

# SUPPORT GROUP & PROGRAM CALENDAR—FEBRUARY 2024



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](http://cscrochester.org/events)



Monday	Tuesday	Wednesday	Thursday	Friday/Sat.
			1 6:00pm Prostate Support Grp (H)	2 <b>12:00pm Men's Diner (I)</b>
				3 <b>9:30am Saturday Stretch (V)</b>
5 <b>2:00pm Stretch &amp; Strengthen (V)</b> <b>6:00pm Black History Month Celebration (I)</b>	6 12:30pm Cancer Support Grp (V)	7 <b>11:00am Qi Gong (H)</b> <b>11:00am Open Sewing (I)</b> 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	8 <b>10:00am Meditation (V)</b>	9 <b>10:30am Jewelry Class in Dansville (I)</b>
				10
12 <b>2:00pm Stretch &amp; Strengthen (V)</b> 6:00pm Women of Color Group (H)	13 <b>11:00am Art Class with Corrine (I)</b> 12:30pm Cancer Support Grp (V) 5:30pm Veterans Support Grp (I) <b>6:00pm Multiple Myeloma Treatment Decisions Presentation (V)</b>	14 <b>11:00am Qi Gong (H)</b> 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	15 <b>10:00am Dance Class (I)</b> <b>5:00pm Cooking for Wellness with Pluta Cancer Center (I)</b> 6:00pm <u>Latinos Unidos Contra Cancer (V)</u>	16 <b>12:00pm Sushi Rolling with Kat (I)</b>
				17 <b>9:30am Saturday Stretch (V)</b>
19 <b>2:00pm Stretch &amp; Strengthen (V)</b>	20 <b>11:00am Open Sewing (I)</b> 12:30pm Cancer Support Grp (V) <b>5:00pm Community Chef's Dinner (I)</b> <b>6:00pm Bingo (I)</b>	21 <b>11:00am Qi Gong (H)</b> 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	22 <b>10:00am Meditation (V)</b> <b>6:00pm Prostate Treatment Options Presented by Janssen (H)</b>	23
				24
26 <b>2:00pm Stretch &amp; Strengthen (V)</b> 6:00pm Women of Color Group (H)	27 <b>11:00am Art Class with Shivani (I)</b> 12:30pm Cancer Support Grp (V) 5:30pm Veterans Support Grp (I)	28 <b>11:00am Qi Gong (H)</b> <b>12-5pm Meals of Support Pick Up (I)</b> 6:00pm Cancer Support Grp (V) 6:00pm Caregivers Support Grp (V)	29 <b>10:00am Dance Class (I)</b>	