

CANCER SUPPORT COMMUNITY ROCHESTER—OCTOBER 2022



255 Alexander Street
Rochester, NY 14607

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.

Registration is required for any program with red text. Click on the links 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 or visit : cscrochester.org/events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
					1 10:00am <u>Salsa Dance Demo</u>
2	3 12:00pm <u>Stretch & Relax (V)</u> 5:15pm <u>Yoga for all (I)</u> 6:30pm CMAC Advocacy Group (V)	4 12:30pm Cancer Support Grp (V)	5 11:00am <u>Qi Gong (H)</u> 12:00pm <u>Open Sewing (I)</u> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	6 12:30pm Cancer Support Grp (I) 6:00pm CMAC Men's Group (V) 6:00pm Prostate Support Grp (H) 6:00pm <u>Gentle Chair Yoga (V)</u> 6:00pm <u>Youth & Teen Convene Ages 7-10 (I)</u>	7 8 10:00am <u>Chair Zumba</u>
9	10 12:00pm <u>Stretch & Relax (V)</u> 5:15pm <u>Yoga for all (I)</u> 6:00pm Women of Color Group (H)	11 12:30pm Cancer Support Grp (V) 5:00pm <u>Community Chefs (I)</u>  6:00pm Multiple Myeloma Grp (V)	12 11:00am <u>Qi Gong (H)</u> 2:00pm <u>Writing & Mindfulness (V)</u> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	13 12:30pm Cancer Support Grp (I) 6:00pm <u>Gentle Yoga (V)</u> 6:00pm <u>Youth & Teen Convene Ages 11-13 (I)</u>	14 12:00pm <u>Baking w Kat (I)</u> 15 10:00am International Potluck
16	17 12:00pm <u>Stretch & Relax (V)</u> 5:15pm <u>Yoga for all (I)</u> 6:30pm CMAC Advocacy Group (V)	18 12:00pm <u>Open Sewing (I)</u> 12:30pm Cancer Support Grp (V) 5:30pm <u>Open House</u>	19 11:00am <u>Qi Gong (H)</u> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	20 12:30pm Cancer Support Grp (I) 12:00pm <u>Cooking for Wellness</u> 6:00pm <u>Gentle Chair Yoga (V)</u> 6:00pm Prostate Support Grp (H) 6:00pm <u>Youth & Teen Convene Ages 14+ (I)</u>	21 10:00am Survivorship Support Group (I) 10:00am <u>Coffee is On Us</u> 22
23 12:00pm <u>Trunk or Treat</u>	24 12:00pm <u>Stretch & Relax (V)</u> 5:15pm <u>Yoga for all (I)</u> 6:00pm <u>Nutrition Recommendations—During & After Treatment</u> 6:00pm Women of Color Group (H) 6:30pm CMAC Advocacy Group (V)	25 12-5pm <u>Meals of Support</u> 12:30pm Cancer Support Grp (V)	26 11:00am <u>Qi Gong (H)</u> 2:00pm <u>Self Defense Class (I)</u> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	27 12:30pm Cancer Support Grp (I) 6:00pm CMAC Men's Group (V) 6:00pm <u>Gentle Yoga (V)</u> 6:00pm <u>Kids Halloween Baking (I)</u>	28 11:00am <u>Men's Diner Brunch</u> 29