

JUNE 2019 IRONWOOD SUPPORT SERVICES CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LOCATION COLOR CODES
SEE BACK FOR ADDRESSES

Chandler

Chandler Business Office

Gilbert

Glendale

Scottsdale

Mesa Arbor

Sun City

****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. ICRC assumes no liability for services provided.

Scan for Online Calendar!

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3	4	5	6	7	8
	Tai Chi, 4:30-5:15pm CANCELED Colorectal Group, 6-7pm CANCELED	Chair Yoga, 10-11am CANCELED **Canvas Painting, 10am-12pm CANCELED Breast Cancer Group, 6-730pm CANCELED	Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm CANCELED	Chair Pilates, 1-2pm Chair Yoga, 1-2pm	Breast Group, 10am-12pm
10	11	12	13	14	15
Prostate Support Group, 700 W. Warner Rd., Chandler, 7-9pm	Tai Chi, 4:30-5:15pm	Chair Yoga, 10-11am General Cancer Group, 4-6pm	Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm	Chair Yoga, 1-2pm	Caregiver Group, 10am-12pm
17	18	19	20	21	22
Drums, Rhythm & Relaxation, 6-7pm	Tai Chi, 4:30-5:15pm	Chair Yoga, 10-11am **Lunchtime Conversations with Social Work, Palliative vs. Hospice Care, 12-1pm **Lunchtime Conversations with Dr. Clark, Advancements in Breast Cancer, 12-1 pm Tai Chi, 1-2pm **Bullet-journaling class, 6pm-7:30pm Native American Flutes, 6-7pm	Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm	Sun City General Cancer Group, 10am-12pm Chair Pilates, 1-2pm Chair Yoga 1-2pm	
24	25	26	27	28	29
General Cancer Group, 1-2:30pm Survivors Group, 6-7:30	Tai Chi, 4:30-5:15pm Sound Bowl Meditation, 6-7pm	Chair Yoga, 10-11am Cancer & Caregiver Support Group Dinner, 700 W. Warner Rd., Chandler, 6-8pm	Tai Chi, 3-3:45pm Heartfulness Meditation, 5:30-6:30pm	Chair Yoga, 1-2pm	

JUNE 2019 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

Massage: Contact Jennelle Vanderstouw at Sunstone Massage & Body Work (480) 283-5243

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

Physical Therapy: Contact Karen Bustillo at Bustillo Physical Therapy

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

Massage: Contact Jennelle Vanderstouw at Sunstone Massage & Body Work (480) 283-5243

RSVP Required:

Lunchtime Conversations- *Bring your brown bag lunches and meet our Ironwood physicians and professional staff.*—The third Tuesday of every month in Chandler & the third Wednesday of every month in Scottsdale from 12–1 pm. **RSVP required to Integrative Services at (480) 314-6660.**

Painting Canvas Class - This is a new class that will meet the first Wednesday of each month in Chandler from 10am until 12 pm and is facilitated by professional live painter Dave Wilhelmsen. **Supplies are provided - Limited spots available so, save your spot now! RSVP required to Integrative Services at (480) 314-6660.**

Beautiful Beginnings—Next class is on July 29th! Ironwood is happy to share their new make-up, skincare, and beauty class for patients wanting to learn how to keep their skin looking and feeling its best! - The class is held the 4th Monday of the month. — **Must RSVP to Integrative Services at (480) 314-6660.**

Bullet-Journaling Class— Come and learn how to organize your goals, thoughts and plans in a fun new journaling style. We teach you bullet journaling for beginners and supplies are provide! **RSVP required to Integrative Services at (480) 314-6660.**

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– Fri 10am-2pm

Gilbert: Tue 10am-2pm

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

Free Wig Styling:

Please call Niki to schedule an appointment at 516-816-6452.

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

Bra Fittings: Available the 2nd Monday of each month in Chandler —**To schedule or set-up home visit, contact Barbara with Barbara's Mastectomy at (602) 234-9568.**

SUPPORT GROUPS

Breast Cancer Groups

Chandler: 1st Wednesday of the month 6-7:30pm

Scottsdale: 2nd Saturday of the month 10-12pm

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 6-7pm

General Cancer Group

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

Glendale: 2nd Wednesday of the month 4-6 pm

Sun City: 3rd Friday of the month 10am-12pm

Prostate Cancer Group

700 W. Warner Rd., 2nd Monday of the month 7-9pm

Survivors Group

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

SPECIAL EVENTS - Call (480) 314-6660 to RSVP

June 19: Lunchtime Conversations: Dr. Clark, *Advances in Breast Cancer*, Scottsdale, 12-1 pm
June 19: Lunchtime Conversations: Social Workers, *Palliative vs. Hospice Care*, Chandler, 12-1 pm
June 19: Bullet-Journaling for Beginners, Chandler, 6-7:30 pm
June 19: Native American Flutes, Scottsdale, 6-7pm
July 3: Canvas Painting class Chandler, 10am -12pm

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

Sun City

14810 N. Del Webb Blvd. #3
Sun City, AZ 85351