

Cancer Resource Center – January 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
		1 <u>CLOSED</u>	2	3 <u>Pat's Group</u> 12-1:30pm	4 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm	5 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
6	7	8 <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	9	10 <u>Prostate Group</u> 5:30-7:00pm	11 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm	12 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
13	14	15 <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 "Impact of Physical Activity on Cancer Survivorship"	16	17 <u>Pat's Group</u> 12-1:30pm	18 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm	19 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
20	21 <u>CLOSED</u>	22 <u>Gentle Yoga</u> 9:30-11:00am (<i>Island Fitness</i>) <u>Lourdes Mobile Mammography</u> 11-5:00pm (<i>Ithaca Free Clinic</i>) <u>Young Adult Group</u> 5:30-7:00pm	23 <u>Cornell Research Seminar</u> 5:15-6:30pm (<i>Cornell Vet School Classroom 6</i>)	24	25 <u>Men's Breakfast Club</u> 8-9:00am (<i>Royal Court</i>) <u>Women's Noon Group</u> 12-2:00pm	26 <u>Water Exercise Class</u> 9:45am-10:45am (<i>Island Health</i>)
27	28	29 <u>Gentle Yoga</u> 9:30-11:00am (<i>Island Fitness</i>) <u>Colorectal Group</u> 5:30-7:00pm	30	31 <u>Dragon Boat Mtg.</u> 5-7:00pm		

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.

CMC/CRC Living Well with Cancer Group: Meets on the 2nd Thursday of each month 5:00-6:30 pm at *Schuyler Hospital in Montour Falls-Lower Level Conference Room (across from Café)*. 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.

Knitting with Care: Meets on the 1st & 3rd Tuesday of each month 3:30-5:00 pm. Open to everyone. Popcorn provided.

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 a few times a year for support, education programs and discussions related to prostate cancer. Open to men & their caregivers.

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, & 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.)