

# DECEMBER 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](http://cancersupportcnj.org/registration).

## Health & Wellness

### **BUTTONS OF LOVE**

MONDAY, DECEMBER 2 | 1:30 PM - 3:00 PM

Maryna Layedra, Buttons of Love

Please join us for a social gathering while learning a new craft! This expressive workshop will teach participants to make jewelry and other craft projects by using buttons.

### **REIKI CIRCLE \*\*LIMITED SPACE\*\***

THURSDAY, DECEMBER 5 | 12:30 PM – 2:00 PM

WEDNESDAY, DECEMBER 11 | 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.

### **EXPRESSIVE ARTS: WINTER LANDSCAPE**

**@CENTER FOR CONTEMPORARY ART**

FRIDAY, DECEMBER 6 | 10:30 AM - 12:00 PM

Billie Marie Aber, Instructor

Create a beautiful winter landscape using acrylic paint on canvas board. No experience necessary

### **MOVE INTO STILLNESS**

FRIDAY, DECEMBER 6 | 10:00 AM - 11:00 AM

Anna Palma, Yoga Instructor from Essence Yoga

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

### **BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU**

TUESDAY, DECEMBER 10 | 10:00 AM - 11:00 AM

Janette Carlucci, Instructor

Explore Jin Shin Jyutsu, a method of self-care that supports the flow of life energy within the body. Class includes instruction, practice, and answers to your questions

### **IT'S ALL ABOUT YOU!**

MONDAY, DECEMBER 16 | 12:00 PM - 2:00 PM

Technicians from DePasquale The Spa

Come and join us for a relaxing "spa" experience before the holiday season! Enjoy the latest make-up trends and feel comforted with pampered nails and gentle arm massages. This workshop is open to all women and men, both cancer survivors and caregivers.

### **RESTORATIVE YOGA WITH GUIDED MEDITATION**

SATURDAY, DECEMBER 21 | 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.

## Community Events

### **HOPE RISING**

SATURDAY, DECEMBER 21 | 12:00 PM - 12:30 PM

Parvathi Kumar, Instructor

Celebrate the Winter Solstice with sun salutations as we bring good energy to the new season together as a community.

## Clubhouse Corner

### **HOLIDAY BAZAAR**

THURSDAY, DECEMBER 5 | 5:00 PM - 6:30 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Join us for a social event for children and their caregivers. Kids will "shop" for special items to create gift baskets for their parents. All items are already paid for (shh...our secret!), and parents will have the luxury to relax while their children are busy in our gifting suite!

### **54F HOLIDAY PARTY**

WEDNESDAY, DECEMBER 11 | 5:00 PM - 6:30 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Come celebrate the holiday season with other kids and families impacted by cancer. There will be games, crafts and other activities. Don't forget to dress in your most festive holiday best!

### **MINI CHEFS @CSCCNJ**

MONDAY, DECEMBER 16 | 5:00 PM - 6:00 PM

Stacie DeLucia, RD, ShopRite of Chester

Kids will make healthy snacks in the CSCCNJ kitchen. Parents can sit back as the little chefs do all the work!

### **KID SUPPORT/PARENT SUPPORT**

THURSDAY, DECEMBER 19 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Katherine Schaible, LSW, Program Coordinator at CSCCNJ

Children will participate in activities with the support of a Child Life Specialist. The adult group will discuss parenting issues and challenges in the face of cancer with a licensed social worker.

## Nutrition

### **HITTING THE ROAD: WHAT FOODS TO EAT @RCINJ**

WEDNESDAY, DECEMBER 11 | 11:00 AM - 2:00 PM

Elisa England, RD & Ellen Petrosino, RD

Learn how to identify low-glycemic food options, implement mindful eating strategies, decode restaurant menus, and gain confidence in label reading. Program contains cooking demo and sampling of recipes to ensure success eating on the go or away from home.

### **"C.H.E.F.S" COOKING, HEALTHY EATING, & FOOD STRATEGIES: "FUEL UP WITH FIBER"**

FRIDAY, DECEMBER 13 | 11:00 AM - 12:30 PM

Ellen Petrosino, RD, & Susan Stimpson, RD & Personal Chef

Gain knowledge through an evidence-based lecture & demonstration. Generous sampling of all recipes will be offered! All are welcome.


## Social Connections

### **HOLIDAY POTLUCK**

THURSDAY, DECEMBER 12 | 12:00 PM - 2:00 PM

Participant Advisory Committee (PAC)

Join CSCCNJ Staff and our PAC to celebrate the holiday season! Please call us to confirm what you will be bringing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> Gynecological Cancer Support Group 12:00 pm - 1:30 pm <b>Buttons of Love</b> 1:30 pm - 3:00 pm Wellness Workout 6:00 pm - 7:00 pm	<b>3</b> Peaceful Practices: <b>Medical Qi Gong</b> 11:00 am - 12:00 pm <b>Men's Cancer Support Group@SCC</b> 11:00 am - 12:30 pm <b>Bereavement Support Group</b> 5:30 pm - 7:00 pm <b>Yoga</b> 6:30 pm - 7:30 pm	<b>4</b> <b>Hatha Yoga</b> 10:00 am - 11:00 am <b>T'ai Chi Chih</b> 11:30 am - 12:30 pm <b>Family &amp; Friends Support Group</b> 11:30 am - 1:00 pm <b>Advanced Breast Cancer Support Group</b> 11:30 am - 1:00 pm <b>Mahjong</b> 1:00 pm - 3:00 pm	<b>5</b> <b>Move and Tone</b> 10:00 am - 11:00 am <b>Living with Advanced Cancer Support Group</b> 11:00 am - 1:00 pm <b>Reiki</b> 12:30 pm - 2:00 pm <b>Somerset Miracle Voice Club: Laryngectomy Group</b> 1:00 pm - 3:00 pm <b>Holiday Bazaar</b> 5:00 pm - 6:30 pm 	<b>6</b> <b>Move Into Stillness</b> 10:00 am - 11:00 am <b>Expressive Arts: Winter Landscape @Center for Contemporary Art</b> 10:30 am - 12:00 pm <b>Quilting</b> 1:00 pm - 3:00 pm	<b>7</b>
<b>9</b> Wellness Workout 6:00 pm - 7:00 pm	<b>10</b> <b>Balance, Harmony, Flow: Jin Shin Jyutsu</b> 10:00 am - 11:00 am <b>Peaceful Practices: Meditation</b> 11:00 am - 12:00 pm <b>Yoga</b> 6:30 pm - 7:30 pm <b>Gynecological Cancer Support Group @RCINJ</b> 7:00 pm - 8:30 pm <b>Singing Bowls</b> 7:45 pm - 8:30 pm	<b>11</b> <b>Blissful Breathing</b> 10:00 am - 11:00 am <b>Hitting the Road-What Foods to Eat @RCINJ</b> 11:00 pm - 2:00 pm <b>T'ai Chi Chih</b> 11:30 am - 12:30 pm <b>Mahjong</b> 1:00 pm - 3:00 pm <b>Support4Families Holiday Party</b>  5:00 pm - 6:30 pm <b>Reiki</b> 5:30 pm - 7:00 pm <b>Men's Cancer Support Group@SCC</b> 6:30 pm - 8:00 pm	<b>12</b> <b>Move and Tone</b> 10:00 am - 11:00 am <b>Bereavement Support Group</b> 11:00 am - 12:30 pm <b>Living with Advanced Cancer Support Group</b> 11:00 am - 1:00 pm <b>Holiday Potluck</b> 12:00 pm - 2:00 pm	<b>13</b> <b>"C.H.E.F.S." Cooking, Healthy Eating, &amp; Food Strategies</b> 11:00 am - 12:30 pm	<b>14</b>
<b>16</b> Gynecological Cancer Support Group 12:00 pm - 1:30 pm <b>It's All About You!</b> 12:00 pm - 2:00 pm <b>Mini Chefs</b> 5:00 pm - 6:00 pm Wellness Workout 6:00 pm - 7:00 pm 	<b>17</b> <b>Peaceful Practices: Spirituality</b> 11:00 am - 12:00 pm <b>Bereavement Support Group</b> 5:30 pm - 7:00 pm <b>Yoga</b> 6:30 pm - 7:30 pm	<b>18</b> <b>Hatha Yoga</b> 10:00 am - 11:00 am <b>T'ai Chi Chih</b> 11:30 am - 12:30 pm <b>Family &amp; Friends Support Group</b> 11:30 am - 1:00 pm <b>Advanced Breast Cancer Support Group</b> 11:30 am - 1:00 pm <b>Mahjong</b> 1:00 pm - 3:00 pm	<b>19</b> <b>Move and Tone</b> 10:00 am - 11:00 am <b>Living with Advanced Cancer Support Group</b> 11:00 am - 1:00 pm <b>Kid Support/Parent Support</b>  5:30 pm - 7:00 pm	<b>20</b> <b>Quilting</b> 1:00 pm - 3:00 pm	<b>21</b> <b>Restorative Yoga with Guided Meditation</b> 10:00 am - 11:30 am  <b>12:00pm-12:30pm</b>
<b>OFFICE OPEN</b> <b>23</b> <b>NO PROGRAMS</b>	<b>OFFICE OPEN</b> <b>24</b> <b>NO PROGRAMS</b>	<b>OFFICE CLOSED</b> <b>25</b> 	<b>OFFICE OPEN</b> <b>26</b> <b>NO PROGRAMS</b>	<b>OFFICE OPEN</b> <b>27</b> <b>NO PROGRAMS</b>	<b>28</b>
<b>OFFICE OPEN</b> <b>30</b> <b>NO PROGRAMS</b>	<b>OFFICE OPEN</b> <b>31</b> <b>NO PROGRAMS</b>	 As we head into the winter months, stay up to date with closings and class cancellations through social media and by calling us at 908 658 5400 x0		<b>CALENDAR KEY</b> <b>Red Programs</b> - Special Programs Which Require Preregistration <b>SCC</b> - Steeplechase Cancer Center, Somerville, NJ <b>SMG</b> - Summit Medical Group-Berkeley Heights <b>RCINJ</b> - Rutgers Cancer Institute of New Jersey, New Brunswick, NJ <b>SPUH</b> - Saint Peter's University Hospital, New Brunswick, NJ <b>All of our programs are LGBTQ friendly.</b>	