

# CANCER SUPPORT COMMUNITY at GILDA'S CLUB ROCHESTER —APRIL 2023

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <p>3</p> <p><b>2:00pm <u>Stretch &amp; Strengthen (V)</u></b></p> <p>6:00pm Women of Color Group (H)</p>   | <p>4</p> <p>12:30pm Cancer Support Group (I)</p> <p><b>1:00pm <u>John Lennon Song Writing Workshop (V)</u></b></p> <p><b>6:00pm <u>Gentle Yoga (V)</u></b></p>   | <p>5</p> <p><b>10:00am <u>Focused Qi Gong w Joe (H)</u></b></p> <p><b>11:00am <u>Qi Gong (H)</u></b></p> <p><b>12:00pm <u>Open Sewing (I)</u></b></p> <p><b>5:00pm <u>Beginner Guitar (I)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Group (V)</p> | <p>6</p> <p>12:30pm Cancer Support Group (I)</p> <p>6:00pm Prostate Support Group with Guest Speaker Dr. Eichel (H)</p> <p>6:00pm Youth Support Group (I)</p>   | <p>7</p> <p><b>10:00am <u>Baking with Kat (I)</u></b></p>  |
| <p>10</p> <p>10:00am Appendix Cancer Coffee Group (I)</p> <p><b>2:00pm <u>Stretch &amp; Strengthen (V)</u></b></p> <p>6:30pm CMAC Advocacy Group (V)</p> | <p>11</p> <p><b>10:00am <u>Jewelry Creations (I)</u></b></p> <p>12:30pm Cancer Support Group (I)</p> <p>5:30pm Veterans Support Group (I)</p> <p><b>6:00pm <u>Gentle Yoga (V)</u></b></p> <p>6:00pm Multiple Myeloma Group (V)</p> <p><b>6:00pm <u>John Lennon Song Writing Workshop (V)</u></b></p> | <p>12</p> <p><b>11:00am <u>Qi Gong (H)</u></b></p> <p><b>5:00pm <u>Beginner Guitar (I)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Group (V)</p>  | <p>13</p> <p>12:30pm Cancer Support Group (I)</p> <p><b>5:30pm <u>New Member Orientation (I)</u></b></p> <p>6:00pm Latinos Unidos Contra Cancer (I)</p>   | <p>14</p> <p><b>11:00am <u>Men's Diner (I)</u></b></p>   |
| <p>17</p> <p>6:00pm Women of Color Group (H)</p>   | <p>18</p> <p><b>12:00pm <u>Open Sewing (I)</u></b></p> <p>12:30pm Cancer Support Group (I)</p> <p><b>6:00pm <u>Gentle Yoga (V)</u></b></p>   | <p>19</p> <p><b>11:00am <u>Qi Gong (H)</u></b></p> <p><b>2:00pm <u>Cancer &amp; Aging (V)</u></b></p> <p><b>5:00pm <u>Beginner Guitar (I)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Group (V)</p>   | <p>20</p> <p>12:30pm Cancer Support Group (I)</p> <p><b>5:00pm <u>Cooking for Wellness (I)</u></b></p> <p>6:00pm CMAC Men's Group (V)</p> <p>6:00pm Prostate Support Group (H)</p> <p>6:00pm Youth &amp; Teen Support Grp (I)</p> | <p>21</p> <p>10:00am Survivorship Support Grp (I)</p> <p>6:00pm Latinos Unidos Contra Cancer (I)</p> |
| <p>24</p> <p><b>2:00pm <u>Stretch &amp; Strengthen (V)</u></b></p>   | <p>25</p> <p>12:30pm Cancer Support Group (V)</p> <p>5:30pm Veterans Support Group (I)</p> <p><b>6:00pm <u>Gentle Yoga (V)</u></b></p>   | <p>26</p> <p><b>11:00am <u>Qi Gong (H)</u></b></p> <p><b>12:00pm <u>New Member Orientation (I)</u></b></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Group (V)</p>  | <p>27</p> <p>12:30pm Cancer Support Group (I)</p> <p><b>12:00-5:30pm <u>Meals of Support (I)</u></b></p> <p><b>6:00pm <u>Family Fun Night (I)</u></b></p>   | <p>28</p> <p><b>10:00am <u>Veterans with Cancer Brunch (I)</u></b></p>                               |



## CANCER SUPPORT COMMUNITY

AT GILDA'S CLUB ROCHESTER

255 Alexander Street  
Rochester, NY 14607  
585-423-9700  
[www.cscrochester.org](http://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](mailto:agonnella@cscrochester.org)

Questions about other 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)