

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



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

CSC Rochester at Gilda's Club offers FREE support programs to anyone affected by cancer.

Are you interested in joining any of our programs? Call 585-423-9700 to set up a new member welcome meeting.

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 the qr code to view our calendar online or visit : cscrochester.org/events



SCAN ME

Monday	Tuesday	Wednesday	Thursday	Friday/Sat.
				1 2 10:00am <u>New Volunteer Informational Session & Breakfast</u>
4 THE OFFICE IS CLOSED FOR THE LABOR DAY HOLIDAY	5 12:30pm Cancer Support Grp (V) 6:00pm <u>Gentle Yoga (V)</u> 6:00pm <u>CSC Fantasy Football Draft (V)</u>	6 11:00am <u>Qi Gong (H)</u> 12:00pm <u>Open Sewing (I)</u> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	7 12:30pm Cancer Support Grp (I)	8 11:00am <u>Men's Diner (I)</u> 12:30pm <u>Euchre (I)</u>
11 10:00am Appendix Cancer Coffee Grp (I) 2:00pm <u>Stretch & Strengthen (V)</u> 6:00pm Women of Color Group (H) 6:00pm <u>Veterans Art Class (I)</u>	12 12:30pm Cancer Support Grp (H) 11:00am <u>Art Class (I)</u> 5:30pm Veterans Support Grp (I) 6:00pm <u>Gentle Yoga (V)</u> 6:00pm Multiple Myeloma Grp (H)	13 11:00am <u>Qi Gong (H)</u> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	14 12:30pm Cancer Support Grp (I)	15 10:00am Survivorship Support Grp (I) 10:30am <u>Coffee is on us—Neutral Grounds Pittsford (followed by a walk on the canal—weather permitting)</u>
18 2:00pm <u>Stretch & Strengthen (V)</u>	19 12:00pm <u>Open Sewing (I)</u> 12:30pm Cancer Support Grp (V) 5:00pm <u>Community Chefs (I)</u> 6:00pm <u>Spin the Record (I)</u> 6:00pm <u>Gentle Yoga (V)</u>	20 11:00am <u>Qi Gong (H)</u> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	21 10:00am <u>Jewelry Creations (I)</u> 12:30pm Cancer Support Grp (I) 5:00pm <u>Cooking for Wellness (I)</u> 6:00pm Prostate Support Grp (H) 6:00pm Cultural Meetings about Cancer (CMAC) Men's Group (V)	22 11:00am <u>Baking with Kat (I)</u>
25 10:00am <u>Seneca Park Zoo Trip for all ages</u> 2:00pm <u>Stretch & Strengthen (V)</u> 6:00pm Women of Color Group (H)	26 12:30pm Cancer Support Grp (V) 5:30pm Veterans Support Grp (I) 6:00pm <u>Gentle Yoga (V)</u>	27 11:00am <u>Qi Gong (H)</u> 12-5pm <u>Meals of Support Pick Up (I)</u> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	28 12:30pm Cancer Support Grp (I) 6:00pm <u>Facilitated Conversation on Grief & Loss (I)</u> 6:00pm Latinos Unidos Contra Cancer (V)	29 6:00pm <u>Hispanic Heritage Month—FREE Movie Night at the MuCCC</u>