





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Gynecological Cancer Support Group 12:00 pm - 1:30 pm Wellness Workout 6:00 pm - 7:00 pm	<b>2</b> 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	<b>3</b> 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 - 1:00 pm	<b>4</b> <b>OFFICE CLOSED</b> 	<b>5</b> Quilting 1:00 pm - 3:00 pm	<b>6</b>
<b>8</b> Wellness Workout 6:00 pm - 7:00 pm	<b>9</b> 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	<b>10</b> Blissful Breathing 10:00 am - 11:00 am T'ai Chi Chih 11:30 am - 12:30 pm Reiki Circle 5:30 pm - 7:00 pm Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm	<b>11</b> 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 Game Day Social 1:00 pm - 3:00 pm	<b>12</b> Move Into Stillness 10:00 am - 11:00 am S4F Somerset Patriots Family Night 6:30 pm - 9:00 pm 	<b>13</b>
<b>15</b> Gynecological Cancer Support Group 12:00 pm - 1:30 pm Nutrition Workshop: Summer Food & Grilling 1:30 pm - 2:30 pm Mini Chefs 5:00 pm - 6:00 pm Wellness Workout 6:00 pm - 7:00 pm 	<b>16</b> 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	<b>17</b> 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 - 1:00 pm	<b>18</b> 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	<b>19</b> Quilting 1:00 pm - 3:00 pm	<b>20</b> Restorative Yoga with Guided Meditation 10:00 am - 11:30 am
<b>22</b> Wellness Workout 6:00 pm - 7:00 pm	<b>23</b> Peaceful Practices: Journaling 11:00 am - 12:00 pm Sustainable Gardens 12:00 pm - 1:30 pm Yoga 6:30 pm - 7:30 pm	<b>24</b> 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	<b>25</b> 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 Creature Comfort: Pet Therapy 12:30 pm - 1:30 pm Kids Movie Night 5:00 pm - 7:00 pm 	<b>26</b>	<b>27</b>
<b>29</b> Wellness Workout 6:00 pm - 7:00 pm	<b>30</b> Yoga 6:30 pm - 7:30 pm	<b>31</b> 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 - 1:00 pm	<b>CALENDAR KEY</b> Red Programs - Special Programs Which Require Preregistration SCC - Steeplechase Cancer Center, Somerville, NJ RCINJ - Rutgers Cancer Institute of New Jersey, New Brunswick, NJ SPUH - Saint Peter's University Hospital, New Brunswick, NJ		

*All of our programs are LGBTQ friendly.*

# JULY 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).

## Clubhouse Corner

### **S4F SOMERSET PATRIOTS FAMILY NIGHT**

FRIDAY, JULY 12 | 6:30 PM - 9:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Calling all kids and their families! Reserve tickets at Somerset Patriots baseball game for an evening of baseball and fireworks in the TD Bank Suite. **Food will be provided. Limited seating is available - please email Jesse at [jguzik@cancersupportcnj.org](mailto:jguzik@cancersupportcnj.org) to reserve.**

### **MINI CHEFS**

MONDAY, JULY 15 | 5:00 PM - 6:00 PM

Stacie DeLucia, RD, ShopRite of Chester

Kids will enjoy making healthy snacks in the CSCCNJ kitchen while talking about food with other kids who are touched by cancer. Parents can sit back as the little chefs do all the work!

### **KIDS MOVIE NIGHT**

THURSDAY, JULY 25 | 5:00 PM - 7:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Calling all families affected by cancer! Pajamas, Popcorn, and Plenty of Fun! Bring your kids or grandchildren for a fun and safe movie night with CSCCNJ staff. Enjoy relaxing and getting to know other parents impacted by cancer.

## Nutrition

### **NUTRITION WORKSHOP: SUMMER FOOD & GRILLING**

MONDAY, JULY 15 | 1:30 PM - 2:30 PM

Erin Kenny, Registered Dietitian

Memorial Sloan Kettering-Basking Ridge

Join us for a discussion about summer cooking! Erin will discuss the benefits and safety tips of grilling food & outdoor barbecuing as it relates to cancer.

## Education

### **SUSTAINABLE GARDENS**

TUESDAY, JULY 23 | 12:00 PM - 1:30 PM

Analia Lamberto, Agricultural Engineer

Did you know?? Cancer Support Community has garden beds for your enjoyment! Join this educational discussion about how to begin, manage and sustain a garden using safe practices for people and the environment, and the benefits of building gardens for community use.

## Social Connections

### **PAC GAME DAY SOCIAL**

THURSDAY, JULY 11 | 1:00 PM - 3:00 PM

The Participant Advisory Committee (PAC) is sponsoring an afternoon of card games at CSCCNJ. Join us for a game or two (or more) of Hearts, Crazy Eights, Poker and/or Rummikub. Don't know how to play? Don't let that stop you! We have members who are ready to teach you how to play.

## Health & Wellness

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

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

THURSDAY, JULY 18 | 12:30 PM - 2:00 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: IPHONE PHOTOGRAPHY**

THURSDAY, JULY 18 | 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, JULY 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, JULY 25 | 12:30 PM - 1:30 PM

Dogs & Their Humans, from Creature Comfort Pet Therapy

Stop by during this "visiting hour" to engage with teams of dogs and their humans.

## Community Events

### **GREAT RUBBER DUCKY RACE**

SUNDAY, JULY 14 | 2:00 PM RAIN OR SHINE!

Over one thousand ducks are in training for the big day, and they need YOU to sponsor them! This creative fundraiser hosted by Clinton Sunrise Rotary benefits the programs of support, education, and hope for cancer patients and their families at CSCCNJ.



Visit [cancersupportcnj.org/community-events](http://cancersupportcnj.org/community-events) or call us today at 908-658-5400 x6 for more information!