

# JUNE 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

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

THURSDAY, JUNE 6 | 12:30 PM – 2:00 PM

WEDNESDAY, JUNE 12 | 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, JUNE 6, 13, 20, 27 | 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: ACRYLIC PAINTING-SUMMER AT THE BEACH @CENTER FOR CONTEMPORARY ARTS

MONDAY, JUNE 3 | 10:00 AM - 11:30 AM

Billie Marie Aber, Instructor

Paint a small beach scene that can be framed. No experience necessary.

### RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, JUNE 22 | 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.

### FLOWERS IN A TEACUP OR MUG

TUESDAY, JUNE 18 | 1:30 PM - 3:00 PM

Peggy Koehler, Bridgewater Garden Club

Join members of the Bridgewater Garden Club for a design workshop making flower arrangements in teacups or mugs. All materials, including cups, will be provided. However, you are welcome to bring a special mug or teacup from home.

### CREATURE COMFORT: PET THERAPY

THURSDAY, JUNE 20 | 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 dogs and their humans.

### MOVE INTO STILLNESS

FRIDAY, JUNE 21 | 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

## Clubhouse Corner

### MINI CHEFS

MONDAY, JUNE 10 | 5:00 PM - 6:00 PM

Allie Sanderson, RD, ShopRite of Bernardsville

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

### OPEN CLUBHOUSE

WEDNESDAY, JUNE 12 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Youth/Child Program Coordinator CSCCNJ

Kids and teens, ages 4 -18 are invited to the Stepping Stone Clubhouse to hang out with peers touched by cancer. Parents are encouraged to spend time with others who may be coping with a lot of the same challenges.

### MIND BODY BALL 4 KIDS

TUESDAY, JUNE 25 | 5:00 PM - 6:00 PM

Chris Calvey, Director of FC Futbol Foundation

Kids are invited to engage their mind 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 mind, body, and ball. All levels encouraged. No athletic skill necessary.

## Nutrition

### "C.H.E.F.S." COOKING, HEALTHY EATING, & FOOD STRATEGIES

FRIDAY, JUNE 14 | 11:00 AM - 12:30 PM

Julie Harrington, RD and Ellen Petrosino, MS, RDN

Focus on preparation of plant-based foods and their cancer-fighting properties. The topic will be foods that fight inflammation. Gain knowledge through an evidence-based lecture & demonstration. Generous sampling of all recipes will be offered! All are welcome.

## Social Connections

### COOKING CLUB

FRIDAY, JUNE 28 | 11:30 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!

## Education

### GYNECOLOGICAL ONCOLOGY-WHAT'S NEW?

MONDAY, JUNE 3 | 1:30 PM - 2:30 PM

Joyce Varughese MD, FACOG

Join Dr. Joyce Varughese in an open Q&A about gynecologic cancers. She will discuss new directions in treatment, common side effects women experience and the importance of a healthy lifestyle as a preventive approach.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rejuvenate your mind and body and get moving with these new Health & Wellness programs!



**Move and Tone**  
Thursdays at 10:00am



**Move into Stillness**  
May 10th  
June 21st



**Mind Body Ball 4 Kids**  
May 28th  
June 25th



**3**  
Wellness Workout @SCC  
10:00 am - 11:00 am  
Expressive Arts: Acrylic  
Painting-Summer at the Beach  
@Center for Contemporary  
Arts 10:00 am - 11:30 am  
Gynecological Cancer  
Support Group  
12:00 pm - 1:30 pm  
Gynecological Oncology-  
What's New?  
1:30 pm - 2:30 pm  
Wellness Workout  
6:00 pm - 7:00 pm

**4**  
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

**5**  
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  
11:30 am - 1:00 pm  
Advanced Breast Cancer Support Group  
11:30 am - 1:30 pm

**6**  
**Move and Tone**  
10:00 am - 11:00 am  
Living with Advanced Cancer  
Support Group  
11:00 am - 12:30 pm  
Reiki  
12:30 pm - 2:00 pm  
Somerset Miracle Voice Club:  
Laryngectomy Group  
1:00 pm - 3:00 pm

**7**  
Quilting  
1:00 pm - 3:00 pm



**10**  
Wellness Workout @SCC  
10:00 am - 11:00 am  
Mini Chefs  
5:00 pm - 6:00 pm  
Wellness Workout  
6:00 pm - 7:00 pm



**11**  
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

**12**  
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  
Reiki  
5:30 pm - 7:00 pm  
Open Clubhouse  
5:30 pm - 7:00 pm  
Men's Cancer Support Group@SCC  
6:30 pm - 8:00 pm



**13**  
**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

**14**  
"C.H.E.F.S." Cooking, Healthy  
Eating, & Food Strategies  
11:00 am - 12:30 pm  
Family Summer Kick Off  
5:30 pm - 7:00 pm

**17**  
Wellness Workout @SCC  
10:00 am - 11:00 am  
Gynecological Cancer  
Support Group  
12:00 pm - 1:30 pm  
Wellness Workout  
6:00 pm - 7:00 pm

**18**  
Peaceful Practices: Meditation &  
Spirituality  
11:00 am - 12:30 pm  
Flowers in a Teacup or Mug  
1:30 pm - 3:00 pm  
Bereavement Support Group  
5:30 pm - 7:00 pm  
Yoga  
6:30 pm - 7:30 pm

**19**  
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  
11:30 am - 1:00 pm  
Advanced Breast Cancer Support Group  
11:30 am - 1:30 pm

**20**  
**Move and Tone**  
10:00 am - 11:00 am  
Living with Advanced Cancer  
Support Group  
11:00 am - 12:30 pm  
Creature Comfort: Pet Therapy  
12:30 pm - 1:30 pm

**21**  
**Move into Stillness**  
10:00 am - 11:00 am  
Quilting  
1:00 pm - 3:00 pm

**22**  
Restorative Yoga with  
Guided Meditation  
10:00 am - 11:30 am

**24**  
Wellness Workout @SCC  
10:00 am - 11:00 am  
Wellness Workout  
6:00 pm - 7:00 pm

**25**  
Peaceful Practices: Journaling  
11:00 am - 12:00 pm  
Mind Body Ball 4 Kids  
5:00 pm - 6:00 pm  
Yoga  
6:30 pm - 7:30 pm



**26**  
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  
Men's Cancer Support Group@SCC  
6:30 pm - 8:00 pm

**27**  
**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

**28**  
Cooking Club  
11:30 am - 2:00 pm

**29**