

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>12:30pm <u>Ask the Expert: Improving care delivery for older cancer survivors</u></p> <p>2:00pm <u>Stretch & Strengthen (V)</u></p> <p>6:00pm Women of Color Grp (H)</p> <p>6:30pm <u>CMAC Advocacy Group (V)</u></p>	<p>2</p> <p>12:30pm Cancer Support Grp (V)</p> <p>6:00pm <u>Gentle Yoga (V)</u></p> <p>6:00pm <u>Veterans Art Class (I)</u></p>	<p>3</p> <p>10:00am <u>Focused Qi Gong (H)</u></p> <p>11:00am <u>Qi Gong (H)</u></p> <p>12:00pm <u>Open Sewing (I)</u></p> <p>5:00pm <u>Beginner Guitar (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Grp (V)</p>	<p>4</p> <p>12:30pm Cancer Support Group (I)</p> <p>6:00pm Prostate Support Grp (H)</p> <p>6:00pm Youth Support Group (I)</p>	<p>5</p> <p>10:00am <u>Coffee is on Us Panera in Webster</u></p>	<p>6</p>
<p>8</p> <p>10:00am Appendix Cancer Coffee Group (I)</p> <p>2:00pm <u>Stretch & Strengthen (V)</u></p>	<p>9</p> <p>11:00am <u>Art Class (I)</u></p> <p>12:30pm Cancer Support Grp (I)</p> <p>5:30pm Veterans Support Grp (I)</p> <p>6:00pm <u>Gentle Yoga (V)</u></p> <p>6:00pm Multiple Myeloma Grp (V)</p>	<p>10</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>5:00pm <u>Beginner Guitar (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Grp (V)</p>	<p>11</p> <p>12:30pm Cancer Support Group (I)</p> <p>5:30pm <u>New Member Orientation (I)</u></p> <p>6:00pm <u>CMAC Men's Group (V)</u></p>	<p>12</p> <p>11:00am <u>Men's Diner (I)</u></p>	<p>13</p> <p>6:45pm <u>Rochester Red Wings Baseball Game</u></p>
<p>15</p> <p>10:00am <u>Jewelry Creations (I)</u></p> <p>2:00pm <u>Stretch & Strengthen (V)</u></p> <p>6:00pm Women of Color Group (H)</p> <p>6:30pm <u>CMAC Advocacy Group (V)</u></p>	<p>16</p> <p>12:00pm <u>Open Sewing (I)</u></p> <p>12:30pm Cancer Support Grp (V)</p> <p>5:00pm <u>Community Chefs (I)</u></p> <p>6:00pm <u>Spin the Record (I)</u></p>	<p>17</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>5:00pm <u>Beginner Guitar (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Grp (V)</p>	<p>18</p> <p>12:30pm Cancer Support Group (I)</p> <p>12:00pm <u>Cooking for Wellness (I)</u></p> <p>6:00pm <u>Latinos Unidos Contra Cancer (I)</u></p> <p>6:00pm Prostate Support Grp (H)</p> <p>6:00pm Youth Support Grp (I)</p>	<p>19</p> <p>10:00am Survivorship Support Grp (I)</p>	<p>20</p>
<p>22</p> <p>2:00pm <u>Stretch & Strengthen (V)</u></p>	<p>23</p> <p>12:30pm Cancer Support Grp (V)</p> <p>5:30pm Veterans Support Grp (I)</p> <p>6:00pm <u>Gentle Yoga (V)</u></p>	<p>24</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>12:00pm <u>New Member Orientation (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Grp (V)</p>	<p>25</p> <p>12:30pm Cancer Support Group (I)</p> <p>12:00pm <u>World Cuisines—Making Pupusas (I)</u></p> <p>6:00pm <u>Family Fun Night</u></p>	<p>26</p> <p>10:00am <u>Baking with Kat (I)</u></p>	<p>27</p>
<p>29</p> <p>THE OFFICE IS CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>12:30pm Cancer Support Grp (V)</p> <p>6:00pm <u>Gentle Yoga (V)</u></p> <p>6:00pm <u>Tips for Healthy Sleeping Better without Medications (I)</u></p>	<p>31</p> <p>11:00am <u>Qi Gong (H)</u></p> <p>12-5pm <u>Meals of Support Pick Up (I)</u></p> <p>6:00pm Cancer Support Group (V)</p> <p>6:00pm Caregivers Support Grp (V)</p> <p>6:15pm <u>Bingo (V)</u></p>			



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