

# NOVEMBER 2020 IRONWOOD SUPPORTIVE CARE SERVICES CALENDAR

Online classes are open to everyone as a community service by Ironwood Cancer & Research Centers.

Participation is at your own risk. ICRC assumes no liability for services provided.

Pantries are available for patients in need by appointment with Supportive Care Services.

For boutique needs please contact Supportive Care Services at 480-314-6660.

Due to COVID-19 boutiques are not open daily.

**You must call Supportive Care Services at 480-314-6660 or e-mail [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) to get access to online classes listed below.**

## Boutique Hours

For boutique needs please contact integrative services at 480-314-6660. Due to COVID-19 boutiques are not open daily.

### GLENDALE

#### Address

5810 W. Beverly Ln, Glendale, AZ 85306

### CHANDLER

#### Address

685 S. Dobson Rd, Chandler, AZ 85224

### CHANDLER BUSINESS OFFICE

#### Address

700 W. Warner Rd, Chandler, AZ 85225

### GILBERT

#### Address

3686 S. Rome St, Gilbert, AZ 85297

### MESA (ARBOR)

#### Address

6111 E. Arbor Ave, Mesa, AZ 85206

### SCOTTSDALE

#### Address

8880 E. Desert Cove, Scottsdale, AZ 85260

### SUN CITY

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

## Ongoing Online Classes & Groups

At this time all of our classes are being facilitated online until further notice. Call 480-314-6660 or e-mail [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) for online class access information.

### Live Lunch & Learn: Advance Directives with Nicole McCallister

11am-12pm, November 3

### Colorectal Cancer Support Group

1<sup>st</sup> Tuesday, 3-4:30pm, November 3

### Watercolor Painting

1<sup>st</sup> and 3<sup>rd</sup> Wednesday, 10-11am, November 4 & 18

### Chandler Breast Cancer Support Group

1<sup>st</sup> Wednesday, 6-8pm, November 4

### Tai Chi

Thursdays, 10-10:45am, November 5, 12, & 19

### Heartfulness Meditation

Thursdays, 5:30pm-6pm, November 5, 12, & 19

### Sun City General Cancer Support Group

2<sup>nd</sup> Monday, 10am-12pm, November 9

### Prostate Support Group

2<sup>nd</sup> Monday, 7-9pm, November 9

### Live Lunch & Learn: Radiation 101 with Glendale Radiation

11am-12pm, November 10

### Chair Yoga

2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10-11am, November 11 & 25

### Glendale General Cancer Support Group

2<sup>nd</sup> Wednesday, 4-6pm, November 11

### Scottsdale Breast Cancer Support Group

2<sup>nd</sup> Saturday, 10am-12pm, November 14

### Live Lunch & Learn: Healthy Holiday Eating with Kara Biber & Kindra Peterson

11am-12pm, November 17

### Mesa (Arbor) General Cancer Support Group

3<sup>rd</sup> Wednesday, 5-6:30pm, November 18

### Caregiver Support Group

3<sup>rd</sup> Saturday, 10am-12pm, November 21

### Survivors Support Group

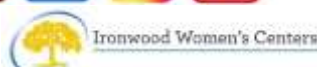
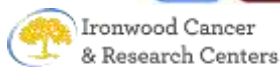
4<sup>th</sup> Monday, 6-7:30pm, November 23

Events are subject to cancelation or change.

View the code below with your iPhone camera or scan to view our current online calendar.



Follow us on social media @IronwoodCancer!



Outsmarting Cancer One Patient at a Time™