

Cancer Resource Center – February 2019 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.

SUN	MON.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 <u>Gentle Yoga</u> 9:30-11:00am (<i>Island Fitness</i>) <u>Colorectal Group</u> 5:30-7:00pm	30 <u>Cornell Research Seminar</u> 5:15-6:30pm (<i>Cornell Vet School Classroom 6</i>)	31 <u>AmazonSmiles</u> Magazine fundraiser ends today <u>Dragon Boat Info Meeting</u> 5-7:00pm	1 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm <u>Doctor Drag</u> 8-10:00pm (<i>CU Vet Lecture Hall 4/5</i>)	2 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
3	4 World Cancer Day	5 <u>Gentle Yoga</u> 9:30-11:00am (<i>Island Fitness</i>) <u>Colorectal Group</u> 5:30-7:00pm	6 <u>Cornell Research Seminar</u> 5:15-6:30pm (<i>Cornell Vet School Classroom 6</i>)	7 <u>Pat's Group</u> 12-1:30pm	8 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm	9 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
10	11	12 <u>Gentle Yoga</u> 9:30-11:00am (<i>Island Fitness</i>) <u>Caregivers Group</u> 5:30-7:00pm <u>Young Adult Group</u> 5:30-7:00pm	13 <u>Cornell Research Seminar</u> 5:15-6:30pm (<i>Cornell Vet School Classroom 6</i>)	14 <u>Prostate Group</u> 5:30-7:00pm	15 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm	16 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
17	18	19 <u>Gentle Yoga</u> 9:30-11:00am (<i>Island Fitness</i>) <u>CRC/CMC Living Well with Cancer Workshop</u> 5:30-7:00pm	20 <u>Cornell Research Seminar</u> 5:15-6:30pm (<i>Cornell Vet School Classroom 6</i>)	21 <u>Pat's Group</u> 12-1:30pm	22 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm	23 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
24	25	26 <u>Gentle Yoga</u> 9:30-11:00am (<i>Island Fitness</i>) <u>Young Adult Group</u> 5:30-7:00pm	27 <u>Cornell Research Seminar</u> 5:15-6:30pm (<i>Cornell Vet School Classroom 6</i>)	28	1 <u>"Family Picnic"</u> <u>Johnny Dowd (& family)</u> <u>CD release party & art show</u> <u>Fundraiser</u> 6-9:00pm (<i>Grayhaven Motel</i>)	2

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 approximately every other Wednesday * 5:15-6:45pm at *Cornell University Warren Hall 101*.

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). Open to the public. Light refreshments provided. (*Follows academic calendar; call CRC or email bobriter@gmail.com for more info.)

Caregiver Group: Meets on the 1st Tuesday of each month 5:30-7:00 pm. Open to family, friends, & caregivers of those with cancer. Light refreshments donated by Rosemary Lang & Lisa Clark.

CRC/CMC Living Well With Cancer Workshop: Meets on the 3rd Tuesday of each month 5:30-7:00 pm. Outside speakers will present various health-related topics including wellness and complementary medicine. For people dealing with any stage of cancer & their caregivers. Light refreshments provided.

Colorectal Group: Meets on the 1st Tuesday of each month 5:30-7:00 pm. For people with any type of colorectal cancer. Light refreshments provided.

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.

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.

Pat's Group, Living with Cancer as Chronic Disease: Meets on the 1st & 3rd Thursday of each month 12-1:30 pm. For people with more advanced cancers. Caregivers welcome. Lunch donated by Maxie's Supper Club & Jade Garden.

Prostate Group: Meets on the 2nd Thursday of each month 5:30-7:00pm. Open to men & their caregivers for support, education programs and discussions related to prostate cancer. Light refreshments provided.

Men with prostate cancer are encouraged to attend the Friday Men's Breakfast Club (see above). Contact CRCFL for further assistance.

Water Exercise Class: Meets on Saturdays 9:45-10:45am in 6 week sessions in the spring & winter at *Island Health & Fitness*. Open to anyone with cancer or chronic illness, & caregivers. \$30/session. For more info, contact fran@crclf.net. *Scholarships available for those with financial hardship.*

Women's Noon Group: Meets every Friday 12-2:00 pm. For women with any type of cancer, at any stage of treatment or recovery. Lunches donated by Maxie's Supper Club, the Texas Road House, Shortstop, Moe's, & the Inn on Columbia.

Young Adult Group: Meets on the 2nd and 4th Tuesday of each month 5:30-7:00 pm. For people 20-40ish with cancer. Partners welcome. Pizza from Sal's Pizzeria provided. (4th Tuesday: CRC Cares About Kids: supervised play for children of group members.)