

CANCER SUPPORT COMMUNITY ROCHESTER—MAY 2022

CSC Rochester offers **FREE** cancer support programs to anyone affected by cancer.

Interested in a support group or have questions? Please contact Angela Gonnella at 423-9700 x304 or agonnella@cscrochester.org

For questions about other programs please contact Carin Adams at 423-9700 x316 or cadams@cscrochester.org

Registration is required for any program with red text. Click on the link to learn more and to register.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>2</p> <p>12:00pm <u>Stretch & Relax with Carin (V)</u></p> <p>6:00pm Women of Color Group (H)</p> | <p>3</p> <p>12:30pm Cancer Support Group (H)</p> | <p>4</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Care-givers Group (V)</p> | <p>5</p> <p>4:00pm Beginner Guitar (I)</p> <p>6:00pm <u>Gentle Chair Yoga (H)</u></p> | <p>6</p> <p>10:00am <u>Coffee Talk (I)</u></p> |
| <p>9</p> <p>12:00pm <u>Stretch & Relax with Carin (V)</u></p> <p>7:00pm Breast Cancer Support (V)</p> | <p>10</p> <p>12:30pm Cancer Support Group (H)</p> <p>5:00pm <u>Community Chefs (I)</u></p> <p>6:00pm Prostate Support Group (V)</p> <p>6:00pm Multiple Myeloma Group (V)</p> | <p>11</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>1:00pm <u>Art Class Part 1 (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Care-givers Group (V)</p> | <p>12</p> <p>9:30am <u>Men's Diner (I)</u></p> <p>12:30pm <u>Baking w Kat (I)</u></p> <p>4:00pm Beginner Guitar (I)</p> <p>6:00pm <u>Gentle Floor Yoga (H)</u></p> | <p>13</p> |
| <p>16</p> <p>1:00pm <u>Jewelry Creations (I)</u></p> <p>6:00pm Women of Color Group (H)</p> | <p>17</p> <p>12:30pm Cancer Support Group (H)</p> | <p>18</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>1:00pm <u>Euchre (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Care-givers Group (V)</p> | <p>19</p> <p>3:00pm <u>Cooking for Wellness (I)</u></p> <p>4:00pm Beginner Guitar (I)</p> <p>6:00pm <u>Gentle Chair Yoga (H)</u></p> | <p>20</p> <p>12:30pm <u>Ask the expert (V)</u></p> |
| <p>23</p> <p>12:00pm <u>Stretch & Relax with Carin (V)</u></p> <p>6:30pm <u>BINGO for everyone! (V)</u></p> | <p>24</p> <p>12:30pm Cancer Support Group (H)</p> <p>6:00pm Prostate Support Group (V)</p> | <p>25</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>1:00pm <u>Art Class Part 2 (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Family & Friends / Care-givers Group (V)</p> | <p>26</p> <p>4:00pm Beginner Guitar (I)</p> <p>6:00pm <u>Gentle Floor Yoga (H)</u></p> | <p>27</p> |
| <p>30</p> <p>MEMORIAL DAY—OFFICE IS CLOSED</p> | <p>31</p> <p>12:30pm Cancer Support Group (H)</p> | | <p><u>Program Format Key</u></p> <p>V = Virtual (Zoom)</p> <p>I = In Person</p> <p>H = Hybrid (In person & Zoom)</p> |  <p>Scan this qr code to view our calendar online</p>  |