



May 2025

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classes, programs, events and support services

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meditation 9-10am Chi Gong 10-11am Chair Yoga 2-3pm	2 Tai Chi 9-10am Art Therapy 10:30am-1:30pm
5 Yoga 9-10am Music Wellness 2-3pm	6 Caregivers Networking Group 6-7pm	7 Restorative Yoga @ PHRC 10-11am Chair Yoga 11:30am-12:30pm Healing Hearts 1:30-2:30pm	8 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Networking Group @PHRC 5:30-6:30pm	9 Tai Chi 9-10am Wigs 101 10:30am-noon
12 Yoga 9-10am Sound Healing 11am-noon Reiki/Reflexology 1-3pm Expressive Art Action @ SCH 1-3pm	13 Patient & Family Cancer Networking Group 10-11am Crafting Connections 10:30am-noon Breast Cancer Networking Group 6-7pm	14 Reiki 9:30-11:30am Yoga 11:30am-12:30pm	15 Meditation & Wellness 9-10am Chi Gong 10-11am Chair Yoga 2-3pm Breast Cancer Networking Group @ PHRC 6-7pm	16 Tai Chi 9-10am
19 Yoga 9-10am Meditation 101 @ SCH 10-11am Gynecological Cancer Networking Group 11am-noon Music Wellness 2-3pm Drumming 3-4pm	20 Kitchen Rx 2-3pm	21 Chair Yoga 11:30am-12:30pm Patient & Family Cancer Networking Group @ SCH 2-3pm Healing Hearts 1:30-2:30pm Prostate Cancer Resource Group @ PHRC 5:30-6:30pm	22 Knit One 1-2:30pm Chair Yoga 2-3pm Stretching 3-4pm Caring Together Networking Group @ SMMC OC 5:30-6:30pm	23 Tai Chi 9-10am
26 Closed for Memorial Day	27 Patient & Family Cancer Networking Group 10-11am Breast Cancer Networking Group 6-7pm	28 Yoga 11:30am-12:30pm	29 Chair Yoga 2-3pm	30 Tai Chi 9-10am

All classes take place at the Cancer Resource Center (926 Ridge Road, Munster), unless otherwise indicated. Please register for all programs by calling 219-836-3349. Dates and times are subject to change.

SCH - St. Catherine Hospital - 4321 Fir St., East Chicago
SMMC Outpatient Center (SMMC OC) - 3800 St. Mary Drive, Valparaiso
PHRC - Powers Health Rehabilitation Center - 10215 Broadway, Crown Point