

# SUPPORT GROUP & PROGRAM CALENDAR—OCTOBER 2023



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



SCAN ME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday/Sat.
1	2 <a href="#">2:00pm Stretch &amp; Strengthen (V)</a> <a href="#">6:00pm Hispanic Heritage Month Celebration—International Social</a>	3 12:30pm Cancer Support Grp (V) <a href="#">6:00pm Gentle Yoga (V)</a> <a href="#">6:00pm Caregiver 101 (H)</a>	4 <a href="#">11:00am Qi Gong (H)</a> <a href="#">12:00pm Open Sewing (I)</a> 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	5 12:30pm Cancer Support Grp (I) 6:00pm Prostate Support Grp (H)	6 <a href="#">12:00pm Men's Diner (I)</a> 7
8	9 <a href="#">10:00am Fall Family Day at Wickham Farms (I)</a> 6:00pm Women of Color Group (H) <a href="#">6:00pm Veterans Art Class (I)</a> 6:30pm CMAC Advocacy Group (V)	10 12:30pm Cancer Support Grp (I) 5:30pm Veterans Support Grp (I) 6:00pm Multiple Myeloma Grp (H)	11 <a href="#">11:00am Qi Gong (H)</a> <a href="#">12:00pm Art Class w/ Shivani (I)</a> <a href="#">5:30pm Community Chefs (I)</a> 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	12 12:30pm Cancer Support Grp (I) <a href="#">6:00pm Hispanic Heritage Month Celebration—5 Cinco Con Swing</a>	13 <a href="#">10:00pm Coffee Is On Us—Equal Grounds (I)</a>
15	16 <a href="#">2:00pm Mining your Memory (V)</a> <a href="#">2:00pm Stretch &amp; Strengthen (V)</a>	17 <a href="#">12:00pm Open Sewing (I)</a> 12:30pm Cancer Support Grp (V) <a href="#">6:00pm Gentle Yoga (V)</a>	18 <a href="#">11:00am Qi Gong (H)</a> <a href="#">12:00pm Euchre (I)</a> <a href="#">5:15pm Music Therapy (1/6) (I)</a> 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	19 <a href="#">12:00pm Cooking for Wellness (I)</a> 12:30pm Cancer Support Grp (I) 6:00pm CMAC Men's Group (V) 6:00pm Prostate Support Grp (H)	20 10:00am Survivorship Support Grp (I) <b>21</b> <a href="#">10:00am Women's Retreat</a>
22	23 <a href="#">11:00am "Breaking" Through—Expressing Emotions (I)</a> <a href="#">2:00pm Mining your Memory (V)</a> <a href="#">2:00pm Stretch &amp; Strengthen (V)</a> 6:00pm Women of Color Group (H)	24 <a href="#">11:00am Art Class w/ Corrine (I)</a> 12:30pm Cancer Support Grp (V) 5:30pm Veterans Support Grp (I) <a href="#">6:00pm Gentle Yoga (V)</a>	25 <a href="#">11:00am Qi Gong (H)</a> <a href="#">5:15pm Music Therapy (2/6) (I)</a> 6:00pm Cancer Support Group (V) 6:00pm Caregivers Support Grp (V)	26 12:30pm Cancer Support Grp (I) 6:00pm Latinos Unidos Contra Cancer (V)	27
29 <a href="#">12-2pm Trunk or Treat (for kids)</a>	30 <a href="#">2:00pm Mining your Memory (V)</a> <a href="#">2:00pm Stretch &amp; Strengthen (V)</a>	31 12:30pm Cancer Support Grp (V)			