

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



**CANCER SUPPORT
COMMUNITY**
AT GILDA'S CLUB ROCHESTER

255 Alexander Street
Rochester, NY 14607
585-423-9700
www.cscrochester.org

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 other 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 ME

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 w Guest Speaker Dr. Eichel (H) 6:00pm Youth Support Group (I) 6:00pm <u>LUCC (V)</u> 6:15pm New Member Orientation (I)	3
6 2:00pm Stretch & Strengthen (V) 6:00pm Women of Color Group (H)	7 12:00pm Beginner Sewing Class (I) 12:30pm Cancer Support Group (V) 6:00pm Gentle Yoga (V)	8 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V)	9 12:30pm Cancer Support Group (I) 6:00pm Ask the Expert—Hereditary Risk & Reduction with GI Cancers (H) 6:00pm <u>CMAC Men's Group (V)</u>	10 11:00am Men's Diner (I)
13 10:00am <u>Appendix Cancer Coffee Group (I)</u> 2:00pm Stretch & Strengthen (V) 6:30pm <u>CMAC Advocacy Group (V)</u>	14 11:00am Art class (I) 12:30pm Cancer Support Group (I) 5:30pm Veterans Support Group (I) 6:00pm Multiple Myeloma Group (V) 6:00pm Gentle Yoga (V)	15 11:00am Qi Gong (H) 12:00pm Open Sewing (I) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V) 12:00-5:00pm Meals of Support (I)	16 12:30pm Cancer Support Group (I) 12:00pm Cooking for Wellness (I) 6:00pm Prostate Support Group (H) 6:00pm Youth & Teen Support Grp (I)	17 10:00am Survivorship Support Grp (I) 12:00pm March Madness Basketball Watch Party (I)
20 10:00am Rochester Museum and Science Center 2:00pm Stretch & Strengthen (V) 6:00pm Women of Color Group (H)	21 12:30pm Cancer Support Group (V) 6:00pm Gentle Yoga (V)	22 11:00am Qi Gong (H) 5:00pm Community Chefs (I) 6:15pm Bingo (I) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V)	23 12:30pm Cancer Support Group (I) 6:00pm <u>LUCC (V)</u>	24 12:00pm World Cuisines—Italian w Chef Sev
27 2:00pm Stretch & Strengthen (V) 6:30pm <u>CMAC Advocacy Group (V)</u>	28 12:00pm Open Sewing (I) 12:30pm Cancer Support Group (V) 5:30pm Veterans Support Group (I) 6:00pm Gentle Yoga (V) 6:00pm John Lennon Song Writing Workshop	29 11:00am Qi Gong (H) 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Group (V)	30 12:30pm Cancer Support Group (I)	31 10:00am Coffee is on us—Quigley's Café Penfield (I)