

JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 CENTER CLOSED	2 11 am Support Group - LMD 5 pm Functional Fitness	3 10 am Foundation Training 2pm-4pm Gym Time with Austin *Must book time	4 9 am Bootcamp 10 am Yoga w/Carrie 11 am Fitness Challenge Kickoff*
5	6 10 am Mindful Monday 6:30 pm Trauma Resiliency Session	7 10 am Strength and Endurance 5 pm Yoga w/Jen 7pm Support Group - BCS/DE	8 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	9 5 pm Functional Fitness 6 pm MEN's Group 6 pm Support Group - Grief and Loss	10 10 am Foundation Training 2pm-4pm Gym Time with Austin *Must book time	11 9 am Bootcamp 10 am Yoga w/Al
12	13 10am Tea & Tech Time with Shari	14 10 am Strength and Endurance 5 pm Yoga w/Jen 7 pm Support Group - BLM	15 10 am Chair Plus Yoga w/Jeannie 3:30 Pause for Prayer 4 pm Gong 6 pm Workout with Dr. Fischbach	16 9:30 am Support Group - BCS/DE 11 am Support Group - LMD 5 pm Functional Fitness	17 10 am Foundation Training 2pm-4pm Gym Time with Austin *Must book time	18 9 am Bootcamp 10 am Yoga w/Al 11 am Fitness Challenge*
19	20 10 am Mindful Monday 6 pm Support Group - Caregivers	21 10 am Strength and Endurance 5 pm Yoga w/Jen	22 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	23 5 pm Functional Fitness 6 pm Yale/Ohio State Nutrition and the Mind	24 10 am Foundation Training 2pm-4pm Gym Time with Austin *Must book time	25 9 am Bootcamp 10 am Yoga w/Carrie
26	27 10am Tea & Tech Time with Shari	28 10 am Strength and Endurance 5 pm Yoga w/Jen 6pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	29 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	30 11 am Support Group - LMD 5 pm Functional Fitness	31 10 am Foundation Training 2pm-4pm Gym Time with Austin *Must book time	



12 Cambridge Dr. Trumbull
THRIVEwellnessCT.org
 203.590.4044
 \$25/month or \$10/Day Pass

BCS - Breast Cancer Survivor. BML - Blood, Bone Marrow, and Lymphoid Cancer DE - Diagnosed Early

LMD - Living with Metastatic Cancer

*enrollment and payment for challenge required

January 2025 Special Events



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All events are **FREE** for members (\$25 a month) or \$10 Day Pass
(Visit THRIVEwellnessCT.org for additional details)

THE POWER OF WE!
THE POWER OF WE!
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THE POWER OF WE!



Mon. January 6 @ 10 AM~Mindful Monday

Mindful Monday is an intentional way to kick off the week, focusing on slowing down and cultivating presence through creative activities. By engaging in puzzles, coloring, and art, you can embrace the therapeutic benefits of mindfulness, allowing yourself to be fully immersed in the moment and set a calm, positive tone for the days ahead.



Mon. January 6 @ 6:30 PM~Trauma Resiliency Session

The Trauma Resiliency Model (adapted version) is a gentle, effective, guided exercise that allows people to release physical and emotional pain and restore a sense of well-being.



Mon. January 13 @ 10 am~Tea and Tech Time with Shari

Tea and Tech is more than just a class; it's a community where curiosity meets relaxation. Grab your favorite tea, settle in, and let's embark on a journey to make tech a more accessible, enjoyable part of your life.



Wed. January 15 @ 3:30 PM~Pause for Prayer

Plan to join before Gong while you pause your busy schedule for some meditative minutes. All faiths/beliefs are welcome to gather in prayer, peace and for tranquility.



Wed. January 15 @ 4:00 PM~Relaxing Gong Sound Session

Let the soothing rhythm of the gong wash away tensions as the sound and frequencies open the healing relaxation response to your parasympathetic nervous system. Lay flat or seated in a chair.



Mon. January 20 @ 10 AM~Mindful Monday

Mindful Monday is an intentional way to kick off the week, focusing on slowing down and cultivating presence through creative activities. By engaging in puzzles, coloring, and art, you can embrace the therapeutic benefits of mindfulness, allowing yourself to be fully immersed in the moment and set a calm, positive tone for the days ahead.



Thur. January 23 @ 6:00 PM~Yale/Ohio State Nutrition and the Mind

Join us for some nutritional nibbles and a virtual presentation from Dr. Tonya Orchard as THRIVE hosts this event. Participants will gain insight on this amazing mind nutrition study while showing support for the Yale, Ohio State, and THRIVE community. Attend this session in the center, have some good for your mind snacks, and community discussion post presentation.



Mon. January 27 @ 10am~Tea and Tech Time with Shari

Tea and Tech is more than just a class; it's a community where curiosity meets relaxation. Grab your favorite tea, settle in, and let's embark on a journey to make tech a more accessible, enjoyable part of your life.

Evolving from surviving cancer to THRIVING!

Questions or suggestions Email~

info@THRIVEwellnessCT.org



FITNESS

FOR EVERYBODY



WEEKLY RECURRING CLASSES*



Tuesday 10 am Strength and Endurance

This is a total body workout focused on bodyweight movements, high repetitions, and cardiovascular stamina. This class enhances our ability to maintain different positions for longer, making it ideal for anyone looking to improve endurance for walking, prolonged activities, or comfortable long car rides.



Wednesday 6 pm Workout w/ Dr. Fischbach

Discover the Power of We! Join Dr. Fischbach and our vibrant community for an inclusive guided workout session. Go at your own pace—everyone is welcome!



Thursday 5 pm Functional Fitness

We emphasize strength with added weight, using dumbbells and kettlebells to enhance resilience against life's stresses. This class focuses on form under pressure, challenging you both physically and mentally.



Friday 10 am Foundation Training

This training is designed for everyone to prevent pain and enhance performance. Through poses and breathing techniques, it helps combat chronic pain and counteract sedentary lifestyles. If you experience back, hip, or knee pain, or feel achy and immobile from screen time, this class is for you. All you need is a mat—expect to leave smiling and invigorated!



Saturday 9 am Bootcamp

Don't be intimidated by the name—Bootcamp is a fun way to kick off your weekend! This class features varied intensities and equipment, with a new workout each week. Expect entertaining exercises designed to push you just past your comfort zone and bring out your best.



****Gym Time with Austin****

Reserve Time with our esteemed Trainer Austin to master the art of gym equipment usage.

When:

Every Friday from 2 PM to 4 PM



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Pause For Prayer

Please join us for a Pause in the busy schedule of your day .
to reflect and be encouraged by a peaceful environment, time for
meditation and prayer.

All are welcome!

Our 20-minute gathering will start with welcome and
introductions, lighting of peace candle, listening to a selected
reading or prayer, and an opportunity to share reflections.

Our January schedule is as follows:

January 15th at 3:30 pm

(This will precede Gong)



SUPPORT GROUPS




You are warmly invited to join one of our support groups. Kindly reserve your spot.

Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

January 7 @ 7 pm

January 16 @ 9:30 am


 January 28 @ 7 pm

Living with Metastatic Disease

Dr. Mindy Hersh

January 2 @ 11 am

January 16 @ 11 am

 January 30 @ 11 am

Grief and Loss Support Group

Lori Burns-Galdenzi, LCSW

January 9 @ 6 pm

Caregivers Support Group

Lori Burns-Galdenzi, LCSW

January 20 @ 6 pm

Blood, Bone Marrow, and Lymphoid

Cancer Support Group

Dr. Mindy Hersh

January 14 @ 7 pm



MEN's Group

Dr. Larry Muldoon

January 9 @ 6 pm

www.THRIVEwellnessCT.org

CONTACT US 203-590-4044

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YOGA CLASS



Keep your mind healthy and release stress through our weekly yoga classes.

GENTLE FLOW YOGA

EVERY TUESDAY 5 PM*
EVERY SATURDAY 10 AM*

CHAIR PLUS YOGA

EVERY WEDNESDAY 10 AM

CHAIR YOGA
WITH FLOOR
ADAPTATIONS.

MINDFULNESS

JANUARY 6 @ 10:00 AM MINDFUL MONDAY

JANUARY 15 @ 3:30 PM PAUSE FOR PRAYER

JANUARY 15 @ 4:00 PM GONG

JANUARY 20 @ 10 AM MINDFUL MONDAY

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*Schedule valid through Jan. 31, 2025