

OCTOBER 2018 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Look Good Feel Better Chandler 4-6pm**	2 Tai Chi, Chandler 4:30-5:15pm Colorectal Cancer Support Group, Scottsdale 6-7:30pm Drums Rhythm & Relaxation, Chandler Canceled	3 Chair Yoga, Chandler 10-11am Tai Chi, Glendale 1-2pm Breast Group, Chandler 6-7:30pm	4 Dr. Hernandez Book Reading 700 W. Warner Rd., 12-2pm** Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm Lung Cancer Group, Scottsdale 6-7:30pm Writing Through Cancer, Chandler 6-7:30pm	5 Chair Yoga, Glendale 1-2pm Chair Pilates, Scottsdale 1-2pm	6
8 Jewelry Class, Scottsdale 10-11:30am** Prostate Support Group, Chandler 7-9pm Look Good Feel Better, Scottsdale 4-6pm**	9 Tai Chi, Chandler 4:30-5:15pm CLIMB®, Chandler 5:30-7pm** Leukemia & Lymphoma Group, Scottsdale 6-7:30pm	10 Chair Yoga, Chandler 10-11am General Cancer Group, Glendale 6:30-8:30pm	11 Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm	12 Chair Yoga, Scottsdale 1-2pm	13 
15 Head & Neck Support Group, Chandler 3-4:30pm	16 Tai Chi, Chandler 4:30-5:15pm CLIMB®, Chandler 5:30-7pm** Drums Rhythm & Relaxation, Scottsdale 6-7pm	17 Chair Yoga, Chandler 10-11am Tai Chi, Glendale 1-2pm Spirituality Group, Chandler 5:30-7pm	18 Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm	19 Sun City General Group, 14810 N Del Webb, 10am-12pm Chair Yoga, Glendale 1-2pm Chair Pilates, Canceled	20 Caregiver Group, Chandler 10-12pm
22 Multiple Myeloma Group, Scottsdale 1-2:30pm Survivors Group, Chandler 6-7:30pm	23 Tai Chi, Chandler 4:30-5:15pm CLIMB®, Chandler 5:30-7pm** Meditation Sound Bowl, Scottsdale 6-7pm	24 Chair Yoga, Chandler 10-11am Metastatic Cancer Group, Chandler 3-4:30pm Dr. Hernandez Book Reading Sibley's West, 72 S San Marcos, 6:30-8pm	25 Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm	26 Chair Yoga, Scottsdale 1-2pm	27 LOCATION COLOR CODES (SEE BACK FOR ADDRESSES) Chandler Gilbert Glendale Scottsdale Mesa Arbor
29	30 Tai Chi, Chandler 4:30-5:15pm CLIMB®, Chandler 5:30-7pm**	31 Chair Yoga, Chandler 10-11am Cancer & Caregiver Support Dinner, Canceled 	**Asterisk denotes class or service that requires you to RSVP by calling 480-314-6660. Not all services are provided by ICRC employees & may be provided by community agencies & professionals. Participation is at your own risk.		

Scan for Online Calendar!



October '18 Events at Ironwood

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: Please contact Janelle Vanderstouw at 480-283-5243
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: Please contact Janelle Vanderstouw at 480-283-5243
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 Groups

Chandler: 1st Wednesday of the month 6-7:30pm
Scottsdale: 2nd Saturday of the month 10-12pm *no group in Oct.*

Caregiver Group

Chandler: 3rd Saturday of the month 10-12pm

Cancer & Caregiver Support Dinner with Cornerstone Church

700 W. Warner Rd., Last Wednesday of Month, 6-8pm

Colorectal Cancer Support Group

Scottsdale: 1st Tuesday of the month 6-7:30pm

General Cancer Group

Glendale: 2nd Wednesday of the month 6:30-8:30pm
Sun City: 3rd Friday of the month 10am-12pm

Head & Neck Cancer Group

Chandler: 3rd Monday of the month 3-4:30pm

Leukemia and Lymphoma Group

Scottsdale: 2nd Tuesday of the month 6-7:30pm

Lung Cancer Group

Scottsdale: 1st Thursday of the month 6-7:30pm

Metastatic Cancer Group

Chandler: 4th Wednesday of the month 3-4:30pm

Multiple Myeloma Group

Scottsdale: 4th Monday of the month 1-2:30pm

Prostate Cancer Group

Chandler: 2nd Monday of the month 7-9pm

Spirituality Group

Chandler: 3rd Wednesday of the month 5:30-7pm

Survivors Group

Chandler: 4th Monday of the month 6-7:30pm

RSVP Required

CLIMB®: This is an educational support group where parents learn and share healthy ways to support their children with coping with a cancer diagnosis in the family. Limited space is available. Pre-Screening and Pre-Registration are required. If interested in please contact Kelly at 480-340-4013.

Next class starts Tuesday, October 9th and continues to November 13th. Classes meet once a week from 5:30-7pm.

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 at 602-234-9568.

SCOTTSDALE: 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: Mon, Tue, & Thu 10am-2pm

Scottsdale: Mon-Wed & Fri 10am-2pm

Gilbert: Mon, Tue, & Thu 10am-2pm

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

Free Wig Styling:

Gilbert: Please call Niki to schedule an appointment at 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

Oct 4: Dr. Hernandez Book Reading from 12-2pm. 700 W. Warner Rd. in Chandler. Must call to 480-314-6660 to RSVP.

Oct 9-Nov 13: CLIMB® Class in Chandler on Tuesdays from 5:30-7pm. Must call Kelly at 480-340-4013 to pre-register.

Oct 13: Cancer Survivors Celebration Breakfast in Scottsdale from 8am-11am.

Oct 19: First Day of General Cancer Support Group at our Sun City office from 10am-12pm.

Oct 24: Dr. Hernandez Book Club Discussion from 6:30-7pm. Sibley's West, 72 S San Marcos Pl, Chandler.

Chandler

685 S Dobson Rd
Chandler, AZ 85224

Gilbert

3686 S Rome St
Gilbert, AZ 85297

Glendale

5810 W Beverly Ln
Glendale, AZ 85306

Mesa (Arbor)

6111 E Arbor Ave
Mesa, AZ 85206

Scottsdale

8880 E Desert Cove Ave
Scottsdale, AZ 85260