

# MARCH 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

### OPEN CLUBHOUSE

WEDNESDAY, MARCH 13 | 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.

### TEEN SOCIAL

TUESDAY, MARCH 19 | 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.

### MINI CHEFS

TUESDAY, MARCH 26 | 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!

### CANCER CONNECTIONS

THURSDAY, MARCH 28 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Youth/Child Program Coordinator CSCCNJ  
This meet and greet will allow for children and teens, with a current or previous cancer diagnosis, to get together in a social setting with peers impacted by their own cancer. Caregivers are invited to participate in an orientation with staff to hear what CSCCNJ has to offer the entire family. Games and activities will be available and refreshments will be served.

## Community Events

**LATINO FAMILY DAY OF WELLNESS**  
**@SAINT PETER'S UNIVERSITY HOSPITAL**  
SATURDAY, MARCH 23 | 9:00 AM

Join us at St. Peter's University Hospital for the opportunity to experience a taste of CSCCNJ. Bring your family to participate in education, health & wellness, and nutrition programs.

\*\*All programs delivered in Spanish.\*\*

## Social Connections

### COOKING CLUB

FRIDAY, MARCH 29 | 11:30 AM - 2:00 PM

Katherine Schaible, LSW, Program Coordinator at CSCCNJ  
Where we meet, we eat! Join us in the CSC kitchen to prepare, cook and eat a healthy meal together. No experience required.  
LIMITED SPACE - First come, first serve!

## Health & Wellness

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

THURSDAY, MARCH 7 | 12:30 PM - 2:00 PM

WEDNESDAY, MARCH 13 | 5:30 PM - 7:00 PM

Kristine O'Hare, Reiki Master

A gentle process that enhances mental, emotional, physical & spiritual well-being with healing energy.

### MOVE AND TONE

THURSDAYS MARCH 14, 21, 28 | 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!

### MOVE INTO STILLNESS

FRIDAY, MARCH 8 | 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.

### CREATURE COMFORT: PET THERAPY

THURSDAY MARCH 14 | 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 volunteers and their dogs.

### RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, MARCH 16 | 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.

### EXPRESSIVE ARTS @CENTER FOR CONTEMPORARY ART

FRIDAY, MARCH 22 | 10:00 AM - 11:30 AM

Billie Marie Aber, Instructor

Learn to create a beautiful piece of art for a class at the Center for Contemporary Art. No artistic experience is necessary. Please call us at 908-658-5400 for more information.

## Nutrition

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

FRIDAY, MARCH 15 | 11:00 AM - 12:30 PM

Elise Scafuto, RD, and Susan Stimpson, RD & Personal Chef

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Move and Tone**

Thursdays at 10:00am



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



**Move into Stillness**

March 8th  
April 12th

Quilting  
1:00 pm - 3:00 pm

1

2

4  
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

5  
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

6  
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

7  
Living with Advanced Cancer Support Group  
11:00 am - 12:30 pm  
Reiki Circle  
12:30 pm - 2:00 pm Somerset  
Miracle Voice Club:  
Laryngectomy Group  
1:00 pm - 2:00 pm

8  
Move Into Stillness  
10:00 am - 11:00 am

9

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

12  
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

13  
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 Circle  
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

14  
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

15  
"C.H.E.F.S." Cooking, Healthy Eating, & Food Strategies  
11:00 am - 12:30 pm  
Quilting  
1:00 pm - 3:00 pm

16  
Restorative Yoga with Guided Meditation  
10:00 am - 11:30 am

18  
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

19  
Peaceful Practices: Spirituality  
11:00 am - 12:00 pm  
Bereavement Support Group  
5:30 pm - 7:00 pm  
Teen Social  
5:30 pm - 7:00 pm  
Yoga  
6:30 pm - 7:30 pm

20  
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  
Hope Rising  
6:00 pm

21  
Move and Tone  
10:00 am - 11:00 am  
Living with Advanced Cancer Support Group  
11:00 am - 12:30 pm

22  
Expressive Arts @Center for Contemporary Art  
10:00 am - 11:00 am

23  
Latino Family Day of Wellness @Saint Peter's University Hospital  
9:00 AM

25  
Wellness Workout @SCC  
10:00 am - 11:00 am  
Wellness Workout  
6:00 pm - 7:00 pm

26  
Peaceful Practices: Journaling  
11:00 am - 12:00 pm  
Mini Chefs  
5:00 pm - 6:00 pm  
Yoga  
6:30 pm - 7:30 pm

27  
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

28  
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  
Cancer Connections  
5:30 pm - 7:00 pm

29  
Cooking Club  
11:30 am - 2:00 pm

30

All of our programs are LGBTQ friendly.