

CANCER SUPPORT COMMUNITY ROCHESTER—JUNE 2022



**CANCER SUPPORT
COMMUNITY
ROCHESTER**

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

Interested in a support group or have questions? Contact Angela Gonnella at (585) 423-9700 x304 or agonnella@cscrochester.org

Questions about programs please contact Carin Adams at (585) 423-9700 x 316 or cadams@cscrochester.org

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

Program Format Key

V = Virtual (Zoom)

I = In Person

H = Hybrid (In person & Zoom)



Scan this qr code to view our calendar online



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	2 4:00pm Beginner Guitar (I) 6:00pm Gentle Chair Yoga (H)	3 11:00am Coffee is on us—Webster (I)
5 12:00pm Survivor's Day Picnic	6 12:00pm Stretch & Relax with Carin (V) 6:00pm Women of Color Group (H)	7 12:30pm Cancer Support Group (V)	8 1:00pm Art Class Part 1 (I) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	9 9:30am Men's Dine - featuring Todd K (I) 6:00pm Gentle Floor Yoga (H)	10
12	13 12:00pm Stretch & Relax with Carin (V) 6:00pm Women of Color Group (H) 6:00pm Breast Cancer Grp (I)	14 12:30pm Cancer Support Group (V) 6:00pm Prostate Support Group (V) 6:00pm Multiple Myeloma Group (V)	15 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	16 12:30pm Cancer Support Group (I) 5:00pm Cooking for Wellness (I) 6:00pm Gentle Chair Yoga (H)	17
19	20 1:00pm Jewelry Creations (H) 6:30pm BINGO for everyone! (V)	21 12:30pm Cancer Support Group (V)	22 11:00am Qi Gong (H) 1:00pm Art Class Part 2 (I) 5:00pm Community Chefs (I) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	23 10:00am Walk at Hope Lodge (I) 12:30pm Cancer Support Group (I) 6:00pm Gentle Floor Yoga (H)	24
26	27 12:00pm Stretch & Relax with Carin (V) 6:00pm Women of Color Group (H)	28 12:30pm Cancer Support Group (V) 6:00pm Prostate Support Group (V)	29 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends / Caregivers Group (V)	30 9:30-5pm Meals of Support 12:30pm Cancer Support Group (I)	