


# JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29 MAY</b> 12:30-1:00 Oncology Mindful Meditation ONCOLOGY YOGA AND ALL OTHER CANCER SUPPORT PROGRAMS ARE CANCELLED IN OBSERVANCE OF MEMORIAL DAY	<b>30 MAY</b> A.M. YOGA CANCELLED 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi P.M. YOGA CANCELLED in observance of SHAVUOT	<b>31 MAY</b> 1:30-2:30 Oncology Recovery Exercise JFCS CLOSED MAY 31 IN OBSERVANCE OF SHAVUOT	<b>1</b> NOTE: JFCS CLOSED JUNE 1, 2017 IN OBSERVANCE OF SHAVUOT	<b>2</b> 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
<b>5</b> 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	<b>6</b> 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 WOMEN'S GROUP: learn about Energy Work and REIKI with Guest Speaker Irina Webster 2:30-4:00 Men's Group 5:30-6:45 Yoga	<b>7</b> 10:30-11:30 Tai Chi 11:45-12:45 Mindful Meditation 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	<b>8</b> 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	<b>9</b> 9:30-1:30 Stitch & Chat Knitted Knockers  with Knitting & Fitting 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
<b>12</b> 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	<b>13</b> 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 5:30-6:45 Yoga	<b>14</b> 10:30-11:30 Tai Chi 11:45-12:45 Mindful Meditation 1:00-2:00 Laughter is the Best Medicine 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	<b>15</b> 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	<b>16</b> 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
<b>19</b> 12:30-1:00 Oncology Mindful Meditation 1:00-1:30 Orientation 1:30-2:30 Oncology Yoga	<b>20</b> 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 2:30-4:00 Men's Group 5:30-6:45 Yoga	<b>21</b> 10:00-11:00 Orientation 10:30-11:30 QiGong 11:45-12:45 Mindful Meditation 1:00-2:00 Laughter is the Best Medicine 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	<b>22</b> 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	<b>23</b> 9:30-1:30 Stitch & Chat Knitted Knockers  with Knitting & Fitting 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise
<b>26</b> 12:30-1:00 Oncology Mindful Meditation 1:30-2:30 Oncology Yoga	<b>27</b> 9:30-11:00 Yoga 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Adv. Breast Cancer Grp 5:30-6:45 Yoga	<b>28</b> 10:30-11:30 Tai Chi 11:45-12:45 Mindful Meditation 1:30-3:00 Multiple Myeloma Group 1:30-2:30 Oncology Recovery Exercise 2:00-3:30 Expressive Writing	<b>29</b> 9:30-11:00 Yoga 10:00-11:30 Patient Support Group 11:30-12:30 Cancer Recovery Exercise 12:30-1:30 Oncology Tai-Chi 1:00-2:30 Patient Support Group 1:00-2:30 Caregiver Support Group	<b>30</b> 10:30-11:30 QiGong 1:30-2:30 Oncology Recovery Exercise





For More Information, please contact:  
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 **JFCS - S. Tuttle Campus**  
 1050 S. Tuttle Ave., Bldg. 1  
 Sarasota, FL

# CANCER SUPPORT & WELLNESS – OFF-SITE LOCATIONS

## BRADENTON

**Yoga - Renaissance on 9th**  
**Tuesday from 2:00 - 3:30 p.m.**  
**Instructor: Anne Silverman, RYT**  
**Address: Renaissance on 9th — 1816 9th Street West., Bradenton, 34205**

Introduction to Yoga and its health benefits enables you to develop flexibility, strength and balance. Caregivers are welcome.

**Belly Dancing - Renaissance on 9th**  
**Wednesdays from 10:30 - 11:30 a.m.**  
**Instructor: Tahja**  
**Address: Renaissance on 9th — 1816 9th Street West., Bradenton, 34205**

Belly dancing creates self acceptance and celebrates the gift of life and movement. It is a wonderful way to make new friends, build confidence and relax. You can build energy with this exercise and have fun.

**Qigong - Westminster Presbyterian Church-Bradenton**  
**When: Fridays from 10:00 - 11:30 a.m.**  
**Instructor: John Orsborn AP, DOM**  
**Westminster Presbyterian Church — 3011 19th Ave W, Bradenton, 34205**

Chinese exercise practiced for its relaxing, energizing and health-enhancing benefits.

## VENICE

**Most Venice programs meet at Jacaranda Trace,**  
**3600 William Penn Way, Venice 34293**  
**Classes are held in the Cadbury Commons Building.**  
**Directions: East on to Jacaranda Blvd. from Rt. 41, left on Parkmere Blvd., left to William Penn Way, OR from I-75, take exit #193 and proceed west on Jacaranda. Continue on Jacaranda for 4.7 miles. Jacaranda Trace is on the right as you approach Rt. #41. )**

**Cancer Support Group**  
**Mondays 10:00-11:30 a.m.**  
**Facilitator: Karen Kelley, LMHC**

Groups meet in the 2nd floor Enrichment Center A support group for people with cancer and/or support persons. The group is designed to explore ways to decrease stress and improve quality of life. **Memorial Day, 5/29/17, Group Cancelled**

**Tai Chi Mind - Balance-Motion**  
**Tuesday 10:00-11:00 a.m.**  
**Instructor: Artie Aviles**

Using traditional Tai Chi concepts and movements, this class creates a stronger mind and body connection for better breathing, balance, awareness and motion. Groups meet in the Multipurpose Room on the 1st floor across from beauty salon.

**Yoga for Wellness**  
**Mondays from 4:00-5:30 p.m.**  
**Instructor: Linda Lee, LMT, RYT**

Gentle Yoga to cultivate healing and awareness and to help reduce stress. Class meets in the Multipurpose room on the 1st floor across from beauty salon. **No class Memorial Day, 5/29/17**

**Venice Breast Cancer Networking**  
**3rd Monday of each month, 11:00 a.m. - Noon**

Support and sharing with other breast cancer survivors at Venice Health Park, 1201 Jacaranda Blvd, Suite 1217, Venice, FL 34292 (Jacaranda Boulevard and Center Road Intersection)  
941.408.9572 or JFCS @ 941.366.2224 x. 167

## NORTH SARASOTA

**North SRQ Library**  
**2801 Newtown Blvd, Sarasota, FL 34234**  
**2nd Tuesday of each month**  
**6:00 p.m. - 7:30 p.m.**

Join Facilitator Elizabeth Bornstein, LCSW along with Gwen Atkins, RN for an interesting discussion on managing and reducing stress during cancer. Light dinner provided by Jackie Lampkin. Meetings include "Ask Dr. Lisa" - an informal question and answer session with Lisa Merritt, M.D.

## LAKWOOD RANCH

**Breast Cancer Group**  
**2nd Saturday of each month 10:00-11:30 a.m.**

**Address: Lakewood Ranch Medical Center, 8330 Lakewood Ranch Blvd Conference Room One**

## PORT CHARLOTTE

**Cancer Support Group for our Spanish Speaking community**  
**Grupo de Apoyo**

**2nd Wednesday of each month**  
**of each month 2:00-4:30 p.m.**  
**Facilitator: Brenda Gonzalez, LCSW**  
**Address: 3524 Tamiami Trail, Bldg. D, Ste. 201, Port Charlotte**

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