

OCTOBER 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.

Nutrition

FEEDING YOUR GUT MICROBIOME @RCINJ

TUESDAY, OCTOBER 22 | 11:00 AM - 2:00 PM

Elisa England, RD & Ellen Petrosino, RD

Gain an understanding of the impact genetics, diet, stress and the environment has on the microbiome. An interactive & delicious 90 min. of information, cooking, and sampling of recipes for a happy, healthy gut.

NUTRITION WORKSHOP: FAD DIETS

WEDNESDAY, OCTOBER 2 | 1:30 PM - 2:30 PM

Mary Giselle Ulbrich MS, RD, Atlantic Health-Morristown

Keto? Paleo? Intermittent fasting? Join our guest Registered Dietitian and get the skinny on the latest fad diets!

Survivorship

CANCER TRANSITIONS @ SMG BERKELEY HEIGHTS

THURSDAYS, OCT 17-NOV 21 | 6:00 PM - 8:30 PM

Your treatment is over...now what? Join us for a 6 week series for cancer survivors.

Social Connections

GAME NIGHT: POKER & RUMMIKUB

MONDAY, OCTOBER 28 | 6:30 PM - 8:00 PM

Participant Advisory Committee (PAC)

Learn how to play these games for a night of fun!

Education

MEDICAL MARIJUANA: BENEFITS, USE, AND THE LAW @EAST BRUNSWICK PUBLIC LIBRARY

THURSDAY, OCTOBER 17 | 7:00 PM - 8:30 PM

James C. Salwitz MD, RCCA Central Jersey Division

This presentation will explain the use and benefits of medical marijuana, especially as it pertains to people with chronic pain or diagnosed with cancer.

LYMPHEDEMA MANAGEMENT: WHAT YOU NEED TO KNOW @CSCCNJ

MONDAY, OCTOBER 21 | 10:30 AM - 12:00 PM

Katie Hutzayluk, MS, OT, Kessler Institute for Rehabilitation

In this workshop, explore the myths and recent scientific evidence about lymphedema, risk reduction techniques, and approaches to lymphedema.

BOOGEYMAN IN THE CLOSET

THURSDAY, OCTOBER 24 | 6:00 PM - 7:30 PM

Barbara W Hale MSW, LCSW, RCINJ

Discuss reducing the fears of cancer recurrence, death, and how to live fully in the face of cancer. All are welcome.

ASK THE NURSE: METASTATIC BREAST CANCER

WEDNESDAY, OCTOBER 30 | 11:30 AM - 1:00 PM

Jacquelyn Lauria, RN, APN-C

Learn about high risk factors, empowerment through healthy lifestyle choices, side effect management and new and developing treatments.

Clubhouse Corner

BIG TALK/SMALL TALK

WEDNESDAYS, OCTOBER 2, 9, 16, 23, 30 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Katherine Schaible, LSW, Program Coordinator at CSCCNJ

This 8 week group series will be an opportunity for parents in active treatment and their children. Preregistration and commitment to all 8 weeks are required.

KID SUPPORT/PARENT SUPPORT

THURSDAY, OCTOBER 17 | 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.

MINI CHEFS @CSCCNJ

MONDAY, OCTOBER 21 | 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!

S4F HALLOWEEN PARTY

THURSDAY, OCTOBER 24 | 5:30 PM - 7:00 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

Join us for a spooky night of Halloween Family Fun! Participate in crafts and games. Costumes encouraged but not required and dinner will be provided.

Health & Wellness

REIKI CIRCLE **LIMITED SPACE**

THURSDAY, OCTOBER 3 | 12:30 PM - 2:00 PM

WEDNESDAY, OCTOBER 9 | 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.

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU

TUESDAY, OCTOBER 8 | 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.

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, OCTOBER 19 | 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.

MOVE INTO STILLNESS

FRIDAY, OCTOBER 25 | 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <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>	<p>2</p> <p>Blissful Breathing 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 - 1:00 pm</p> <p>Mahjong 1:00 pm - 3:00 pm</p> <p>Nutrition Workshop: Fad Diets 1:30 pm - 2:30 pm</p> <p>Big Talk/Small Talk 5:30 pm - 7:00 pm</p> 	<p>3</p> <p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 1:00 pm</p> <p>Reiki 12:30 pm - 2:00 pm</p>	<p>4</p> <p>Quilting 1:00 pm - 3:00 pm</p>	<p>5</p>
<p>7</p> <p>Gynecological Cancer Support Group 12:00 pm - 1:30 pm</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p>8</p> <p>Balance, Harmony, Flow: Jin Shin Jyutsu 10:00 am - 11:00 am</p> <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>	<p>9</p> <p>Hatha Yoga 10:00 am - 11:00 am</p> <p>T'ai Chi Chih 11:30 am - 12:30 pm</p> <p>Mahjong 1:00 pm - 3:00 pm</p> <p>Reiki 5:30 pm - 7:00 pm</p> <p>Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm</p> <p>Big Talk/Small Talk 5:30 pm - 7:00 pm</p> 	<p>10</p> <p>Move and Tone 10:00 am - 11:00 am</p> <p>Bereavement Support Group 11:00 am - 12:30 pm</p> <p>Living with Advanced Cancer Support Group 11:00 am - 1:00 pm</p>	<p>11</p>	<p>12</p>
<p>14</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p>	<p>15</p> <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>	<p>16</p> <p>Blissful Breathing 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 - 1:00 pm</p> <p>Mahjong 1:00 pm - 3:00 pm</p> <p>Big Talk/Small Talk 5:30 pm - 7:00 pm</p> 	<p>17</p> <p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 1:00 pm</p> <p>Kid Support/Parent Support 5:30 pm - 7:00 pm</p> <p>Medical Marijuana: Benefits, Use, And The Law @East Brunswick Public Library 5:30 pm - 7:00 pm</p> <p>Cancer Transitions @SMG 6:00 pm - 8:30 pm</p> 	<p>18</p> <p>Quilting 1:00 pm - 3:00 pm</p>	<p>19</p> <p>Restorative Yoga with Guided Meditation 10:00 am - 11:30 am</p>
<p>21</p> <p>Lymphedema Management: What You Need to Know 10:30 am - 12:00 pm</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> 	<p>22</p> <p>Peaceful Practices: Journaling 11:00 am - 12:30 pm</p> <p>Feeding Your Gut Microbiome @RCINJ 11:00 am - 2:00 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	<p>23</p> <p>Hatha Yoga 10:00 am - 11:00 am</p> <p>T'ai Chi Chih 11:30 am - 12:30 pm</p> <p>Mahjong 1:00 pm - 3:00 pm</p> <p>Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm</p> <p>Big Talk/Small Talk 5:30 pm - 7:00 pm</p> 	<p>24</p> <p>Move and Tone 10:00 am - 11:00 am</p> <p>Bereavement Support Group 11:00 am - 12:30 pm</p> <p>Living with Advanced Cancer Support Group 11:00 am - 1:00 pm</p> <p>S4F Halloween Party 5:30 pm - 7:00 pm</p> <p>Boogeyman in the Closet 6:00 pm - 7:30 pm</p> <p>Cancer Transitions @SMG 6:00 pm - 8:30 pm</p> 	<p>25</p> <p>Move Into Stillness 10:00 am - 11:00 am</p>	<p>26</p>
<p>28</p> <p>Wellness Workout 6:00 pm - 7:00 pm</p> <p>Game Night: Poker & Rummikub 6:30 pm - 8:00 pm</p>	<p>29</p> <p>Bereavement Support Group 5:30 pm - 7:00 pm</p> <p>Yoga 6:30 pm - 7:30 pm</p>	<p>30</p> <p>Blissful Breathing 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>Ask the Nurse: Metastatic Breast Cancer 11:30 am - 1:00 pm</p> <p>Mahjong 1:00 pm - 3:00 pm</p> <p>Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm</p> <p>Big Talk/Small Talk 5:30 pm - 7:00 pm</p> 	<p>31</p> <p>Move and Tone 10:00 am - 11:00 am</p> <p>Living with Advanced Cancer Support Group 11:00 am - 1:00 pm</p> <p>Cancer Transitions @SMG 6:00 pm - 8:30 pm</p>	<p>CALENDAR KEY</p> <p>Red Programs - Special Programs Which Require Preregistration</p> <p>SCC - Steeplechase Cancer Center, Somerville, NJ</p> <p>SMG - Summit Medical Group-Berkeley Heights</p> <p>RCINJ - Rutgers Cancer Institute of New Jersey, New Brunswick, NJ</p> <p>SPUH - Saint Peter's University Hospital, New Brunswick, NJ</p> <p><i>All of our programs are LGBTQ friendly.</i></p>	