

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1 12:30pm Cancer Support Group (I) 6:00pm Prostate Support Grp (H)	2 <b>11:00am <u>Coffee is on Us— Village Bakery Webster (I)</u></b>
4 <b>12:00pm <u>Survivor's Day Picnic Celebration</u></b>	5 10:00am Appendix Cancer Coffee Grp (I) <b>2:00pm <u>Stretch &amp; Strengthen (V)</u></b> 6:30pm CMAC Men's Advocacy (V)	6 <b>11:00am <u>Art Class (I)</u></b> 12:30pm Cancer Support Grp (V) <b>6:00pm <u>Gentle Yoga (V)</u></b>	7 <b>11:00am <u>Qi Gong (H)</u></b> <b>12:00pm <u>Open Sewing (I)</u></b> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	8 12:30pm Cancer Support Group (I) <b>5:30pm <u>New Member Orientation (I)</u></b>	9 <b>12:00pm <u>Men's Diner (I)</u></b>
11	12 <b>2:00pm <u>Stretch &amp; Strengthen (V)</u></b> 6:00pm Women of Color Group (H) 6:00pm CMAC Men's Group (V)	13 12:30pm Cancer Support Grp (I) 5:30pm Veterans Support Grp (I) 6:00pm Multiple Myeloma Grp (V) <b>6:00pm <u>Gentle Yoga (V)</u></b>	14 <b>11:00am <u>Qi Gong (H)</u></b> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	15 12:30pm Cancer Support Group (I) <b>5:00pm <u>Cooking for Wellness (I)</u></b> 6:00pm Prostate Support Grp (H) 6:00pm CMAC Men's Group (V)	16 10:00am Survivorship Support Grp (I)
18	19 <b>2:00pm <u>Stretch &amp; Strengthen (V)</u></b>	20 <b>12:00pm <u>Open Sewing (I)</u></b> 12:30pm Cancer Support Grp (V) <b>6:00pm <u>Gentle Yoga (V)</u></b> <b>6:00pm <u>Veterans Art Class (I)</u></b> <b>6:00pm <u>Practical Tips for Financial Planning (H)</u></b>	21 <b>11:00am <u>Qi Gong (H)</u></b> <b>12-5pm <u>Meals of Support Pick Up (I)</u></b> <b>12:00pm <u>New Member Orientation (I)</u></b> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	22 12:30pm Cancer Support Group (I) 6:00pm Latinos Unidos Contra Cancer (V)	23 <b>11:00am <u>Baking with Kat (I)</u></b>
25	26 <b>10:00am <u>Seneca Park Zoo - Summer Kick off for Families (I)</u></b> <b>2:00pm <u>Stretch &amp; Strengthen (V)</u></b>	27 12:30pm Cancer Support Grp (V) <b>5:00pm <u>Community Chefs (I)</u></b> <b>6:00pm <u>Gentle Yoga in Person</u></b> 5:30pm Veterans Support Grp (I)	28 <b>11:00am <u>Qi Gong (H)</u></b> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	29 12:30pm Cancer Support Group (I)	30



## 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)