

**Cancer Resource Center – June 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 <b><u>CRC Walks in Ithaca Festival Parade</u></b> 6pm – join us!	31 <b><u>Men’s Breakfast Club</u></b> 8-9:00am (Royal Court)  <b><u>Women’s Group</u></b> 12-2:00pm	1
2	3	4 <b><u>Free Colorectal Cancer Take-Home Test</u></b> 9-2pm (Farmer’s Market Dewitt Park)  <b><u>Gentle Yoga</u></b> 9:30-11:00am (Island Fitness)  <b><u>Colorectal Group</u></b> 5:30-7:00pm	5  <b><u>Women’s Group</u></b> 1-3:00pm	6  <b><u>Pat’s Group</u></b> 12-1:30pm	7  <b><u>Men’s Breakfast Club</u></b> 8-9:00am (Royal Court)  <b><u>Women’s Group</u></b> 12-2:00pm	8  <b><u>“Unwasted Time” Art Show</u></b> 5:30-7:30pm (Triphammer Plaza)
9	10	11  <b><u>Gentle Yoga</u></b> 9:30-11:00am (Island Fitness)  <b><u>Young Adult Group</u></b> 5:30-7:00pm  <b><u>Caregivers Group</u></b> 5:30-7:00pm	12  <b><u>Giving is Gorges</u></b>  <b><u>Cornell Cancer Support Group</u></b> 12-1pm (321 Weill Hall, CU)  <b><u>Women’s Group</u></b> 1-3:00pm  <b><u>Free Colorectal Cancer Take-Home Test</u></b> 4-7pm (Farmer’s Market East Hill Plaza)	13  <b><u>Prostate Group</u></b> 5:30-7:00pm	14  <b><u>Men’s Breakfast Club</u></b> 8-9:00am (Royal Court)  <b><u>Women’s Group</u></b> 12-2:00pm	15
16  <b><u>Father’s Day AmazonSmile Fundraiser</u></b>	17	18 <b><u>Free Colorectal Cancer Take-Home Test</u></b> 9-2pm (Farmer’s Market Dewitt Park)  <b><u>Gentle Yoga</u></b> 9:30-11:00am (Island Fitness)  <b><u>CRC/CMC Living Well with Cancer Workshop</u></b> 5:30-7pm Daniela Hess “Living in the Present Moment”	19  <b><u>Women’s Group</u></b> 1-3:00pm  <b><u>Free Colorectal Cancer Take-Home Test</u></b> 4-7pm (Farmer’s Market East Hill Plaza)	20  <b><u>Pat’s Group</u></b> 12-1:30pm	21  <b><u>Men’s Breakfast Club</u></b> 8-9:00am (Royal Court)  <b><u>Women’s Group</u></b> 12-2:00pm	22
23 <b><u>Paddle for Cancer Awareness Dragon Boat Race</u></b> 1-4pm (Cass Park)  30	24	25  <b><u>Gentle Yoga</u></b> 9:30-11:00am (Island Fitness)  <b><u>Young Adult Group</u></b> 5:30-7:00pm	26  <b><u>Women’s Group</u></b> 1-3:00pm	27	28  <b><u>Men’s Breakfast Club</u></b> 8-9:00am (Royal Court)  <b><u>Men’s Adventure Day</u></b> 9:30-11:30am (Cayuga Lake)  <b><u>Women’s Group</u></b> 12-2:00pm	29

**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@crcfl.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 5<sup>th</sup> 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 2<sup>nd</sup> 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. (4<sup>th</sup> Tuesday: CRC Cares About Kids: supervised play for children of group members.)