

# CANCER SUPPORT COMMUNITY ROCHESTER—DECEMBER 2022



255 Alexander Street  
Rochester, NY 14607

**CSC Rochester offers FREE 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](mailto:agonnella@cscrochester.org)

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

Scan this qr code to view our calendar online or visit : [cscrochester.org/events](http://cscrochester.org/events)

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 12:30pm Cancer Support Grp (I) 6:00pm Latinos Unidos Contra Cancer (V) 6:00pm Prostate Support Grp (H) <b>6:00pm Gentle Chair Yoga (V)</b> 6:00pm Youth & Teen Convene	<b>2</b> <b>11:00am Men's Diner (I)</b>
<b>5</b> <b>12:00pm Stretch &amp; Strengthen (V)</b> <b>5:15pm Yoga for all (I)</b> 6:00pm Women of Color Grp (H) 6:30pm CMAC Advocacy Grp (V)	<b>6</b> <b>12:00pm Intro to Sewing (I)</b> 12:30pm Cancer Support Grp (V)	<b>7</b> <b>11:00am Qi Gong (H)</b> <b>12:00pm Lunch and Holiday Music by Dave Turner (I)</b> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Grp (V)	<b>8</b> 12:30pm Cancer Support Grp (I) <b>6:00pm Gentle Floor Yoga (V)</b> 6:00pm Youth & Teen Convene	<b>9</b> <b>10:00am Coffee is On Us—Tree Town Cafe</b> 
<b>12</b> <b>12:00pm Stretch &amp; Strengthen (V)</b> <b>5:15pm Yoga for all (I)</b>	<b>13</b> <b>11:00am Art class (I)</b> 12:30pm Cancer Support Grp (I) <b>5:00pm Community Chefs (I)</b> 5:30pm Veterans Support Grp (I) 6:00pm Multiple Myeloma Grp (V)	<b>14</b> <b>11:00am Qi Gong (H)</b> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Grp (V)	<b>15</b> 12:30pm Cancer Support Grp (I) <b>6:00pm Gentle Chair Yoga (V)</b> 6:00pm Prostate Support Grp (H) <b>6:00pm Youth Gingerbread House Competition</b>	<b>16</b> 10:00am Survivorship Support Group (I) <b>12:00pm Baking with Kat (I)</b>
<b>19</b> <b>12:00pm Stretch &amp; Strengthen (V)</b> <b>5:15pm Yoga for all (I)</b> 6:00pm Women of Color Grp (H) 6:30pm CMAC Advocacy Grp (V)	<b>20</b> <b>12:00pm Open Sewing (I)</b> 12:30pm Cancer Support Grp (V)	<b>21</b> <b>9:00-4:00pm Meals of Support</b> <b>11:00am Qi Gong (H)</b> 6:00pm Cancer Support Group (V) 6:00pm Family & Friends/Caregivers Grp (V)	<b>22</b> 12:30pm Cancer Support Grp (I) <b>6:00pm Gentle Floor Yoga (V)</b>	<b>23</b>
<b>The office is closed this week for the holidays. Have a happy holiday season!</b>				
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>