

CANCER SUPPORT COMMUNITY ROCHESTER at GILDA'S CLUB —FEBRUARY 2023



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00am Focused Qi Gong w Joe (H) 11:00am Qi Gong (H) 5:00pm Intermediate Guitar (I) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V)	2 12:30pm Cancer Support Group (I) 6:00pm Prostate Support Group (H) 6:00pm Youth Support Group (I)	3 11:00am Men's Diner (I)
6 2:00pm Stretch & Strengthen (V)	7 11:00am Art class (I) 12:30pm Cancer Support Group (V)	8 11:00am Qi Gong (H) 5:00pm Intermediate Guitar (I) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V)	9 12:30pm Cancer Support Group (I)	10 10:00am Coffee is On Us- Busy Bean Cafe (I)
13 2:00pm Stretch & Strengthen (V) 5:00pm Community Chefs (I) 6:00pm Women of Color Group (H)	14 12:30pm Cancer Support Group (I) 5:30pm Veterans Support Group (I) 6:00pm Multiple Myeloma Group (V)	15 11:00am Qi Gong (H) 12:00pm Open Sewing (I) 5:00pm Intermediate Guitar (I) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V)	16 12:30pm Cancer Support Group (I) 5:00pm Cooking for Wellness (I) 6:00pm Prostate Support Group (H) 6:00pm Youth & Teen Support Grp (I)	17 10:00am Survivorship Support Grp (I)
20 10:00am Jewelry Creations (I) 2:00pm Stretch & Strengthen (V) 6:00pm BINGO (V)	21 12:00-5:00pm Meals of Support (I) 12:30pm Cancer Support Group (V) 2:00pm Travel Talks (I) 6:00pm Wills, Trusts, & Estates (V)	22 11:00am Qi Gong (H) 5:00pm Intermediate Guitar (I) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V)	23 12:30pm Cancer Support Group (I) 6:00pm Family Fun Night (I)	24 12:00pm Family Baking Class (I)
27 2:00pm Stretch & Strengthen (V) 6:00pm Women of Color Group (H)	28 12:00pm Open Sewing (I) 12:30pm Cancer Support Group (V) 5:00pm Community Chefs (I) 5:30pm Veterans Support Group (I) 6:00pm Spin the Record (I)			