



Cancer Survivorship Center

6600 Killgore Suite 100 | Amarillo, TX 79106
806.331.2400 | info@24survivorship.org

March 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUNDAY



SAVE THE DATE
May 30, 2020 Survivor Send-Off



1

2

9:30am -10:30am
Water Exercise
1:00pm -1:45pm
Step Class
5:30pm – 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Zumba

3

10:00am – 11:00am
Yoga
11:15am – 11:45am
Pound
5:45pm – 6:45pm
Walking Group

4

9:30am - 10:30am
Water Exercise
11:30am – 12:30pm
Welcome Wednesday
12:00pm - 1:00pm
Qigong
5:30pm - 6:30pm
Workout Wednesday

5

10:00am - 11:00am
Bells and Bands
11:15am - 12:15pm
Chair Yoga
2:00pm - 3:00pm
Regaining Your Balance
5:45pm – 6:45pm
Yoga

6

10:00am – 11:00am
Tai Chi
10:00am - 1:00pm
Massage
2:00pm – 4:00pm
Open Gym

7

8

9

9:30am -10:30am
Water Exercise
1:00pm -1:45pm
Step Class
5:30pm – 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Tai Chi/Qigong Class
6:15pm -7:15pm
Water Exercise

10

10:00am – 11:00am
Yoga
11:15am – 11:45am
Pound
1:30am – 3:30pm
Lighthouse Painting Project
5:45pm – 6:45pm
Walking Group

11

9:30am - 10:30am
Water Exercise
11:30am – 12:30pm
Welcome Wednesday
12:00pm - 1:00pm
Qigong
2:30pm - 6:30pm
Massage
5:30pm - 6:15pm
Step Class
6:30pm - 7:30pm
Support Group

12

10:00am - 11:00am
Bells and Bands
11:15am - 12:15pm
Chair Yoga
2:00pm - 3:00pm
Regaining Your Balance
5:45pm – 6:45pm
Yoga

13

10:00am – 11:00am
Tai Chi
2:00pm – 4:00pm
Open Gym

14

15

16

9:30am -10:30am
Water Exercise
1:00pm -1:45pm
Step Class
5:30pm – 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Zumba

17

10:00am – 11: 00am
Yoga
11:15am – 11:45am
Pound
12:00pm – 1:00pm
**Art Group
5:45pm – 6:45pm
Walking Group
6:30pm – 8:30pm
**Flower Arrangement Class



18

9:30am - 10:30am
Water Exercise
11:30am – 12:30pm
Welcome Wednesday
12:00pm -1:00pm
Qigong
5:30pm - 6:30pm
Workout Wednesday

19

10:00am - 11:00am
Bells and Bands
11:15am - 12:15pm
Chair Yoga
2:00pm - 3:00pm
Regaining Your Balance
5:45pm – 6:45pm
Yoga

20

10:00am – 11:00am
Tai Chi
2:00pm – 4:00pm
Open Gym

21

22

23

9:30am -10:30am
Water Exercise
1:00pm -1:45pm
Step Class
5:30pm – 6:30pm
**Cancer Nutrition 101
5:30pm – 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Tai Chi/Qigong Class
6:15pm -7:15pm
Water Exercise

24

10:00am – 11:00am
Yoga
11:15am – 11:45am
Pound
12:00pm - 4:00pm
Massage
5:45pm – 6:45pm
Walking Group

25

9:30am - 10:30am
Water Exercise
11:30am – 12:30pm
Welcome Wednesday
12:00pm - 1:00pm
Qigong
5:30pm - 6:15pm
Step Class
6:30pm - 7:30pm
Support Group

26

9:00am - 11:00am
Appearances
10:00am - 11:00am
Bells and Bands
11:15am - 12:15pm
Chair Yoga
2:00pm - 3:00pm
Regaining Your Balance
5:45pm – 6:45pm
Yoga

27

10:00am – 11:00am
Tai Chi
2:00pm – 4:00pm
Open Gym

28

11:30 – 3:00
**Men's Fly Fishing
2:00pm – 4:00pm
Painting Lighthouses
at Burn Studio

29

30

9:30am -10:30am
Water Exercise
1:00pm -1:45pm
Step Class
5:30pm – 6:00pm
Fit Ball Foundations
6:15pm - 7:15pm
Zumba

31

10:00am – 11:00am
Yoga
11:15am – 11:45am
Pound
5:45pm – 6:45pm
Walking Group
6:00pm – 7:00pm
Book Club

Thank you  petco foundation for providing Therapy Dog services for our Survivors



Sam the therapy dog will be attending several classes this month. Be on the lookout for him.

ABOUT OUR CLASSES

All Classes are **FREE!** Please call 806.331.2400 to RSVP, unless otherwise indicated.

Group Exercise Classes



Bells and Bands

Build strength and bone density by using resistance bands and dumbbells.



Chair Yoga **NEW**

Chair yoga is modified yoga poses so that they can be done while seated in a chair.



Fit Ball Foundations

30-minute class focusing on the foundation of strength, which is your core (abs and back). Learn how to engage these muscles & strengthen your balance in the process.



Open Gym **NEW**

Open Gym is a time to use various fitness equipment and workout at your own pace. Our Cancer Exercise Specialist will be there to help answer any questions and assist with equipment use. **Please meet at Bfit.**



Pound

Become one with the music and channel your inner rock star in this energizing, full body, cardio, conditioning, and strength training workout inspired by the fun of playing the drums. With yoga and pilates inspired moves. The POUND® workout is easily modifiable and provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out!



Qigong

This class combines movement with breathing for a slow, full body workout. Most of the movements will be done in a seated position, so it is appropriate for people of all ages and abilities. Qigong exercise has many health benefits including improved circulation, better balance and coordination, and increased strength and flexibility.



Regaining Your Balance

Balance exercises can help you maintain your balance and confidence at any age. Join us and learn about how to regain or maintain your balance. There will be a short discussion about balance followed by basic balance exercises.



Step Class **NEW**

A high intensity step aerobics class set to upbeat music! This class will combine cardio steps and light weight dumbbells: you are sure to get a great workout while having a blast!



Tai Chi

Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. This type of exercise consists of continuous and flowing movements. It will work to improve balance and reduce your risk for falls. It will increase coordination, flexibility, and overall wellness.



Walking Group

Looking for a new way to get motivated & moving? Join us as Julie Buckles Cancer Recovery Specialist/NFPT-CPT and Susan Trollinger Cancer Exercise Specialist/CPT take us for a walk inside or outside. This class will be divided into two activity levels. This class will prepare you for upcoming events. This class will meet at the Coulter Road Baptist Church RAD building.



Water Exercise

This activity focuses on improving and maintaining joint flexibility, range of motion, and muscle strength. The pool is only 4 feet deep, so you need not be an expert swimmer. Class meets at **Amarillo National Bank Plaza Two Building Gym – 500 S. Taylor**



Workout Wednesday

To maintain a healthy and challenging exercise regimen, it's important to diversify your workouts with a variety of activities. We will explore new and challenging types of exercise each week.



Yoga

A gentle yoga class focused on breath & movement to help heal and strengthen the body and soul. Class will be designed around the needs of the students. Our aim is to create an environment of peace and inner strength. All levels welcome! Dress in comfy clothes.



Zumba

Zumba follows the Latin Dance inspired workout with a party like atmosphere. Lower intensity workout class that recreates and modifies the original moves you love. Dance in one of the very best workouts that includes cardio, muscles, balance, flexibility, and memory. Wear comfortable loose-fitting clothes that allow movement and tennis shoes.

ACTIVITY LEVEL



Gentle Activity



Active Activity



Very Active Activity

Personal Training

◆ Personal Trainer

Come meet with our Cancer Exercise Specialist/Certified Personal Trainer and let her devise a plan to help build your strength and endurance during and after treatment. We provide you with 3 one-on-one sessions to get you going.

Call Susan today at (806)679-6700 for more information.

Mindfulness & Body

◆ Appearances

Appearances is a skin care and make up application class designed to help you look your best during your cancer treatment.

Most of the changes in skin, hair and nails are temporary, but we want to help you look and feel your best during your journey.

Please contact Barbara Simms at (806)212-1994 to reserve your spot.

◆ Massages

Experience a brief upper body massage for relaxation from our Oncology Trained Massage Therapist. **To make an appointment call 806.471.2707. Please call/text to schedule your appointment Monday – Friday between 9:00am and 5:00pm.** Be sure to leave a message. She will return your call ASAP.

◆ Support Group

Hope, Anxiety, Purpose, & Fear are common processes cancer survivors face – Be encouraged as we walk thru the struggles of being a cancer survivor. ***Spouse/Caregiver encouraged to attend.** This bi-monthly (2nd & 4th Wednesdays) class is led by Elizabeth Clark, LPC and Bob Attaway, Pastor & cancer survivor.

Nutrition

◆ Cancer Nutrition 101

An opportunity to learn evidence-based nutrition information for eating well before, during and after cancer. **PLEASE RSVP to 806-331-2400**

Expressive Arts

◆ Art Group

You do not have to be an artist to use art as an expressive outlet. This group will utilize different types of art media to explore what words cannot express. Caution the projects could get messy. **PLEASE RSVP to 806-331-2400**

◆ Painting Lighthouses at Burn Studio

Enjoy an afternoon painting lighthouse at Burn Studio (4111 Business Park)! With step-by-step instruction on how to paint a lighthouse with alcohol ink painting technique. You will be helping the survivorship center paint lighthouses that will be used as a 2020 fundraising incentive for 24 Hours in the Canyon. **You must RSVP to burnstudioreservations@gmail.com or 806.535.4419.**

◆ Flower Arrangement Class

Have you ever wanted to spruce up your table or have fresh flowers in your entryway? Come to this class for Flowers, Fellowship and Fun! We'll make a fresh cut arrangement and talk about do's and don'ts of flower care. First-time participants will be signed up first and those that have participated in the past will be added to the waiting list. No seating available. Standing is required. **What in Carnation 807 S Lamar **CLASS SIZE IS LIMITED TO 10* Must RSVP by March 10.**

◆ Lighthouse painting project

Join us for an afternoon of painting lighthouses. You will be helping the survivorship center paint lighthouses that will be used as a 2020 fundraising incentive for 24 Hours in the canyon. Please RSVP to 806-331-2400.

Extra

◆ Book Club

Join us on our reading adventures. It is never too late to join this group. This group will meet at the Cancer Survivorship Center. We will be discussing "Silver Sparrow by Tayari Jones.

◆ Welcome Wednesday

Adults (over 18) impacted by cancer are invited to attend a Welcoming Orientation session to learn about our free programs and services.

◆ Fly Fishing

This will take place on Saturday, March 28th at River Falls, & space is limited to 12. This will be for men only – No experience necessary. Lunch as well as all equipment and supplies will be provided. Please call 331-2400 for more details & to sign up.

WEATHER PERMITTING