

CANCER SUPPORT COMMUNITY ROCHESTER—NOVEMBER 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 agonnela@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 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
	10/31	1 12:30pm Cancer Support Grp (V)	2 11:00am Qi Gong (H) 12:00pm Open Sewing (I) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	3 12:30pm Cancer Support Grp (I) 5:00pm Community Chefs (I) 6:00pm CMAC Men's Grp (V) 6:00pm Prostate Support Grp (H) 6:00pm Gentle Chair Yoga (V) 6:00pm Youth & Teen Convene	4
6	7 12:00pm Stretch & Strengthen (V) 5:15pm Yoga for all (I) 6:00pm Women of Color Grp (H) 6:30pm CMAC Advocacy Grp (V)	8 12:00pm Intro to Sewing (I) 12:30pm Cancer Support Grp (I) 6:00pm Multiple Myeloma Grp (V)	9 10:00am Women's Autumn Retreat - FULL 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	10 12:30pm Cancer Support Grp (I) 6:00pm Gentle Floor Yoga (V) 6:00pm Youth & Teen Convene	11 9:30am Coffee is on Us at Boulder Coffee
13 10:00am Latinos Unidos Contra Cancer—Cooking Sancocho (I)	14 12:00pm Stretch & Strengthen (V) 5:15pm Yoga for all (I)	15 11:00am Art class (I) 12:30pm Cancer Support Grp (V) 6:00pm Spin the Record (I)	16 11:00am Qi Gong (H) 2:00pm Cancer & Aging—Increasing social connections & activities (V) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V)	17 12:30pm Cancer Support Grp (I) 5:00pm Cooking for Wellness (I) 6:00pm CMAC Men's Group (V) 6:00pm Gentle Chair Yoga (V) 6:00pm Prostate Support Grp (H) 6:00pm Youth & Teen Convene	18 10:00am Survivorship Support Group (I) 12:00pm Baking with Kat (H) 7:00pm Hockey Fights Cancer with the Rochester Amerks 19 10:00am CMAC Men's Breakfast (I)
20	21 6:30pm CMAC Advocacy Grp (V) The office is closed this week for the Thanksgiving Holiday.	22 12:30pm Cancer Support Grp (V)	23 6:00pm Cancer Support Group (V)	24 Happy Thanksgiving!	25
27	28 12:00pm Stretch & Strengthen (V) 5:15pm Yoga for all (I)	29 12:00pm Open Sewing (I) 12:30pm Cancer Support Grp (V) 5:30pm Veteran's Support Grp (I) 6:00pm Bingo for Everyone (V)	30 12:00 -5:00pm Meals of Support 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Group (V) 6:00pm Latino Unidos Contra Cancer (V)		