<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>CLOSED</td>
<td></td>
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</tr>
</tbody>
</table>
| 2      | Cancer Support Group 10:00am  
Cancer Support Group 6:00pm |         |           |          |        |          |
| 3      | Meditation 2:00pm – 3:00pm |         |           |          |        |          |
| 4      | Rise and Shine 9:00am – 10:00am  
Open Art Studio 11:15am – 3:15pm  
Yin Yoga 3:30pm – 4:30pm |         |           |          |        |          |
| 5      | Open Art Studio 12:30pm – 3:30pm |         |           |          |        |          |
| 6      |         |         |           |          |        |          |
| 7      |         | Open Art Studio 10:00am–2:00pm  
Caregiver Support Group 6:00pm |         |           |          |        |          |
| 8      |         | Cancer Support Group 10:00am  
Cancer Support Group 6:00pm |         |           |          |        |          |
| 9      |         | Meditation 2:00pm – 3:00pm  
Yin Yoga 6:00pm – 7:00pm |         |           |          |        |          |
| 10     |         | Rise and Shine 9:00am–10:00am  
Open Art Studio 11:15am – 3:15pm  
Intro to Eco Art 11:15am – 3:15pm  
Yin Yoga 3:30pm – 4:30pm |         |           |          |        |          |
| 11     |         | Open Art Studio 12:30pm – 3:30pm |         |           |          |        |          |
| 12     |         |         |           |          |        |          |
| 13     |         | Survivorship and Art Therapy Studio CLOSED in observance of the MLK Holiday  
Head & Neck Cancer Support Group 5:30pm – 7:00pm |         |           |          |        |          |
| 14     |         | Cancer Support Group 10:00am  
Cancer Support Group 6:00pm |         |           |          |        |          |
| 15     |         | Nutrition Class: Nutrition during Cancer Treatment 10:00am – 11:30am  
Meditation 2:00pm – 3:00pm  
Open Art Studio 6:00pm – 8:00pm  
Glass Fusion 6:00pm – 8:00pm |         |          |          |        |          |
| 16     |         | Rise and Shine 9:00am – 10:00am  
Open Art Studio 11:15am – 3:15pm  
Glass Fusion 11:15am – 3:15pm  
Hatha Yoga 6:30pm – 7:30pm |         |          |          |        |          |
| 17     |         | Open Art Studio 12:30pm – 3:30pm  
Spirituality Support Group 1:00pm-2:00pm |         |          |          |        |          |
| 18     |         | Ceramics 1:00pm – 4:00pm |         |          |          |        |          |
| 19     |         |         |           |          |        |          |
| 20     |         |         |           |          |        |          |
| 21     |         | Open Art Studio 10:00am-2:00pm  
Felting 10:00am – 2:00pm  
Caregiver Support Group 6:00pm |         |           |          |        |          |
| 22     |         | Cancer Support Group 10:00am  
Cancer Support Group 6:00pm |         |           |          |        |          |
| 23     |         | Meditation 2:00pm – 3:00pm |         |          |          |        |          |
| 24     |         | Rise and Shine 9:00am – 10:00am  
Open Art Studio 11:15am – 3:15pm  
Jewelry 11:15am – 3:15pm  
Hatha Yoga 6:30pm – 7:30pm |         |          |          |        |          |
| 25     |         | Open Art Studio 12:30pm – 3:30pm |         |          |          |        |          |
| 26     |         |         |           |          |        |          |
| 27     |         |         |           |          |        |          |
| 28     |         | Open Art Studio 10:00am-2:00pm  
Part 1 Mala Bead Making 10:00am – 1:00pm  
Look Good Feel Better 2:00pm-4:00pm  
Caregiver Support Group 6:00pm |         |           |          |        |          |
| 29     |         | Cancer Support Group 10:00am  
Cancer Support Group 6:00pm |         |           |          |        |          |
| 30     |         | Part 2 Mala Bead Completion & Meditation 1:00pm – 3:00pm  
Open Art Studio 6:00pm – 9:00pm  
Painting 6:00pm-9:00pm |         |          |          |        |          |
| 31     |         | January is Cervical Cancer Awareness Month |         |          |          |        |          |
Cancer Support Groups
You are not alone. We offer a weekly support group for adult cancer patients with any type of cancer on Tuesdays from 10am–1:30pm and 6 pm – 7:30 pm. Registration requested.

Caregiver Support Group
This weekly group is for anyone caring for a loved one with any type of cancer. We meet on Monday evenings from 6 pm – 7:30 pm. Come learn how to take care of yourself and talk with other caregivers in a relaxed and comfortable setting. Registration requested.

Head and Neck Cancer Support Group
Are you struggling with your diagnosis? Do you want to meet others who can relate to you? Would you like to help new Head and Neck cancer patients? Join us the third Monday of the month from 5:30pm – 7:00pm for education and support for Head and Neck Cancer patients/survivors and family members. Meets at St. Vincent Cancer Center -8301 Harcourt Road Indianapolis, IN 46260. Classroom A & B. No RSVP Required. For more information or questions, please contact Carolyn Harshbarger, RN 317-338-3781 or charshba@ascension.org

Spirituality Group
This new monthly group will engage in dialogue and reflection around common spiritual themes that emerge during transitions in life. The group is facilitated by Rick Renzi, a St. Vincent Board-certified Chaplain and is open to all cancer survivors regardless of religious/spiritual background and beliefs. The group will meet on the third Friday of each month from 1:00 pm – 2:00 pm in the St. Vincent Cancer Center 8301 Harcourt Road-Classroom 1 & 2. Drop-in – no reservation required.

Open Art Studio
Making art can enhance well-being and improve quality of life. Please join us to create art in a creative, fun and relaxing environment. Each studio is open for three to four hours (please refer to calendar), and you may drop in as you like. Open to any adult with cancer and caregivers too! Drop-in – no reservation required.

Art Workshops
We are excited to offer several art workshops this month:
January 11th Intro to Eco Art with Haley – 11:15am-3:15pm
January 17th Fused Glass with Joani – 6:00pm – 8:00pm
January 18th Fused Glass with Joani – 11:15am – 3:15pm
January 22nd Felting with Paula – 10:00am – 2:00pm
January 25th Jewelry with Angie 11:15am – 3:15pm
January 29th Mala Bead Making with Kaitlin 10:00am-1:00pm
January 31st Mala Bead Completing with Kaitlin 1:00pm – 2:00pm
January 31st Painting with Andrew 6:00pm – 9:00pm

Mala Bead Making and Meditation 2 Part Workshop
Make your own meditation bead strand or Mala and learn to meditate using it! Join us in creating beads of your own design and learn how to use them for meditation. The practice of making and meditating with beads is over 30 thousand years old and spans the continents and faith practices of the planet. This special 2 part workshop is offered to help ring in the New Year with creativity, community, and calm. Registration is requested.

Ceramics Workshop
We offer this exciting workshop at the Indianapolis Art Center – 820 E. 67th Street. Participants will experience a variety of hand building and clay texturing techniques through making small plates, vases, etc. Finished products will be available for pick up approximately 2 weeks later. Registration is required and limited to the first 12 people. Priority will be given to first time participants and/or to participants who are working and can only participate in art activities on the weekends.

Nutrition Class: Nutrition during Cancer Treatment
Many surveys conducted in Cancer Centers reveal many cancer patients struggle with knowing what to eat during cancer treatment. During treatments there is much demand on your body. Your nutrition while undergoing cancer treatment is important. Take this opportunity to learn more about maintaining good nutrition while going through treatment with our Registered Dietitian-Karen Randall. Meets at St. Vincent Cancer Center 8301 Harcourt Road- Cancer Care Classroom A & B. Registration requested.

Look Good Feel Better
Sponsored by the American Cancer Society, this program gives female cancer patients a hands-on experience using make-up to enhance their personal appearance during and after treatment. You must be in active chemotherapy and/or radiation treatment to attend. Guests are not allowed to attend with participants. You will receive a free make-up kit as part of the program. When you call to register, please let us know if your complexion is light, medium, dark or extra dark. Meets at St. Vincent Carmel Hospital Women’s Center, 13420 N. Meridian Street, Carmel – Entrance 3 – Community Room. Registration required. To Register call American Cancer Society at 1-800-227-2345.

Meditation Class
Relaxation, brought about by meditation, is a powerful way to reverse the negative effects of stress and invoke a calm, relaxed, healing state. Please join us as we explore and develop meditation practices designed just for you. Come find a great place to relax and regenerate. Drop-in – no reservation required.

To register for programs and support groups
If you are interested in joining a support group or attending one of our programs, please contact Julie Smith at (317) 338-3551 or email Julie.Smith21@ascension.org

All programs meet at
8550 Naab Road, Suite 201, Indianapolis, IN 46260

Visit our website at:
http://www.stvincent.org/services/cancer-care
Scroll down and click on the Event Calendar icon to access our monthly calendar.