


# NOVEMBER 2018 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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\*\*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.

			1 Art for Body, Mind, & Spirit, Chandler 10am-12pm Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm Lung Cancer Group, Scottsdale 6-7:30pm	2 Chair Yoga, Glendale 1-2pm Chair Pilates, Scottsdale 1-2pm	3
5 Look Good Feel Better, Chandler 4-6pm**	6 Tai Chi, Chandler 4:30-5:15pm CLIMB®, Chandler 5:30-7pm** Colorectal Cancer Support Group, Scottsdale 6-7:30pm	7 Chair Yoga, Chandler 10-11am Tai Chi, Glendale 1-2pm Breast Group, Chandler 6-7:30pm	8 Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm Writing Through Cancer, Chandler 6-7:30pm Integrative Services with Dr. Rula, Scottsdale-Canceled	9 Chair Yoga, Scottsdale 1-2pm	10 Breast Group, Scottsdale 10-12pm Breast Cancer Research Talk with Pfizer & Dr. Kalmadi, Scottsdale 12-2pm**
12 Prostate Support Group, Chandler 7-9pm	13 Tai Chi, Chandler 4:30-5:15pm CLIMB®, Chandler 5:30-7pm** Leukemia & Lymphoma Group, Scottsdale 6-7:30pm Integrative Services with Dr. Rula, Chandler-Canceled	14 Chair Yoga, Chandler 10-11am General Cancer Group, Glendale 6:30-8:30pm	15 Art for Body, Mind, & Spirit, Chandler 10am-12pm Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm	16 Sun City General Group, 14810 N Del Webb, 10am-12pm Chair Yoga, Glendale 1-2pm Chair Pilates, 1-2pm	17 Caregiver Group, Chandler 10-12pm
19 Head & Neck Support Group, Chandler 3-4:30pm Drums Rhythm & Relaxation, Chandler 6-7pm	20 Tai Chi, Chandler-Canceled Drums Rhythm & Relaxation, Scottsdale 6-7pm	21 Chair Yoga, Chandler 10-11am Tai Chi, Glendale 1-2pm Spirituality Group, Chandler 5:30-7pm	22 Closed for Thanksgiving  Tai Chi, Scottsdale-Canceled Meditation, Chandler-Canceled	23 Closed for Thanksgiving Chair Yoga, Scottsdale-Canceled	24 LOCATION COLOR CODES (SEE BACK FOR ADDRESSES) Chandler Gilbert Glendale Scottsdale Mesa Arbor
26 Multiple Myeloma Group, Scottsdale 1-2:30pm Survivors Group, Chandler 6-7:30pm	27 Tai Chi, Chandler 4:30-5:15pm Meditation Sound Bowl, Scottsdale 6-7pm Essential Oils, Chandler 6-7pm	28 Chair Yoga, Chandler 10-11am Metastatic Cancer Group, Chandler 3-4:30pm Cancer & Caregiver Support Dinner, 700 Warner Rd., Chandler 6-8pm	29 Tai Chi, Scottsdale 3-3:45pm Meditation, Chandler 5:30-6:30pm	30	Scan for Online Calendar! 

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

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

## RSVP Required

**Breast Cancer Research Talk with Pfizer & Dr. Kalmadi, Nov. 10<sup>th</sup> in Scottsdale 12-2pm. Call 1-844-390-8704 to RSVP by Nov.2<sup>nd</sup>.**

**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. Classes meet Nov. 6<sup>th</sup> & 13<sup>th</sup> from 5:30-7pm in Chandler.

**Look Good Feel Better:** Nov. 5<sup>th</sup> from 4-6pm in Chandler. Must RSVP directly with the American Cancer Society at 800-227-2345.

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

**Coming in February '19... Survivorship: Navigating the New Normal. This will be a four week class that will meet every Tuesday in February from 6-7:30pm in Chandler.**

## 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

Nov 1 & 15: Art, Body, & Soul in Chandler, 10am-12pm

Nov 10: Breast Cancer Research Talk with Pfizer & Dr. Kalmadi, Scottsdale 12-2pm. Call 1-844-390-8704 to RSVP .

Nov 16: Sun City General Cancer Group, 10am-12pm

## SUPPORT GROUPS

### Breast Cancer Groups

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

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

### Caregiver Group

**Chandler:** 3<sup>rd</sup> 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:** 1<sup>st</sup> Tuesday of the month 6-7:30pm

### General Cancer Group

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

**Sun City:** 3<sup>rd</sup> Friday of the month 10am-12pm

### Head & Neck Cancer Group

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

### Leukemia and Lymphoma Group

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

### Lung Cancer Group

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

### 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

### Spirituality Group

**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

<b>Chandler</b>	<b>Gilbert</b>	<b>Glendale</b>	<b>Mesa (Arbor)</b>	<b>Scottsdale</b>
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	8880 E Desert Cove Ave Scottsdale, AZ 85260