

SUPPORT GROUP & PROGRAM CALENDAR—DECEMBER 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



Monday	Tuesday	Wednesday	Thursday	Friday/Sat.
				1 12:00pm Men's Diner (I) 1:30pm Euchre (I)
4 9:00am Stretch & Strengthen (V) 10:30 Jewelry Creations (I) 6:00pm Women of Color Group (H)	5 12:30pm Cancer Support Grp (V) 6:30pm Coping During the Holidays (Program being held at Hope Lodge)	6 11:00am Qi Gong (H) 12:00pm Open Sewing (I) 5:00pm Pizza Party (I) 6:00pm Music Therapy—NEW (I) 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	7 12:30pm Cancer Support Grp (I) 6:00pm Prostate Support Grp (H)	8 11:00am Cookie Decorating with Kat (I) 5:30pm Youth/Family Gingerbread House Competition (I) 9 9:30am Saturday Stretch (V)
11 2:00pm Stretch & Strengthen (V) 6:00pm Women of Color Group (H)	12 11:00am Art Class with Corrine (I) 12:30pm Cancer Support Grp (V) 5:30pm Veterans Support Grp (I) 6:00pm Multiple Myeloma Grp (H)	13 9:30am Art Class with Shivani (I) 11:00am Qi Gong (H) 12:00pm Holiday Luncheon (I) 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	14 12:30pm Cancer Support Grp (I)	15 10:00am Survivorship Support Grp (I) 16 9:30am Saturday Stretch (V)
18	19 11:00am Open Sewing (I) 12:30pm Cancer Support Grp (V) 6:00pm Holiday Bingo (V)	20 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)	21 12:30pm Cancer Support Grp (I) 6:00pm Prostate Support Grp (H)	22 23
25	26	27	28	29
<p>The office is closed this week. Please check with your support group facilitator to find out if your group is meeting.</p> <p>HAVE A HAPPY HOLIDAY SEASON!</p>				