

Cancer Resource Center – May 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	SAT
		30 Last day for Jyl's Bday Month Fundraiser <i>(in memory of Andy Norberg)</i>	<u>1</u> Wednesday Women's Group 1-3:00pm Cornell Research Seminar 5:15-6:30pm (Vet School Rm 6) "When Breath Becomes Air"	2 Pat's Group 12-1:30pm	<u>3</u> Men's Breakfast Club 8-9:00am (Royal Court) Friday Women's Group 12-2:00pm	4
5	6	7 Gentle Yoga 9:30-11:00am (Island Fitness) Colorectal Group 5:30-7:00pm	8 Cornell Cancer Support Group 12-1pm <i>(321 Weill Hall, CU)</i> Wednesday Women's Group 1-3:00pm	9 Prostate Group 5:30-7:00pm	10 Men's Breakfast Club 8-9:00am (Royal Court) Friday Women's Group 12-2:00pm	11
12 Mom's Day AmazonSmile Fundraiser	13	14 Gentle Yoga 9:30-11:00am (Island Fitness) Young Adult Group 5:30-7:00pm Caregivers Group 5:30-7:00pm	15 Wednesday Women's Group 1-3:00pm	16 Pat's Group 12-1:30pm	17 Men's Breakfast Club 8-9:00am (Royal Court) Friday Women's Group 12-2:00pm	18
19 3rd Annual CRC Dinner 11:30am-9pm <i>(Texas Roadhouse)</i>	20	21 Gentle Yoga 9:30-11:00am (Island Fitness) Mobil Mammography 11am-5pm Ithaca Free Clinic CRC/CMC Living Well with Cancer Workshop 5:30-7pm Kathy Morris: Lyengar Yoga Approach	22 Wednesday Women's Group 1-3:00pm	23	24 Men's Breakfast Club 8-9:00am (Royal Court) Friday Women's Group 12-2:00pm	25
26	27	28 Gentle Yoga 9:30-11:00am (Island Fitness) Young Adult Group 5:30-7:00pm	29 Wednesday Women's Group 1-3:00pm	30 CRC marches in Ithaca Festival Parade 6-8pm	31 Men's Breakfast Club 8-9:00am (Royal Court) Friday Women's Group 12-2:00pm	1

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 5:15-6:30pm at *Cornell University Vet School Classroom 6 (free parking after 5pm)*. 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. Email Bob Riter at RNR45@cornell.edu for more info. (*Follows academic calendar)

Caregiver Group: Meets on the 2nd Tuesday of each month 5:30-7pm. Open to family, friends, & caregivers of people 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 5:30-7pm. 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 5:30-7pm. For people with any type of colorectal cancer. Light refreshments provided.

Cornell Cancer Support Group: (co-sponsored by Cornell Work/Life) Meets on the second Wednesday of each month 12-1pm at *321 Weill Hall*. Open to faculty, staff, students and retirees who have been diagnosed with any type of cancer. It's an opportunity to meet one another, create a community of support, and learn about the resources available on campus and in Ithaca. More info: monica@crcl.net or RNR45@cornell.edu.

Gentle Yoga: Meets every Tuesday 9:30-11am 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.

Lymphedema Group: Meets on the 5th Tuesday of the month 5:30-7:00pm (2019: 4/30, 7/30 & 10/29) Open to anyone affected by lymphedema. Light refreshments provided.

Men's Breakfast Club: Meets every Friday 8-9am 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 12-1:30pm. 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 5:30-7pm. 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). Email Bob Riter at RNR45@cornell.edu for more info..

Friday Women's Group: Meets every Friday 12-2pm. 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, Taste of Thai Express, Moe's, & the Inn on Columbia.

Wednesday Women's Group: Meets every Wednesday 1-3pm. For women with any type of cancer, at any stage of treatment or recovery. Light refreshments provided.

Young Adult Group: Meets on the 2nd & 4th Tuesday of each month 5:30-7pm. 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.)