30-5:15pm</b> <b>Spirituality Group, Scottsdale 6-7:30pm</b> <b>Essential Oils Class, Glendale 6-7:30pm</b>	14 <b>Chair Yoga, Chandler 10-11am</b> <b>General Cancer Group, Glendale 6:30-8:30pm</b>	15 <b>Art Class, Chandler 10am-12pm</b> <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler 5:30-6:30pm</b> <b>Meditation, Glendale 6-7pm</b> <b>Breast Cancer Group, Glendale 6-8pm</b>	16 <b>Chair Yoga, Glendale 1-2pm</b> <b>Chair Pilates, Scottsdale 1-2pm</b>	17 <b>Caregiver Group, Chandler 10-12pm</b> <b>Happy Saint Patrick's Day!</b>
19 <b>Make Your Own Jewelry, Scottsdale 10am-12pm**</b> <b>Spring Card Craft Class, Chandler 1-3pm</b> <b>Head &amp; Neck Support Group, Chandler 3-4:30pm</b> <b>Look Good Feel Better, Mesa Arbor 4-6pm**</b>	20 <b>Tai Chi, Chandler 4:30-5:15pm</b> <b>Drums Rhythm &amp; Relaxation, Scottsdale 6-7pm</b> <b>Essential Oils Class, Chandler 6-7:30pm</b>	21 <b>Chair Yoga, Chandler 10-11am</b> <b>Tai Chi, Glendale 1-2pm</b> <b>Spirituality Group, Chandler 5:30-7pm</b>	22 <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler 5:30-6:30pm</b>	23 <b>Chair Yoga, Scottsdale 1-2pm</b>	24 <b>Cancer Survivor's Celebration Breakfast, Gilbert 8-11am</b>
26 <b>Multiple Myeloma Group, Scottsdale 1-2:30pm</b> <b>Survivors Group, Chandler 6-7:30pm</b>	27 <b>Walk in Desert Breeze Park, Chandler 9-10am</b> <b>Tai Chi, Chandler 4:30-5:15pm</b> <b>Meditation Sound Bowl, Scottsdale 5-6pm</b> <b>Essential Oils, Scottsdale 6:30-7:30pm</b>	28 <b>Chair Yoga, Chandler 10-11am</b> <b>Metastatic Cancer Support Group, Chandler 3-4:30pm</b> <b>Cancer &amp; Caregiver Support Dinner, 700 W. Warner Rd., 6-8pm**</b> <b>General Cancer Group, Glendale 6:30-8:30pm</b>	29 <b>Tai Chi, Scottsdale 3-3:45pm</b> <b>Meditation, Chandler 5:30-6:30pm</b>	30 31 <b>**Asterisk denotes class or service that requires you to RSVP by calling 480-314-6660 . 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.</b>	

# IRONWOOD MARCH 2018

## BY APPOINTMENT & FEE FOR SERVICE

### Chandler

**Acupuncture:** (\$80 per hour) Contact Dr. Hsu at Meridian Pain Management & Rehabilitation 480-330-6211

**Facials:** (\$25) Contact Ann Sherman at Mindful Skin Spa 480-390-2264

**Massage:** (30 min-\$35, 60 min-\$65, 90 min-\$95)

Contact Debra Favata at Higher Vibrations 480-234-1578

**Physical Therapy:** Contact Karen Bustillo at Bustillo Physical Therapy 480-892-0808

### Glendale

**Massage:** (30 min-\$40, 45 min-\$50, 60 min-\$65)

Contact Rocco Petitti at No-Body's Perfect Massage, Inc 602-740-2409

### Scottsdale

**Acupuncture:** (\$80 per hour) Contact Dr. Hsu at Meridian Pain Management & Rehabilitation 480-330-6211

**Massage:** (30 min-\$40, 45 min-\$50, 60 min-\$65)

Contact Rocco Petitti at No-Body's Perfect Massage, Inc 602-740-2409

### Gilbert

**Acupuncture:** Contact Kari-Ann Hubbard at Luna

Acupuncture 480-426-9251

**Massage:** (30 min-\$40, 45 min-\$50, 60 min-\$60, 90 min-\$95)

Contact Debra Favata at Higher Vibrations 480-234-1578

**Physical Therapy:** Contact Karen Bustillo at Bustillo Physical Therapy 480-892-0808

### Mesa

**Acupuncture:** Contact Kari-Ann Hubbard at Luna Acupuncture 480-426-9251

## SUPPORT GROUPS

### Breast Cancer Group

**Chandler:** 1<sup>st</sup> Wednesday of the month 6-7:30pm

**Scottsdale:** 2<sup>nd</sup> Saturday of the month 10-12pm

**Glendale:** 3<sup>rd</sup> Thursday of the month 6-8pm

### Caregiver Group

**Glendale:** 1<sup>st</sup> Saturday of the month 10-12pm

**Scottsdale:** 2<sup>nd</sup> Saturday of the month 10-12pm

**Chandler:** 3<sup>rd</sup> Saturday of the month 10-12pm

### Colon Group

**Glendale:** 1<sup>st</sup> Tuesday of the month 6:30-8pm

### Brain Tumor Group

**Chandler:** 1<sup>st</sup> Monday of the month 10-12pm

### General Cancer Group

**Glendale:** 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month 6:30-8:30pm

### Head & Neck Cancer

**Chandler:** 3<sup>rd</sup> Monday of the month 3-4:30pm

### Lymphoma & Leukemia Group

**Scottsdale:** 2<sup>nd</sup> Thursday of the month 6-8pm

### Metastatic Cancer Group

**Chandler:** 4<sup>th</sup> Wednesday of the month 3-4:30pm

### Multiple Myeloma Group

**Scottsdale:** 4<sup>th</sup> Monday of the month 1-2:30pm

### Prostate Cancer Group

**Chandler:** 2<sup>nd</sup> Monday of the month 7-9pm

### Radiation Group

**Chandler II:** 2<sup>nd</sup> Thursday of the month 10-11:30am

### Spirituality Group

**Scottsdale:** 2<sup>nd</sup> Tuesday of the month 6-7:30pm

**Chandler:** 3<sup>rd</sup> Wednesday of the month 5:30-7pm

### Survivors Group

**Chandler:** 4<sup>th</sup> Monday of the month 6-7:30pm

## RSVP Required

Cancer & Caregiver Support Group & Dinner. Call 480-314-6660 to RSVP. 6-8pm, Last Wednesday of the Month. Please note this is at a new location: Ironwood Business Office located at 700 W. Warner Rd., Chandler, AZ 85225. The offices are near the intersection of Alma School and Warner in front of the Wal-Mart.

Look Good Feel Better: Must RSVP directly with the American Cancer Society at 800-227-2345.

**CHANDLER:** Bra Fittings—Second Monday of each month—To schedule or set up home visit, call Barbara with Barbara's Mastectomy 602-234-9568.S

Make your Own Jewelry Class: No cost but is limited to 10 attendees. Call 480-314-6660 to RSVP.

## No RSVP Required:

**Boutique Hours:** *If additional hours are needed or to make an appointment contact: Integrative Services at 480-314-6660*

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

**Glendale:** By appointment only

**Scottsdale:** Mon-Fri 10am-2pm

**Gilbert:** Mon-Fri 10am-2pm

**Mesa (Arbor):** Mon & Wed 10am-2pm

## 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: Niki@Xtendyourself.com*

## SPECIAL EVENTS

**March 13 & 27:** Walk in the Park, 660 N. Desert Breeze Blvd., Chandler, 9-10am

**March 19:** Jewelry Class, Scottsdale 10am-12pm Limited to ten participants. RSVP to Melanie at 480-314-6660.

**March 19:** Spring Card Craft Class, Chandler 1-3pm

**March 24:** Cancer Survivor's Celebration Breakfast in Gilbert from 8-11am. Everyone is welcome!

Chandler	Gilbert	Glendale	Mesa (Arbor)	Mesa (Dobson)	Scottsdale
685 S Dobson Rd Chandler, AZ 85224	3686 S Rome St Gilbert, AZ 85297	5810 W Beverly Ln Glendale, AZ 85306	6111 E Arbor Ave Mesa, AZ 85206	1432 S Dobson Rd #106 Mesa, AZ 85202	8880 E Desert Cove Ave Scottsdale, AZ 85260