

MAY 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.

Clubhouse Corner

OPEN CLUBHOUSE

WEDNESDAY, MAY 15 | 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.

MINI CHEFS

MONDAY, MAY 20 | 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 watch as the little chefs do all the work!

MIND BODY BALL 4 KIDS

TUESDAY, MAY 28 | 5:30 PM - 7:00 PM

Chris Calveley, 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. Come join us and have fun! All levels encouraged. No athletic skill necessary.

Community Events

WINGS OF HOPE

SATURDAY, JUNE 8TH

9:00 AM - 12:00 PM

Join us for a community day in celebration of National Cancer Survivor's Day. This day is a celebration for cancer survivors, an inspiration for those just beginning their journey, and a gathering of support for all those affected by cancer. Enjoy activities, a *Walk for Hope*, and more, all culminating in a live butterfly release to represent the "Wings of Hope."



Visit cancersupportcnj.org/wings for more information on how to register and start your own *Walk for Hope* team!

Health & Wellness

REIKI CIRCLE **LIMITED SPACE**

THURSDAY, MAY 2 | 12:30 PM - 2:00 PM

WEDNESDAY, MAY 8 | 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.

KINDNESS ROCKS!

WEDNESDAY, MAY 8 | 5:00 PM - 6:30 PM

Jesse Guzik, CCLS, Youth/Child Program Coordinator CSCCNJ

The Kindness Rocks Project was started to positively impact someone else's day. The messages shared will aim "to create kindness and cultivate compassion" and to inspire another when in need of a little pick me up. Join us to paint rocks, adding our favorite quotes and words of encouragement to spread joy in our community as we create our own Rock Garden. Come ready to paint and positively impact others by spreading kindness!

MOVE AND TONE

THURSDAYS, MAY 9, 16, 23, 30 | 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 choosing weights comfortable for you. This workout is lots of fun and modifications are offered. Come join us!

CREATURE COMFORT: PET THERAPY

THURSDAY, MAY 9 | 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.

MOVE INTO STILLNESS

FRIDAY, MAY 10 | 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.

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, MAY 18 | 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.

Education

SKIN CARE: SAFE FUN IN THE SUN

TUESDAY, MAY 28 | 12:30 PM - 1:30 PM

Elizabeth A. Quigley, MD, from Memorial Sloan-Kettering
Basking Ridge Department of Dermatology

This program will address how to protect your skin from the sun when you are having fun outdoors.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>CALENDAR KEY</p> <p>Red Programs - Special Programs Which Require Preregistration</p> <p>SCC - Steeplechase Cancer Center, Somerville, NJ</p> <p>RCINJ - Rutgers Cancer Institute of New Jersey, New Brunswick, NJ</p> <p>SPUH - Saint Peter's University Hospital, New Brunswick, NJ</p>	1	<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Hatha Yoga 10:00 am - 11:00 am</p> <p>T'ai Chi Chih 11:30 am - 12:30 pm</p> <p>Family & Friends Support Group 11:30 am - 1:00 pm</p> <p>Advanced Breast Cancer Support Group 11:30 am - 1:30 pm</p>	2	<p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 12:30 pm</p> <p>Reiki Circle 12:30 pm - 2:00 pm</p>	3	<p>Quilting 1:00 pm - 3:00 pm</p>	4
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<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	6	<p>Peaceful Practices: Medical Qi Gong 11:00 am - 12:00 pm</p> <p>Men's Cancer Support Group @SCC 11:00 am - 12:30 pm</p> <p>Bereavement Support Group 5:30 pm - 7:00 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	7	<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Blissful Breathing 10:00 am - 11:00 am</p> <p>T'ai Chi Chih 11:30 am - 12:30 pm</p> <p>Kindness Rocks! 5:00 pm - 6:30 pm</p> <p>Reiki Circle 5:30 pm - 7:00 pm</p> <p>Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm</p>	8	<p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 12:30 pm</p> <p>Bereavement Support Group 11:00 am - 12:30 pm</p> <p>Creature Comfort: Pet Therapy 12:30 pm - 1:30 pm</p>	9	<p>Move Into Stillness 10:00 am - 11:00 am</p>	10	11
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<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	13	<p>Peaceful Practices: Meditation 11:00 am - 12:00 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p> <p>Gynecological Cancer Support Group @RCINJ 7:00 pm - 8:30 pm</p> <p>Singing Bowls 7:45 pm - 8:30 pm</p>	14	<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Hatha Yoga 10:00 am - 11:00 am</p> <p>T'ai Chi Chih 11:30 am - 12:30 pm</p> <p>Family & Friends Support Group 11:30 am - 1:00 pm</p> <p>Advanced Breast Cancer Support Group 11:30 am - 1:30 pm</p> <p>Open Clubhouse 5:30 pm - 7:00 pm</p>	15	<p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 12:30 pm</p>	16	<p>Quilting 1:00 pm - 3:00 pm</p>	17	<p>Restorative Yoga with Guided Meditation 10:00 am - 11:30 am</p>	18
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<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p> <p>Mini Chefs 5:00 pm - 6:00 pm</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	20	<p>Peaceful Practices: Spirituality 11:00 am - 12:00 pm</p> <p>Bereavement Support Group 5:30 pm - 7:00 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	21	<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Blissful Breathing 10:00 am - 11:00 am</p> <p>T'ai Chi Chih 11:30 am - 12:30 pm</p> <p>Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm</p>	22	<p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 12:30 pm</p> <p>Bereavement Support Group 11:00 am - 12:30 pm</p>	23	24	25
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<p>OFFICE CLOSED</p> 	27	<p>Peaceful Practices: Journaling 11:00 am - 12:00 pm</p> <p>Skin Care: Safe Fun in the Sun 12:30 pm - 1:30 pm</p> <p>Mind Body Ball 4 Kids 5:00 pm - 6:00 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	28	<p>Wellness Workout @SCC 10:00 am - 11:00 am</p> <p>Hatha Yoga 10:00 am - 11:00 am</p> <p>T'ai Chi Chih 11:30 am - 12:30 pm</p> <p>Advanced Breast Cancer Support Group 11:30 am - 1:30 pm</p> <p>Family & Friends Support Group 11:30 am - 1:00 pm</p>	29	<p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 12:30 pm</p>	30	31	31
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All of our programs are LGBTQ friendly.