

May 2025 Special Events



**Registration Required*~Reserve
your spot~ THRIVEwellnessCT.org
or call 203.590.4044**

*Schedule is subject to change. Visit the THRIVE
website for our most up to date schedule.



All events are FREE for members (\$25 a month) or \$10 Day Pass



Thur. May 1, 8, 15, 29 @ 10 AM~Oncology Yoga for Beginners (HYBRID - In center or ZOOM)

Designed to support cancer patients and survivors. Yoga provides safe and effective ways to help students manage the side effects of cancer.



Tue. May 6 @ 6 PM~Caregivers Conversations

Are you a caregiver for a child, partner, parent, or friend going through any difficult situation in life? Join us for a session on tips and tricks led by Lori Burns-Galdenzi, LCSW.



Mon. May 12 @ 6 PM~Navigating Grief and Loss

Loss includes a body part, a beloved pet, a dear family member or a friend. Join us on Monday as Lori Burns-Galdenzi, LCSW dives into the tools we can add to our toolbox.



Mon. May 19 @ 6 PM~Fundraising Committee (HYBRID - In center or ZOOM)

Become part of the THRIVE Fundraising Committee. Meetings are monthly and are always open to newcomers. Open to members and non-members.



Wed. May 14 @ 11:30 AM ~ Book Club (HYBRID - In center or ZOOM)

Join in the center or via ZOOM to have a cup of tea or coffee, and discuss the book of the month. May's Book is The Silent Patient by Alex Michaelides



Fri. May 16 @ 5 PM~Art Therapy

Unleash your inner spirit through a rainbow of colors, a paintbrush and simple instructions that end up as an incredible beauty on canvas. No experience or previous talent needed



Wed. May 21 @ 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. May 21 @ 4 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.



Thur. May 22 @ 6 PM~Nutrition with Amanda

Spring Clean Diet!



Tue. May 27 @ 6 PM~TALK-O-Tuesday

Grab a taco shell, add toppings, and fill up on questions answered, things you forgot to ask or topics you need more detail on from a favorite oncologist, Dr. Neal Fischbach.

Evolving from surviving cancer to THRIVING!

Questions or suggestions Email~

info@THRIVEwellnessCT.org

THE POWER OF WE!

THE POWER OF WE!

THE POWER OF WE!

THE POWER OF WE!




MAY
2025



12 Cambridge Dr. Trumbull
203.590.4044
THRIVEwellnessCT.org

FREE for members
\$25/month or \$10/Day Pass

SUN	MON	TUE	WED	THU	FRI	SAT
	Registration Required*~Reserve your spot~ THRIVEwellnessCT.org or call 203.590.4044 <small>*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.</small> 			1 10 am Yoga - Oncology Yoga for Beginners 11 am Support Group - LMD 5 pm Functional Fitness	2 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	3 9 am Bootcamp 10 am Yoga
4 Light Blue Classes = Hybrid Class (Join in the center or on Zoom)	5	6 10 am Strength and Endurance 6 pm Yoga 6 pm Caregivers Conversation~Healing the Healer 7 pm Support Group - BCS/DE	7 10 am Chair Plus Yoga 6 pm Workout with Dr. Fischbach	8 10 am Yoga - Oncology Yoga for Beginners 5 pm Functional Fitness 6 pm MEN's Group~Living with Chronic Pain	9 10 am Foundation Training	10 9 am Bootcamp 10 am Yoga 9 am -12 pm THRIVE + Newton VNA THRIFT Store
11	12 6 pm Navigating Grief and Loss~ Finding Meaning	13 10 am Strength and Endurance 6 pm Yoga	14 10 am Chair Plus Yoga 11:30 am Book Club~The Silent Patient 6 pm Workout with Dr. Fischbach	15 10 am Yoga - Oncology Yoga for Beginners 5 pm Functional Fitness	16 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time 5 pm Art Therapy	17 9 am Bootcamp 10 am Yoga
18	19 6 pm Fundraising Committee Meeting	20 10 am Strength and Endurance 6 pm Yoga 6:30 pm BBML Group~Speaker Dr. Anna Kress	21 10 am Chair Plus Yoga 3:30 pm Pause for Prayer 4 pm Gong 6 pm Workout with Dr. Fischbach	22 9:30am Support Group - BCS/DE 11 am Support Group - LMD 5 pm Functional Fitness 6pm Nutrition w/ Amanda	23 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	24 9 am Bootcamp 10 am Yoga
25	26 *MEMORIAL DAY* Center Closed	27 10 am Strength and Endurance 6pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	28 10 am Chair Plus Yoga 6 pm Workout with Dr. Fischbach	29 10 am Yoga - Oncology Yoga for Beginners 5 pm Functional Fitness	30 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	31 9 am Bootcamp 10 am Yoga

BCS - Breast Cancer Survivor.

BBML - Blood, Bone Marrow, and Lymphoid Cancer

DE - Diagnosed Early

LMD - Living with Metastatic Cancer



YOGA CLASS

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

GENTLE FLOW YOGA
TUESDAY CLASS 6 PM*
(MAY 6, 13, & 20)**
EVERY SATURDAY 10 AM*
CHAIR PLUS YOGA
EVERY WEDNESDAY 10 AM

MINDFULNESS

MAY 16 @ 5:00 PM ART THERAPY
MAY 21 @ 3:30 PM PAUSE FOR PRAYER
MAY 21 @ 4:00 PM GONG

12 Cambridge Dr. Trumbull
Registration Required*~Reserve
your spot~ THRIVEwellnessCT.org
or call 203.590.4044

*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.



FREE for members
\$25/month or \$10/Day Pass

*Special 4 series
Yoga Event ~
Oncology Yoga
Ask for details*

*Schedule valid through May 31, 2025. **No Tuesday Yoga on the 4th Tuesday of the month.



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 (In Center or Zoom)

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:

Check online schedule for Friday sessions.

12 Cambridge Dr. Trumbull

FREE for members \$25/month or \$10/Day Pass

*Schedule valid through May 31, 2025.

Registration Required*~Reserve your spot~ THRIVEwellnessCT.org or call 203.590.4044

*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.





12 Cambridge Dr. Trumbull

Registration Required*~Reserve
your spot~ THRIVEwellnessCT.org
or call 203.590.4044

*Schedule is subject to change. Visit the THRIVE
website for our most up to date schedule.



SPEAKERS AND GROUPS

May 2025



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



Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

May 6 @ 7 pm

May 22 @ 9:30 am

May 27 @ 7 pm



Caregiver Conversation

Lori Burns-Galdenzi, LCSW

Topic: Healing the Healer

May 6 @ 6 pm



Living with Metastatic Disease

Dr. Mindy Hersh

May 1 @ 11 am

May 22 @ 11 am



MEN's Group

Dr. Larry Muldoon & Austin

Topic: Living with Chronic Pain

May 8 @ 6 pm



Navigating Grief and Loss

Lori Burns-Galdenzi, LCSW

Topic: Finding Meaning

May 12 @ 6 pm

Blood, Bone Marrow, and Lymphoid Cancer Speaker

Dr. Mindy Hersh

Speaker: Dr. Anna Kress

May 20 @ 6:30 pm



FREE for members \$25/month or \$10/Day Pass

*Registration is required. Depending on group size,
meetings are subject to rescheduling.

Members can register online or by phone.





12 Cambridge Dr. Trumbull

Registration Required~Reserve
your spot~ THRIVEwellnessCT.org
or call 203.590.4044

FREE for members \$25/month or \$10/Day Pass

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 a welcome and
introductions, lighting of the peace candle, listening to a
selected reading or prayer, and an opportunity to share
reflections.

Our schedule is as follows:

May 21 at 3:30 pm

(This will precede Gong)



YOGA FOR CANCER

Oncology Yoga
4-Week Beginner Series



REGISTRATION REQUIRED
JOIN US IN CENTER OR ON ZOOM

Designed to support cancer patients and survivors. Yoga provides safe and effective ways to help students manage the side effects of cancer.

THURSDAYS 10AM
MAY 1, 8, 15, 29



12 CAMBRIDGE DRIVE,
2ND FLOOR, TRUMBULL, CT

WHY CHOOSE ONCOLOGY YOGA:

- Increase Overall Quality of Life
- Reduce Fatigue
- Enhance Flexibility, Strength, & Range of motion
- Reduce Stress & Anxiety

FREE!



www.THRIVEwellnessCT.com. 203.590.4044