

SEPTEMBER 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

MINI CHEFS @ CSCCNJ

MONDAY, SEPTEMBER 16 | 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!

CANCER CONNECTIONS

WEDNESDAY, SEPTEMBER 18 | 5:00 PM - 6:30 PM

Jesse Guzik, CCLS, Child/Youth Program Coordinator CSCCNJ

This meet and greet will allow children and teens, with a current or previous cancer diagnosis, to get together in a social setting. Caregivers are invited to hear what CSCCNJ has to offer the entire family. Games and activities will be available and refreshments will be served.

KID SUPPORT/PARENT SUPPORT

THURSDAY, SEPTEMBER 19 | 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. These support groups will run on a monthly basis.

Education

NURSE NAVIGATION-HOW CAN WE HELP?

MONDAY, SEPTEMBER 16 | 1:30 PM - 2:30 PM

Nancy Satnowski, BSN, RN, OCN,
Hunterdon Regional Cancer Center

Nurse navigators help break through barriers that inhibit patients and caregivers to get support they deserve. This informative and supportive session will bring light to the complex system and the role of a Nurse Navigator.

THE ROLE OF EXERCISE @CSCCNJ

MONDAY, SEPTEMBER 30 | 10:30 AM - 12:00 PM

Daria Tavana, PT, DPT, Kessler Institute for Rehabilitation

Come learn the different ways to practice exercise through cardiovascular exercises, strength training, balance training and flexibility. All are welcome to join this workshop!

Nutrition

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

FRIDAY, SEPTEMBER 13 | 11:00 AM - 12:30 PM

Ellen Petrosino, RD, & 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.

Health & Wellness

REIKI CIRCLE **LIMITED SPACE**

THURSDAY, SEPTEMBER 5 | 12:30 PM - 2:00 PM

WEDNESDAY, SEPTEMBER 11 | 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.

EXPRESSIVE ARTS @CENTER FOR CONTEMPORARY ART

FRIDAY, SEPTEMBER 6 | 10:30 AM - 12:00 PM

Billie Marie Aber, Instructor

Join us for a hands-on art workshop where anyone can be an artist. No experience necessary.

BALANCE, HARMONY, FLOW: JIN SHIN JYUTSU

TUESDAY, SEPTEMBER 10 | 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.

CREATURE COMFORT: PET THERAPY

WEDNESDAY, SEPTEMBER 18 1:00 PM - 2:00 PM

Dogs & Their Humans, from Creature Comfort Pet Therapy

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

RESTORATIVE YOGA WITH GUIDED MEDITATION

SATURDAY, SEPTEMBER 21 | 10:00 AM - 11:30 AM

Anna Palma, Yoga Instructor from Essence Yoga

With 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, SEPTEMBER 27 | 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 connection with the body and a relaxed and focused state.

Social Connections

BOOK CLUB KICK-OFF

MONDAY, SEPTEMBER 9 | 1:00 PM - 3:00 PM

Participant Advisory Committee (PAC)

Not a book worm? That's OK! We will discuss book suggestions, discussion questions, when the book club meets, and ways to make this a meaningful offering at CSCCNJ.

LUNCH & LEARN SOCIAL: COMPUTER BASICS

THURSDAY, SEPTEMBER 12 | 1:00 PM - 3:00 PM

Participant Advisory Committee (PAC)

Join Bob Delmont, PAC member, in an open forum to discuss basic skills for using a computer. Bring your lunch and your questions!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFFICE CLOSED 2 	3 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	4 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 - 1:00 pm Mahjong 1:00 pm - 3:00 pm	5 Move and Tone 10:00 am - 11:00 am Living with Advanced Cancer Support Group 11:00 am - 1:00 pm Reiki 12:30 pm - 2:00 pm	6 Expressive Arts @Center for Contemporary Art 10:30 am - 12:00 pm Quilting 1:00 pm - 3:00 pm	7
9 Book Club Kick-Off 1:00 pm - 3:00 pm Wellness Workout 6:00 pm - 7:00 pm	10 Balance, Harmony, Flow: Jin Shin Jyutsu 10:00 am - 11:00 am 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	11 Hatha Yoga 10:00 am - 11:00 am T'ai Chi Chih 11:30 am - 12:30 pm Mahjong 1:00 pm - 3:00 pm Reiki 5:30 pm - 7:00 pm Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm	12 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 Somerset Miracle Voice Club: Laryngectomy Group 1:00 pm - 2:00 pm Lunch & Learn Social: Computer Basics 1:00 pm - 3:00 pm	13 "C.H.E.F.S." Cooking, Healthy Eating, & Food Strategies 11:00 am - 12:30 pm	14
16 Gynecological Cancer Support Group 12:00 pm - 1:30 pm Nurse Navigation-How Can We Help? 1:30 pm - 2:30 pm Mini Chefs 5:00 pm - 6:00 pm Wellness Workout 6:00 pm - 7:00 pm 	17 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	18 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 - 1:00 pm Creature Comfort: Pet Therapy 1:00 pm - 2:00 pm Mahjong 1:00 pm - 3:00 pm Cancer Connections 5:00 pm - 6:30 pm 	19 Move and Tone 10:00 am - 11:00 am Living with Advanced Cancer Support Group 11:00 am - 1:00 pm Kid Support/Parent Support 5:30 pm - 7:00 pm 	20 Quilting 1:00 pm - 3:00 pm	21 Restorative Yoga with Guided Meditation 10:00 am - 11:30 am  11:30 am - 12:00 pm
23 Wellness Workout 6:00 pm - 7:00 pm	24 Peaceful Practices: Journaling 11:00 am - 12:00 pm Yoga 6:30 pm - 7:30 pm	25 Hatha Yoga 10:00 am - 11:00 am T'ai Chi Chih 11:30 am - 12:30 pm Mahjong 1:00 pm - 3:00 pm Men's Cancer Support Group@SCC 6:30 pm - 8:00 pm	26 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	27 Move Into Stillness 10:00 am - 11:00 am	28
30 The Role of Exercise 10:30 am - 12:00 pm Wellness Workout 6:00 pm - 7:00 pm	<div style="text-align: center;">  <h2>Check out Mahjong!</h2> <p>This new social offering takes place every Wednesday 1-3pm hosted by the Participant Advisory Committee (PAC) Contact them at pac5400@gmail.com</p> </div>				