

SUPPORT GROUP & PROGRAM CALENDAR—NOVEMBER 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](tel: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 11:00am Qi Gong (H) 11:00am Open Sewing (I) 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	2 12:30pm Cancer Support Grp (I) 6:00pm Prostate Support Grp (H)	3 12:00pm Men's Diner (I) 1:30pm Euchre (I) 4 9:30am Saturday Stretch (V)
6 2:00pm Mining your Memory (V) 2:00pm Stretch & Strengthen (V) 6:00pm Women of Color Group (H)	7 12:30pm Cancer Support Grp (V)	8 11:00am Qi Gong (H) 5:30pm Community Chefs (I) 6:30pm Music Therapy—NEW (I) 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	9 12:30pm Cancer Support Grp (I) 6:00pm Navigating Holiday Eating (H)	10 10:00pm Coffee Is On Us—Panera Webster (I) 7:00pm Amerks Game—Hockey Fights Cancer 11 10:00am Men of Color (I)
13 2:00pm Mining your Memory (V) 2:00pm Stretch & Strengthen (V) 6-7:30pm Movement & Dance (I) 6:00pm Women of Color Group (H) 6:30pm CMAC Advocacy Group (V)	14 10:00am Veterans Brunch (I) 12:00pm Art Class with Corrine (I) 12:30pm Cancer Support Grp (V) 5:30pm Veterans Support Grp (I) 6:00pm Multiple Myeloma Grp (H) 6:00pm Caregiver Presentation (H)	15 11:00am Qi Gong (H) 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	16 11:00am Jewelry Creations (I) 5:00pm Cooking for Wellness (I) 12:30pm Cancer Support Grp (I) 6:00pm Latinos Unidos Contra Cancer (V) 6:00pm Prostate Support Grp (H)	17 10:00am Survivorship Support Grp (I) 12:00pm Cooking with Sev (I) 18 9:30am Saturday Stretch (V)
20 The office is closed this week. Please check with your support group facilitator to find out if your group is meeting. 21 22 Have a Happy Thanksgiving! 23 24 25				
27 10:00am Learn to Shoot Archery (I) 2:00pm Stretch & Strengthen (V)	28 11:00am Open Sewing (I) 12:30pm Cancer Support Grp (V) 5:30pm Veterans Support Grp (I)	29 11:00am Qi Gong (H) 12-5pm Meals of Support Pick Up (I) 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	30 6:00pm Bereaved Family Activity (I) 12:30pm Cancer Support Grp (I)	