

MONDAYS		
Monday, 12/3 Monday, 12/17	Labyrinth Walk – G1006/1008 Labyrinth Walk – G1006/1008	1:15 p.m. to 4:00 p.m. 12:00 p.m. to 3 p.m.
Monday, 12/3 & 12/17	SCCA Support Group for Young Adults with Cancer (Ages 18-39), Resource Center Library, 3rd Floor	4:30 p.m. to 6:00 p.m.
TUESDAYS		
	Food Safety Class – Rooms 1006/1008, 1st Floor	11:30 a.m. to 12:30 p.m.
	Crafts and Conversation: Knitting, 1st Floor Lobby, all supplies provided	1 p.m. to 3 p.m.
	Caregiver 101 – Rooms 6055A/6055B, 6th Floor	3:30 p.m. to 4:30 p.m.
	Managing Care at Home (Transplant) – Rooms 1006/1008, 1st Floor	1 p.m. to 2:30 p.m.
WEDNESDAYS		
	LTFU Orientation – Rooms 6055A/6055B, 6th Floor	1:30 p.m. to 3 p.m.
Wednesday, 12/12	Colorectal Cancer Support Group – SCCA House	7 p.m.
THURSDAYS		
Thursday, 12/6, 12/13 & 12/20	Therapeutic Yoga – Room 3100, 3rd Floor <i>No class on 12/27</i>	12:30 p.m. to 1:45 p.m.
Thursday, 12/13	Caring for the Caregiver Series: Coping with the Holidays, Resource Center Library, 3rd Floor	2 p.m. to 3 p.m.
	Craft Night at SCCA House: Cookie Decorating Join us for fun, light snacks, and a good time!	6 p.m. to 8:45 p.m.
FRIDAYS		
No clinic activities		
SATURDAYS		
	Shine is open – come visit!	10 a.m. to 3 p.m.
Saturday, 12/8	Healthy for the Holidays – Fred Hutch, Thomas Building, Pelton Auditorium	8:30 a.m. to 12:30 p.m.

Enjoy Healing Music during the month of December throughout the clinic.
Page 1 of 2- Please see back page. *Information on special events located on 2nd page*

Due to SCCA's regard for our patients and infection prevention, please be aware that classes may be canceled.
If you have any questions regarding an event or class, please call the Patient and Family Resource Center at 206-606-2081.

SCCA Activities in December

Monday - Friday

Complimentary

Head Shaves/Wig Trims/Haircuts for Patients and Caregivers – at the SCCA House. Shine offers head shaves, wig trims, and transitional caregiver haircuts with one of our fantastic licensed cosmetology volunteers.
Please call (206)-606-7560 for an appointment.

Ride the SCCA Shuttle to



at the SCCA House

Saturday, 12/8

Healthy for the Holidays — in partnership with Fred Hutch Survivorship Program

A free, annual event providing education on wellness after cancer. Patients, survivors, caregivers, friends, family and healthcare professionals are invited to attend.

RSVP by December 3rd

www.fredhutch.org/en/treatment/survivorship/events-education.html

Fred Hutch Campus-Thomas Building, Pelton Auditorium

8:30 a.m. to
12:30 p.m.