

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Join us for some summer fun!



Hope Camp
@ Pingry

August 5th-9th



August 26th-29th

For more information, contact Jesse Guzik,
Child/Youth Program Coordinator, at 908-658-5400 x5

1
Move and Tone
10:00 am - 11:00 am
Expressive Arts: iPhone Photography
10:00 am - 11:30 am
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm
Reiki Circle
12:30 pm - 2:00 pm

2

3



Hope Camp
@ Pingry

5
Gynecological Cancer
Support Group
12:00 pm - 1:30 pm
Wellness Workout
6:00 pm - 7:00 pm

6
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

7
Blissful Breathing
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 - 1:00 pm
Reiki Circle
5:30 pm - 7:00 pm

8
Move and Tone
10:00 am - 11:00 am
Bereavement Support Group
11:00 am - 12:30 pm
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm

9
Move Into Stillness
10:00 am - 11:00 am
Quilting
1:00 pm - 3:00 pm

10

12
Balance, Harmony, Flow:
Jin Shin Jyutsu
10:00 am - 11:30 am
Wellness Workout
6:00 pm - 7:00 pm

13
Peaceful Practices: Meditation
11:00 am - 12:00 pm
Yoga
6:30 pm - 7:30 pm
Gynecological Cancer Support
Group @RCINJ
7:00 pm - 8:30 pm
Singing Bowls
7:45 pm - 8:30 pm

14
Hatha Yoga
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

15
Move and Tone
10:00 am - 11:00 am
Expressive Arts: iPhone Photography
10:00 am - 11:30 am
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm

16

17
Restorative Yoga with
Guided Meditation
10:00 am - 11:30 am

19
Gynecological Cancer
Support Group
12:00 pm - 1:30 pm
Wellness Workout
6:00 pm - 7:00 pm

20
Peaceful Practices: Spirituality
11:00 am - 12:30 pm
Bereavement Support Group
5:30 pm - 7:00 pm
Yoga
6:30 pm - 7:30 pm

21
Blissful Breathing
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 - 1:00 pm

22
Move and Tone
10:00 am - 11:00 am
Bereavement Support Group
11:00 am - 12:30 pm
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm
PAC Summer Pot Luck
5:30 pm - 7:30 pm

23
Cooking Club
11:00 am - 2:00 pm
Quilting
1:00 pm - 3:00 pm

24

26
Summer Fun Days
9:30 am - 12:00 pm
Wellness Workout
6:00 pm - 7:00 pm
4 Families

27
Summer Fun Days
9:30 am - 12:00 pm
Peaceful Practices: Journaling
11:00 am - 12:00 pm
Yoga
6:30 pm - 7:30 pm
4 Families

28
Summer Fun Days
9:30 am - 12:00 pm
Hatha Yoga
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
4 Families

29
Summer Fun Days
9:30 am - 12:00 pm
Move and Tone
10:00 am - 11:00 am
Living with Advanced Cancer
Support Group
11:00 am - 1:00 pm
4 Families

30

31

AUGUST 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, AUGUST 1 | 12:30 PM – 2:00 PM

WEDNESDAY, AUGUST 7 | 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.

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU

MONDAY, AUGUST 12 | 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.

EXPRESSIVE ARTS: IPHONE PHOTOGRAPHY

THURSDAY, AUGUST 15 | 10:00 AM - 11:30 AM

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!

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, AUGUST 17 | 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.

Social Connections

PAC SUMMER POT LUCK

THURSDAY, AUGUST 22 | 5:30 PM - 7:30 PM

The PAC is sponsoring a Pot Luck at CSCCNJ. You are invited to bring a dish of choice and share in the pleasure of each other's company in an atmosphere of food and relaxation. What a great way to show off your culinary skills (or highlight your skills at choosing great pre made items at the grocery store)!

COOKING CLUB

FRIDAY, AUGUST 23 | 11:00 AM - 2:00 PM

Katherine Schaible, LSW, Program Coordinator at CSCCNJ

Where we meet, we eat! Join us in the CSC kitchen and enjoy the opportunity to prepare, cook and eat a healthy meal. No experience required. LIMITED SPACE - First come, first serve!

Clubhouse Corner

HOPE CAMP @ PINGRY

MONDAY, AUGUST 5-9 | 9:00 AM - 3:30 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Katherine Schaible, LSW, Program Coordinator at CSCCNJ

Hope Camp is open to all children impacted by cancer whether it be a personal diagnosis or the diagnosis of a loved one. All campers will be granted the opportunity to attend Pingry's Big Blue Summer Camp from 9-1 followed by an immersion into the world of CSCCNJ through Hope Camp.

This summertime program is an extension of our regular monthly social programming, designed to provide a free-of-charge therapeutic intervention where kids will have fun while supported by our staff. Please register at bigbluesummer.org if interested.

SUMMER FUN DAYS

MONDAY, AUGUST 26-29 | 9:30 AM - 12:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Join us as we soak up the last days of summer! It is not required but it is encouraged that kids attend all four Summer Fun days to get to know other kids impacted by cancer.

Day One: Crafts and Games

Day Two: Garden with Krati from Brown Leaves Farms

Day Three: Cook up some fun in our Mini Chefs program

Day Four: Furry friends will join us from Creature Comfort!

Meet the PAC!

Last year, some of us and our dear friend, John Lee, were asked to share our experiences in a round circle discussion to the CSCCNJ Board of Trustees.

As a result of that experience, several of our fellow participants have joined together to form a Participant Advisory Committee (PAC). Our purpose is to find new activities to help develop beneficial connections within the community. Cancer can be quite lonely for survivors, families, and caretakers.

We're always looking for new activities. Please share any ideas with us—or email pac5400@gmail.com.

We look forward to seeing you at an upcoming event!

-Bob, Patty, Georgene, & Maryanne

