

## Cancer Resource Center – March 2017 Activities

All programs are at the **Cancer Resource Center** (612 W. State St.) unless otherwise noted.

We are open M-F 9 am-5:00 pm, or by appointment.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2  <u>Pat's Group</u> 12-1:30pm  <u>10th Annual Cayuga Lake Seido Karate Punch &amp; Kick-a-Thon</u> 5:30-7:30pm	3  <u>Men's Breakfast Club</u> 8-9:00am (Royal Court)  <u>Women's Noon Group</u> 12-1:30pm	4  <u>Water Exercise Class</u> 9:45-10:45am (Island Fitness)  <u>Blue Bottom Boogie</u> 11-2pm (Shops at the Mall)
5	6	7  <u>Gentle Yoga</u> 9:30-11:00am (Island Fitness)  <u>First Tuesday Open House</u> 5:30-7:00pm	8  <u>Knitting Group</u> 3-4:30pm  <u>Cancer Research Seminar</u> 5:15-6:30pm (Cornell University, Warren Hall, Room 173)	9  <u>CMC/CRC Living Well with Cancer Group</u> 5:00-6:00pm (Schuyler Hospital)	10  <u>Men's Breakfast Club</u> 8-9:00am (Royal Court)  <u>Women's Noon Group</u> 12-1:30pm	11  <u>Water Exercise Class</u> 9:45-10:45am (Island Fitness)
12  <u>"Emperor of All Maladies"</u> (Donlon Hall Cornell Univ.)	13  <u>TTC Bale Sale</u> (Main office, Triphammer & West End) 9-5pm	14  <u>Gentle Yoga</u> 9:30-11:00am (Island Fitness)  <u>Caregiver Group</u> 5:30-7:00pm  <u>Young Adult Group</u> 5:30-7:00pm	15	16  <u>Pat's Group</u> 12-1:30pm	17  <u>Men's Breakfast Club</u> 8-9:00am (Royal Court)  <u>Women's Noon Group</u> 12-1:30pm	18  <u>Water Exercise Class</u> 9:45-10:45am (Island Fitness)
19  <u>One Funny Ithaca Story</u> 2-3:30pm (The Spaace at GreenStar)	20	21  <u>Gentle Yoga</u> 9:30-11:00am (Island Fitness)  <u>CRC/CMC Living Well with Cancer Workshop</u> 5:30-7:00pm	22  <u>Knitting Group</u> 3-4:30pm  <u>Cancer Research Seminar</u> 6-7:15pm* *note time change (Cornell University, Warren Hall, Room 173)	23  <u>Being Mortal (movie)</u> 2:30-4:30pm (Kendal-2230 Triphammer Rd.)	24  <u>Men's Breakfast Club</u> 8-9:00am (Royal Court)  <u>Women's Noon Group</u> 12-1:30pm	25  <u>Water Exercise Class</u> 9:45-10:45am (Island Fitness)  <u>Mall Fundraiser</u>
26	27	28  <u>Gentle Yoga</u> 9:30-11:00am (Island Fitness)  <u>Young Adult Group</u> (CRC Cares About Kids: supervised play for children of group members) 5:30-7:00pm	29	30  <u>CMC Blue Bottom Event</u> 5-7:30pm (Cayuga Medical Center)	31  <u>Men's Breakfast Club</u> 8-9:00am (Royal Court)  <u>Women's Noon Group</u> 12-1:30pm	1  <u>Eagles Club BBQ Dinner</u> 12-4pm (Eagles Club)

**Descriptions** All events are at the Cancer Resource Center, 612 W. State St., unless otherwise noted in *italics*. Call 277-0960 for more info.

**Cancer Research Seminar:** Meets every other Wednesday monthly\* 5:15-6:30pm at *Cornell University in Warren Hall, Room 173*  
Join with Cornell doctoral students engaged in cancer research and those directly touched by cancer for a discussion about the science of cancer (presented in lay language). The public is welcome. Light refreshments provided. \*Follows an academic calendar; call CRC or visit website for updates.

**Caregiver Group:** Meets on the 2<sup>nd</sup> Tuesday of each month 5:30-7:00 pm. Open to family, friends, and caregivers of those with cancer.

**CRC/CMC Living Well With Cancer Workshop:** Meets on the 3<sup>rd</sup> Tuesday of each month 5:30-7:00 pm. Light refreshments provided. Outside speakers will present various health- related topics including wellness and complimentary medicine. Open to the public.

**CMC/CRC Living Well with Cancer Group:** Meets on the 2<sup>nd</sup> Thursday of each month 5:00-6:00 pm at *Schuyler Hospital in Montour Falls-Lower Level Conference Room (across from Café)*. For people dealing with any stage of cancer.

**Colorectal Group:** Meets on the 5<sup>th</sup> Tuesday in 2017: May. 30, Aug. 29, & Oct. 31 from 5:30-7:00 pm. For people with any type of colorectal cancer.

**Gentle Yoga:** Meets every Tuesday 9:30-11:00 am at *Island Health & Fitness*. A blend of stretching, relaxation, healing visualization & meditation in a supportive group environment (free of charge to people with cancer.) Contact instructor Nick Boyar 607-272-2062 or [nickboyar1@yahoo.com](mailto:nickboyar1@yahoo.com).

**KnittingGroup:** Meets the 2<sup>nd</sup> & 4<sup>th</sup> Wed. of every month from 3-4:30pm. Come knit with fellow cancer patients & passionate knitting teachers.

**Men's Breakfast Club:** Meets every Friday 8-9:00 am at the *Royal Court Restaurant*. For men with any type of cancer, at any stage of treatment or recovery.

**First Tuesday Open House:** Meets the 1<sup>st</sup> Tuesday of each month 5:30-7:00 pm. Light refreshments provided. Open to everyone, especially first-timers. Meet our staff, see our space, & informally connect with others.

**Pat's Group, Living with Cancer as Chronic Disease:** Meets on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month 12-1:30 pm. Lunch provided. For people with more advanced cancers. Caregivers welcome.

**Tompkins Prostate Support Group:** Meets a few times a year for education programs and discussions related to prostate cancer. Men with prostate cancer are encouraged to attend the Friday Men's Breakfast Club (see above) and to call Brian Wilbur (607) 277-2404 for further assistance.

**Water Exercise Class:** Meets on Saturdays 9:45-10:45am in 6 week sessions (1/7-2/11 & 2/18-3/25) at *Island Health & Fitness*. Open to anyone with cancer. \$30/session. Scholarships available for those with financial hardship. For more info, contact [fran@crcfl.net](mailto:fran@crcfl.net).

**Women's Noon Group:** Meets every Friday 12-1:30 pm. Light refreshments provided. For women with any type of cancer, at any stage of treatment or recovery.

**Young Adult Group:** Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month 5:30-7:00 pm. For people 20-40ish with cancer. Partners welcome. (4<sup>th</sup> Tuesday: CRC Cares About Kids: supervised play for children of group members.)