

APRIL FEATURED PROGRAMS

Preregistration is required for programs on this page. Space is limited!
Programs are held at CSCCNJ unless otherwise noted.
To register, call 908 658 5400 x0 or visit cancersupportcnj.org/registration.

Health & Wellness

REIKI CIRCLE ****LIMITED SPACE****

THURSDAY, APRIL 4 | 12:30 PM – 2:00 PM

WEDNESDAY, APRIL 10 | 5:30 PM - 7:00 PM

Kristine O'Hare, Reiki Master

Reiki, a spiritual healing energy, is a gentle process that enhances mental, emotional, physical and spiritual well-being.

MOVE AND TONE

THURSDAYS APRIL 4, 11, 18, 25 | 10:00 AM - 11:00 AM

Linda Jones, Instructor

Increase cardiovascular endurance with simple dance steps while moving to music. Improve muscle strength with exercises using bands, weights, and balls at the weight of your choosing to tone. This workout is lots of fun and modifications are offered. Come join us!

EXPRESSIVE ARTS: IPHONE PHOTOGRAPHY

THURSDAY, APRIL 11 | 1:00 PM - 2:30 PM

TUESDAY, APRIL 23 | 1:00 PM - 2:30 PM

Barbara Frish, Photographer

The camera that we have with us most often is the one built into our smartphones. Barbara will share her knowledge and cover shooting techniques and strategies on how to capture amazing moments in time. You will have the opportunity to explore the grounds of CSC through the lens of a camera. No experience necessary!

MOVE INTO STILLNESS

FRIDAY, APRIL 12 | 10:00 AM - 11:00 AM

Anna Palma, Yoga Instructor from Essence Yoga

Learn Presence. Find Stillness. Gain Awareness. Join Anna Palma in a meditative practice, letting gentle movement and conscious breathing bring connection with the body and a relaxed and focused state

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU

MONDAY, APRIL 15 | 10:00 AM - 11:30 AM

Janette Carlucci, Instructor

Explore the ancient Japanese wisdom of Jin Shin Jyutsu, a method of self-care that supports the flow of life energy within the body. Using our breath, hands and fingers we will restore to a state of balance, harmony, and well-being. Class includes instruction, practice, and answers to your questions.

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, APRIL 20 | 10:00 AM - 11:30 AM

Anna Palma, Yoga Instructor from Essence Yoga

With the full support of blankets and other props, rest in poses that gently stretch the body. With a guided meditation, we will fall into a deep level of relaxation.

CREATURE COMFORT: PET THERAPY

THURSDAY, APRIL 25 | 12:30 PM – 1:30 PM

Dogs & Their Humans, from Creature Comfort Pet Therapy

Please stop by during this "visiting hour" to engage with teams of volunteers and their dogs.

Clubhouse Corner

MIND, BODY, AND BALL 4 KIDS

TUESDAY, APRIL 9 | 5:00 PM - 6:00 PM

Chris Calveley, Director of FC Futbol Foundation

Kids are invited to engage their heart and body through the use of soccer balls. The ball is used to embrace control of mind and body as kids flow through movements promoting control, awareness, and balance. Have fun as we entwine heart, body, and ball. All levels encouraged. No athletic skill necessary.

TEEN SOCIAL

FRIDAY, APRIL 18 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Youth/Child Program Coordinator CSCCNJ

Katherine Schaible, LSW, Program Coordinator at CSCCNJ

An evening dedicated to just our teens! For ages 13-18, this is an opportunity to hang out and get to know other teenagers who are impacted by a cancer diagnosis in a safe and supportive environment.

Education

PLANNING FOR PEACE OF MIND MINI SERIES:

ADVANCED CARE PLANNING

THURSDAY, APRIL 4 | 6:00 PM - 7:30 PM

Anita Ciano, BS, RN

Give the gift of knowledge to your loved ones by taking control of your healthcare. Join Anita, Hospice Manager, in a discussion about Advance Directives (living wills) and choosing your health care proxy to make your medical decisions. All are welcome!

PLANNING FOR PEACE OF MIND MINI SERIES:

FINANCIAL PLANNING

THURSDAY, APRIL 11 | 6:00 PM - 7:30 PM

Alison Meyer, Financial Advisor

Gain knowledge & discuss the benefits of working with a certified financial planner creating financial security for you and your loved ones.

FROM HERE TO ETERNITY: HOW TO DIE OF OLD AGE @EAST BRUNSWICK PUBLIC LIBRARY

WEDNESDAY, APRIL 10 | 7:00 PM - 8:30 PM

Dr. Michael J. Nissenblatt, Medical Oncologist



To register, call (732) 390-7750 or visit <http://ebpl.org/calendar>. Learn more about aging's connection to cancer as well as to other common medical conditions, such as diabetes, arthritis and dementia. Learn the principles involved in aging, and gain insight into how to control the aging process and its influence on quality of life.

ASK THE NURSE: NAIL AND SCALP COOLING

MONDAY, APRIL 15 | 10:30 AM - 12:00 PM

Karen D. Dougherty, APN, MSN, ANP-BC, Advanced Practice Nurse at Memorial Sloan Kettering Cancer Center

Are you experiencing changes in nail color or peripheral neuropathy? Fearful of permanent hair loss due to long term side effects from treatment? Learn innovative techniques for preserving nail and hair quality during and after treatment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Balance, Harmony, Flow: Jin Shin Jyutsu 10:00 am - 11:30 am Gynecological Cancer Support Group 12:00 pm - 1:30 pm Wellness Workout 6:00 pm - 7:00 pm</p>	<p>2</p> <p>Peaceful Practices: Medical Qi Gong 11:00 am - 12:00 pm Men's Cancer Support Group @SCC 11:00 am - 12:30 pm Bereavement Support Group 5:30 pm - 7:00 pm Yoga 6:30 pm - 7:30 pm Singing Bowls 7:45 pm - 8:30 pm</p>	<p>3</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Hatha Yoga 10:00 am - 11:00 am T'ai Chi Chih 11:30 am - 12:30 pm Family & Friends Support Group 11:30 am - 1:00 pm Advanced Breast Cancer Support Group 11:30 am - 1:30 pm</p>	<p>4</p> <p>Move and Tone 10:00 am - 11:00 am Living with Advanced Cancer Support Group 11:00 am - 12:30 pm Reiki Circle 12:30 pm - 2:00 pm Planning for Peace of Mind: Advanced Care Planning 6:00 pm - 7:30 pm</p>	<p>5</p> <p>Quilting 1:00 pm - 3:00 pm</p>	<p>6</p>
<p>8</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Wellness Workout 6:00 pm - 7:00 pm</p>	<p>9</p> <p>Peaceful Practices: Meditation 11:00 am - 12:00 pm Mind, Body, and Ball 4 Kids 5:00 pm - 6:00 pm  Yoga 6:30 pm - 7:30 pm Gynecological Cancer Support Group @RCINJ 7:00 pm - 8:30 pm</p>	<p>10</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Blissful Breathing 10:00 am - 11:00 am T'ai Chi Chih 11:30 am - 12:30 pm Family & Friends Support Group@SCC 11:30 am - 1:00 pm Reiki 5:30 pm - 7:00 pm Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm From Here to Eternity: How to Die of Old Age @East Brunswick Public Library 7:00 pm - 8:30 pm</p>	<p>11</p> <p>Move and Tone 10:00 am - 11:00 am Living with Advanced Cancer Support Group 11:00 am - 12:30 pm Bereavement Support Group 11:00 am - 12:30 pm Expressive Arts: iPhone Photography 1:00 pm - 2:30 pm Planning for Peace of Mind: Financial Planning 6:00 pm - 7:30 pm</p>	<p>12</p> <p>Move into Stillness 10:00 am - 11:00 am</p>	<p>13</p>
<p>15</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Ask the Nurse: Nail and Scalp Cooling 10:30 am - 12:00 pm Gynecological Cancer Support Group 12:00 pm - 1:30 pm Wellness Workout 6:00 pm - 7:00 pm</p>	<p>16</p> <p>Peaceful Practices: Spirituality 11:00 am - 12:00 pm Bereavement Support Group 5:30 pm - 7:00 pm Yoga 6:30 pm - 7:30 pm</p>	<p>17</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Hatha Yoga 10:00 am - 11:00 am T'ai Chi Chih 11:30 am - 12:30 pm Advanced Breast Cancer Support Group 11:30 am - 1:30 pm Family & Friends Support Group 11:30 am - 1:00 pm</p>	<p>18</p> <p>Move and Tone 10:00 am - 11:00 am Living with Advanced Cancer Support Group 11:00 am - 12:30 pm Teen Social 5:30 pm - 7:00 pm </p>	<p>19</p> <p>Quilting 1:00 pm - 3:00 pm</p>	<p>20</p> <p>Restorative Yoga with Guided Meditation 10:00 am - 11:30 am</p>
<p>22</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Wellness Workout 6:00 pm - 7:00 pm</p>	<p>23</p> <p>Peaceful Practices: Journaling 11:00 am - 12:00 pm Expressive Arts: iPhone Photography 1:00 pm - 2:30 pm Yoga 6:30 pm - 7:30 pm</p>	<p>24</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Blissful Breathing 10:00 am - 11:00 am T'ai Chi Chih 11:30 am - 12:30 pm Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm</p>	<p>25</p> <p>Move and Tone 10:00 am - 11:00 am Living with Advanced Cancer Support Group 11:00 am - 12:30 pm Bereavement Support Group 11:00 am - 12:30 pm Creature Comfort: Pet Therapy 12:30 pm - 1:30 pm</p>	<p>26</p>	<p>27</p>
<p>29</p> <p>Wellness Workout @SCC 10:00 am - 11:00 am Wellness Workout 6:00 pm - 7:00 pm</p>	<p>30</p> <p>Bereavement Support Group 5:30 pm - 7:00 pm Yoga 6:30 pm - 7:30 pm</p>			<p>CALENDAR KEY</p> <p>Red Programs - Special Programs Which Require Preregistration</p> <p>SCC - Steeplechase Cancer Center, Somerville, NJ</p> <p>RCINJ - Rutgers Cancer Institute of New Jersey, New Brunswick, NJ</p> <p>SPUH - Saint Peter's University Hospital, New Brunswick, NJ</p>	