

# THE PILLAR

Your quarterly newsletter from the Cancer Support Center

## What's Inside

- New Special Programs
- Calendar of Programs
- Event Highlights
- ...and more!



### Mandala Art Workshop

**Wednesday, December 6th | 1-2:30 p.m. | Homewood**

Come and experience mandala making. Mandala is Sanskrit for "magic circle." There is an additional opportunity to be a part of a research study if you consent. You can participate in this workshop and choose not to be part of the research. Please call 708-798-9171 or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

### Winter Watercolor Workshop

**Friday, December 8th | 10:30-12 p.m. | Mokena**

We will create a sparkly, winter birch tree scene. Control, we will let it go! And embrace the beauty of this season. Please call 708-478-3529 or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

### Altered Bowl

**Friday, January 26th | 10:30-12 p.m. | Homewood**

Break through expectations, be in the moment, and find acceptance in the new. We will break & then reconstruct our bowls, creating a uniquely altered piece. Please bring a small bowl & towel. Please call 708-798-9171 or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

### Board Game Night

**Tuesday, January 30th | 4-5:30 p.m. | Mokena**

Join us for a cozy winter themed gaming night. Light snacks provided. All ages are welcome. Please call 708-478-3529 to register.

### Luminaries for Loved Ones

**Friday, February 16th | 10:30-12 p.m. | Mokena**

We will create unique luminaries to remember our loved ones through this winter season. You may bring a small picture of your loved one to share. Please call 708-478-3529 or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

### Kids Group with Parent Meetup

**Mondays | 4-5 p.m. | February 5th through March 18th | Homewood**

Join us for our 6-week group for children aged 5-12 impacted by cancer. This group will provide a space to support children impacted by cancer by utilizing structured topics and art therapy to process their cancer related issues in an expressive and age-appropriate manner. The groups aim to educate and create connections between children to decrease feelings of isolation, frustration, and fear of the unknown frequently associated with a cancer diagnosis. If you have any questions, please call 708-798-9171.

*\*Parents and Guardians are invited to enjoy light refreshments and networking with one another in a separate space while the kids meet.*

### Kids Art4Soul Outing

**Monday, February 26th | 4-5 p.m.**

Come join us to make art at Art4Soul in downtown Homewood. Kids aged 5-12 who are impacted by cancer are welcome. Please call 708-798-9171 or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

### Kids Winter Mini-Camp

**Wednesday, January 3rd | 9-12pm | Homewood**

**Thursday, January 4th | 9-12pm | Mokena**

Join us for some Winter Break fun! Kids aged 5-12 are invited to join us for a morning of fun-filled activities at the center. Please email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) or call either location to register.

### **New!** CSC at School

#### **Why we are providing school-based support:**

Finances, transportation, and unpredictable changes to schedules can push counseling and other supportive services to the bottom of the to do list for families impacted by cancer. We hope by providing options for students to receive FREE support at their school that we can help to remove some of the barriers to support and help students impacted by cancer thrive during a difficult time. Available supports include individual support, counseling and art therapy groups, school workshops, and staff trainings and workshops.

### Themes for Monday and Tuesday Art Therapy Groups

December: Winter Art Making    January: Drawing    February: Heart Art



## Grieving Through The Holidays

**Thursday, December 14th | 5-6 p.m. | Virtual**

Join us for an evening of learning, discussion and fellowship as we explore grief during the holiday season. The evening will focus on ways to create a special place for yourself and your grief amid the activity and celebration of the season. This program is open to any loss, not just cancer. **Facilitated by Jason Kieffer, LCPC. Call (708) 798-9171 to register.**

## Lymphedema Presentation

**Friday, January 26th | 2 p.m. | Virtual**

Lymphedema is an ongoing side effect that many women and men experience after some types of cancer treatment. In this presentation, we will learn about what lymphedema is, how to prevent it, and how it is treated. There will be a special focus on breast cancer and lymphedema, but all diagnoses are welcome. **Presented by Doctor of Physical Therapy, Lauren Mansell.**



Lauren Mansell  
Physical Therapist

## Intro to Medical Imaging

**Wednesday, January 31st | 4-5 p.m. | Virtual**

What is the difference between an MRI and a CT scan? How much radiation dose do I get from an x-ray? When is an ultrasound appropriate? In this session, we will discuss the different types of medical imaging and the science behind them, describe the pros and cons of each, and answer any questions about medical imaging that you may have. **Presented by Chris Stepaniak, PhD DABR.**

## Pelvic Floor PT, Basics and Q&A

**Friday, February 23rd | 11-12 p.m. | Virtual**

Join Doctor of Physical Therapy and certified Pelvic Floor Physical Therapist, Lauren Mansell to learn about Pelvic Floor Dysfunction in Cancer survivorship, what it is, and what you can do to help. Bring your questions!



## Intimacy & Cancer Discussion

**Friday, February 9th | 11-12 p.m. | Homewood**

We will discuss concerns, myths, and realities of intimacy & life with cancer. We will share, listen & learn together, in a safe & respectful space. Please call 708-798-9171 or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

## Navigating Relationships for Young Adult Survivors (18-40ish)



**Wednesday, February 28th | 5-6 p.m. | Virtual**

From the cringe comments made by acquaintances to the friendships that grow stronger, living with cancer impacts all relationships, for better or worse. Join us as we discuss navigating boundaries, interactions with acquaintances, and developing thriving relationships while living with cancer as a young adult. To register please call 708-798-9171 or email [aweider@cancersupportcenter.org](mailto:aweider@cancersupportcenter.org).

For individual nutrition consultations please contact Chris Rosandich at 708-995-0367.

## Healthy Eating in 2024; Fighting Inflammation & Increasing Energy Tuesday, December 12th | 10-11:30 a.m. | Homewood

Inflammation may be a factor in weight gain, daily aches and pains and increased levels of anxiety. Discover tips to help improve health, increase energy and reduce inflammation. Anti-inflammatory recipes will be available to try. To register please call 708-798-9171.

**Presented by Chris Rosandich, MS, Nutrition Educator.**



## Cooking with Chef Marcia; Tasty Winter Squashes Tuesday, January 30th | 10:30-12 p.m. | Homewood

Pumpkins may get the most attention however they are just one of dozens of seasonal squash varieties in the Cucurbitaceae (gourd) family. Squashes are a great source of fiber, potassium, vitamin A, and vitamin C. Join Chef Marcia as she demonstrates the amazing ways to make winter squash. To register please call 708-798-9171. **Presented by: Culinary Chef Marcia Kuchta.**

## Fun with Chef Lesley Shworles: The Healthiest Carbs That Taste Amazing Tuesday, January 23rd | 9:30-11 a.m. | Mokena



Carbohydrates are an essential part of a healthy diet, and they provide many important nutrients. Chef Lesley will have fun exploring how to make healthy carbohydrates work in a balanced diet and taste amazing! To register please call 708-478-3529. **Presented by: Chef Lesley Shworles.**

## Top Supplements for Optimal Health-2 Part Class PART I | Wednesday, January 24th | 10:30-11:45 a.m. | Mokena PART II | Wednesday, January 31st | 10:30-11:45 a.m. | Mokena

**PART I**—Kris will discuss how to choose quality natural supplements to enhance your health and support your body during and after treatment as well as sharing which supplements can support immune health and reduce inflammation. To register please call 708-478-3529.

**PART II**—Kris will share ways to improve digestive health, improve energy and fight back against infections. Q & A session at the end of each presentation. Light snack will be served. To register please call 708-478-3529.

**Presented by Kris Geigner, Owner of Health Nutz Natural Foods.**

## Healthy Lifestyle Program - Mokena & Homewood

Mokena | 6-week program | Nutrition with Chris, 12-12:40 p.m. | Fitness with Amanda, 12:45-1:30 p.m.

**Mokena: Wednesdays, January 17, 24, 31 and February 7, 14, 21**

Homewood | 6-week program | Nutrition with Chris, 2:30-3:10 p.m. | Fitness with Roy, 3:15-4 p.m.

**Homewood: Thursdays, January 25, February 1, 8, 15, 22, 29**

Healthy Lifestyle is a 6-week program designed to help support, empower and challenge you towards achieving your goals. Each week you will meet in-person with a nutrition educator and a fitness instructor. By committing yourself weekly to this program, you will be encouraged through instruction and group support to create healthy habits and strive towards optimal health. You will learn advanced nutrition information and fitness methods that are designed to teach you safe and effective ways to improve your health and vitality. This is the perfect time to focus on a healthier you! To register please call either location.

**Mokena Program Facilitated by Chris Rosandich, MS, Nutrition Educator and Amanda McLaughlin, Personal Trainer.**

**Homewood Program Facilitated by Chris Rosandich, MS, Nutrition Educator and Roy Alfonso, (CFS) Certified Fitness & Functional Movement Specialist.**

For individual nutrition consultations please contact Chris Rosandich at 708-995-0367.

## Healthy & Homemade with Gwen Giampaolo: Breakfast for Dinner

**Thursday, January 25th | 11:30-1 p.m. | Mokena**

Having breakfast for dinner helps break up the monotony and makes eating fun. Eggs are the perfect protein; they are a fast way to prepare dinner and it feels special. Gwen will make an amazing frittata and other breakfast favorites. Kakadoodle Farms and Arise & Grow Microgreens has graciously offered to donate some of the ingredients and will join us to share their health benefits. To register please call 708-478-3529. **Presented by Gwen Giampaolo.**

## Fermented Foods for Digestive Health, Boosting Mood and Energy

**Thursday, February 15th | 10:30-11:45 a.m. | Mokena**

Superfoods, including fermented foods allow us to add healthy gut bacteria which are natural probiotics and are necessary to boost the immune system, help fight illnesses and support optimal digestive health. There is scientific research that by changing your diet you can change your metabolism and brain chemistry, ultimately affecting your energy level and mood. Samples will be available to try. To register please call 708-478-3529. **Presented by Koren Finnestad, Owner of Drover's Trail Natural Farms.**

## Cooking with Chef Marcia; Spoonful of Comfort

**Tuesday, February 20th | 10:30-12 p.m. | Homewood**

A recent study in the journal of Psychological Science reports that turning to comfort foods can improve your mood. Data from this research shows that consuming foods associated with good thoughts and warm feelings improves a sense of well-being. Chef Marcia will explore fabulous recipes. To register please call 708-798-9171. **Presented by: Culinary Chef Marcia Kuchta.**

## Healthy & Homemade with Gwen: Pizza Bar using Fresh Ingredients

**Thursday, February 22nd | 11:30-1 p.m. | Mokena**

Eating healthy pizza can provide several benefits for your diet and health. Homemade means less preservatives and the freedom to use all of your favorite toppings. You will absolutely love Gwen's pizza. To register please call 708-478-3529. **Presented by: Chef Gwen Giampaolo.**



## Fitness & Physical Wellness Special Programs

### Boost Your Fitness Goals Incentive:

Keep your fitness goals on track in the new year. Every time you attend a fitness class in Homewood or Mokena in January and February, your name will be entered into a drawing for a possible prize. Drawings will take place in March.

### Instructional Movement for Pain Reduction -

*Presented by Roy Alfonso: Fitness and Medical Exercise Specialist*

**December 18th, January 22nd & February 26th | 2-3 p.m. | Homewood**

In a small group setting, Roy works with each person individually instructing on which corrective movements can best help in reducing pain, increasing flexibility and balance. This program is a wonderful opportunity for you to learn what exercises can help ease chronic pain. Please call 708-798-9171 to register. **Presented by Roy Alfonso.**

## Education & Networking Groups

**\*For IL residents only. Please feel free to reach out to us with any questions or concerns.**

**Bereavement Group | Virtual**  
1st and 3rd Thursday of the month from 5 to 6 p.m.

**Blood Cancer Networking Group | Virtual**  
Last Thursday of the month from 4 to 5 p.m.

**Brain Tumor Networking Group | Mokena**  
2nd Thursday of the month from 6 to 7:30 p.m.  
Call 708-478-3529 to register.

**Breast Cancer Networking Group | Virtual**  
1st Wednesday of the month from 6 to 7:30 p.m.

**Caregivers Networking Group | Virtual**  
3rd Tuesday of the month from 5 to 6 p.m. Please call either location (708) 798-9171 or (708) 478-3529 or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register

**Colorectal Cancers Group | Virtual**  
2nd Monday of the month from 12 to 1 p.m.

**Gynecological Cancer Networking | Virtual**  
3rd Wednesday of the month from 12 to 1 p.m.

**NEW Head and Neck Cancers Networking Group | Virtual**  
Last Monday of the month from 4 to 5 p.m.

**NEW LGBTQ+ Networking Group | Virtual**  
1st Tuesday of the month from 5 to 6 p.m.  
Join us for our new LGBTQ+ networking group! The LGBTQ+ networking group is intended to build intersectional support for LGBTQ+ individuals at any stage of the cancer journey, whether currently in treatment or post-treatment. Networking groups provide opportunities to build community, identify coping strategies, and find new resources.

**Lung Cancer Networking Group | Virtual**  
Last Wednesday of the month from 12 to 1 p.m.

**Men's Discussion Group | Virtual**  
Every Thursday from 12:30 to 1:30 p.m.

**Metastatic Breast Cancer Networking Group | Virtual**  
1st Wednesday of the month from 5 to 6 p.m.

**NEW Prostate Cancer Networking Group | Virtual**  
Last Thursday of the month from 5 to 6 p.m.

**Sista's of Hope Networking Group | Hybrid**  
3rd Wednesday of the month from 6 to 7 p.m.  
This peer led group is offered both in person and virtually for African American/Black Women with Breast Cancer.

**Cancer Support Group | In person**  
Homewood: Last Tuesday of the month; 12-1 p.m.  
Mokena: 3rd Monday of the month; 2-3 p.m.  
*Being diagnosed with cancer can be a very isolating experience. Groups are a place where patients can receive support from others who truly get it in addition to learning more about resources and coping skills by networking with others. This is a group for anyone with anyone type of cancer.*

**Young Adult Breast Cancer Networking Group | Virtual**  
4th Tuesday of the month from 5 to 6 p.m.

**Young Adult Networking Group | Virtual**  
2nd Tuesday of the month from 5 to 6 p.m.  
For those between 18-40ish years of age.

## Counseling & Stress Management

**Individual, Family, and Couples Counseling | In-Person or Virtually**

Contact Jason Kieffer for more information.

[jkieffer@cancersupportcenter.org](mailto:jkieffer@cancersupportcenter.org) \*Counseling sessions must take place in Illinois. **Please call 708-995-0368 if you have any questions.**

### **NEW** Knit & Crochet Group

**HOMEWOOD (Starting in January)** - Every Monday from 12-1 p.m.

**MOKENA** - Every Wednesday from 2-3:30 p.m.

All are welcome to come join this group to work on current knit, crochet, and other projects, as well as beginners who are looking to learn the basics. Yarn and basic tools provided. Call either location to register.

### **NEW TIME** Afternoon BINGO | Homewood

Bi-weekly on Thursdays from 1:30-2:30 p.m.

Bring your lunch, or a snack, and play Bingo! The games will start promptly at 1:45pm and end at 2:30 pm. There will be prizes for the winners.

### Art Journaling | Virtual

Email Kelly [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to receive a prompt each Thursday in your inbox.

### Art Open Studio | Homewood

Every Wednesday from 1 to 2:30 p.m.

### Art Therapy | Homewood

Every Monday from 1:30 to 3 p.m.

### Art Therapy | Mokena

Every Tuesday from 2 to 3:30 p.m.

### Journeying Inward: Deep Relaxation for Well-Being & Stress Relief | Virtual

Third Wednesday of the month from 3 to 4 p.m.

### Monday Meditation with Cecily | Virtual

Every Monday from 1 to 1:30 p.m.

### Tibetan Bowls | Mokena

Please call 708-478-3529 for more information.

### Soundbath | Homewood

Every Thursday of each month from 12 to 1 p.m. Registration is required, call 708-798-9171

## Fitness & Physical Wellness

### Boost Your Fitness Goals Incentive

Keep your fitness goals on track in the new year. Every time you attend a fitness class in Homewood or Mokena in January and February, your name will be entered into a drawing for a possible prize. Drawings will take place in March.

### Chair Yoga with Cecily | Virtual

Every Monday from 12 to 1 p.m.

### Gentle Floor Yoga Nidra with Karen Hybrid | Mokena or Virtual

Every Tuesday from 11 a.m. to 12 p.m.

### Gentle Yoga with Marcela | Homewood

Every Wednesday from 2:30 to 3:30 p.m.

### Moves That Matter Personal Training **NEW FORMAT** | Presenter-Roy Alfonso Homewood

Every Tuesday from 2 to 2:45 p.m.

### Yoga Relax and Restore with Marcela: Chair/Floor | Mokena

Every Thursday from 2:30 to 3:30 p.m.

Call 708-478-3529 to register.

### Zumba Toning® with Lori Hybrid | Mokena or Virtual

Every Monday from 9 to 9:45 a.m.

### Zumba Gold with Denise | Homewood

Every Monday and Wednesday from 11 a.m. to 12 p.m.

Call 708-798-9171 to register.

### Wig Boutique

\*By Appointment Only

The Cancer Support Center wig boutique provides high-quality wigs in a wide range of styles, colors, and textures to those undergoing chemo and experiencing hair loss. Contact us via email or by phone at 708-798-9171 or 708-478-3529 to schedule a fitting.

# December 2023

**Monday**

**Tuesday**

**Wednesday**

<p><b>4</b> 9-9:45a: Zumba Toning            11-12p: Zumba Gold            12-1p: Gentle Chair Yoga            1-1:30p: Meditation            1:30-3p: Art Therapy</p>	<p><b>5</b> 9:30-10:15a: Tibetan Bowls            11-12p: Gentle Floor Yoga Nidra            2-2:45p: Moves that Matter            2-3:30p: Art Therapy            5-6p: LGBTQ+ Networking Group</p>	<p><b>6</b> 11-12p: Zumba Gold            1-2:30p: Mandala Art Workshop            2-3:30p: Knit and Crochet Group            2:30-3:30p: Gentle Yoga            5-6p: Metastatic Breast Cancer Group            6-7:30p: Breast Cancer Group</p>
<p><b>11</b> 9-9:45a: Zumba Toning            11-12p: Zumba Gold            12-1p: Gentle Chair Yoga            1-1:30p: Meditation            1:30-3p: Art Therapy            5-7p: CSC Holiday Party</p>	<p><b>12</b> 10:30-12p: Fighting Inflammation &amp; Increasing Energy            11-12p: Gentle Floor Yoga Nidra            2-2:45p: Moves that Matter            2-3:30p: Art Therapy            5-6p: Young Adult Networking</p>	<p><b>13</b> 11-12p: Zumba Gold            1-2:30p: Art Open Studio            2:30-3:30p: Gentle Yoga            2-3:30p: Knit and Crochet Group</p>
<p><b>18</b> 9-9:45a: Zumba Toning            11-12p: Zumba Gold            12-1p: Gentle Chair Yoga            1-1:30p: Meditation            1:30-3p: Art Therapy            2-3p: Cancer Support &amp; Networking Group            2-3p: Instructional Movement for Pain Reduction</p>	<p><b>19</b> 9:30-10:15a: Tibetan Bowls            11-12p: Gentle Floor Yoga Nidra            2-2:45p: Moves that Matter            2-3:30p: Art Therapy</p>	<p><b>20</b> 11-12p: Zumba Gold            1-2:30p: Art Open Studio            12-1p: Gynecological Cancer Group            2-3:30p: Knit and Crochet Group            2:30-3:30p: Gentle Yoga            3-4p: Journeying Inward            6-7p: Sistas of Hope</p>
<p><b>25</b>  <b>BOTH CENTERS            CLOSED FOR            CHRISTMAS</b></p>	<p><b>26</b>  <b>BOTH CENTERS            CLOSED FOR            CHRISTMAS</b></p>	<p><b>27</b> 11-12p: Zumba Gold            12-1p: Lung Cancer Networking            1-2:30p: Art Open Studio            2:30-3:30p: Gentle Yoga</p>



Purple: Homewood    Blue: Mokena    Green: Virtual

Thursday

Friday

Sat/Sun

	1	2 3
<b>7</b> All Day: Art Journaling 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 1:30-2:30p: BINGO 2:30-3:30p: Yoga: Chair/Floor 5-6p: Bereavement	<b>8</b> 10:30-12p: Winter Watercolor Workshop	9 10
<b>14</b> All Day: Art Journaling 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-3:30p: Yoga; Chair/Floor 5-6p: Grieving Through The Holidays 6-7:30p: Brain Tumor Group	<b>15</b>	16 17
<b>21</b> All Day: Art Journaling 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-3:30p: Yoga: Chair/Floor 5-6p: Bereavement Group	<b>22</b> BOTH CENTERS CLOSED FOR STAFF DAY	23 24
<b>28</b> All Day: Art Journaling 12:30-1:30p: Men's Discussion Group 2:30-3:30p: Yoga: Chair/Floor 4-5p: Blood Cancer Group 5-6p: Prostate Cancer Group	<b>29</b>	30 31

# January 2024

**Monday**

**Tuesday**

**Wednesday**

<p><b>1</b> <b>BOTH CENTERS CLOSED FOR NEW YEARS DAY</b></p>	<p><b>2</b> 11-12p: Gentle Floor Yoga Nidra 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: LGBTQ+ Networking Group</p>	<p><b>3</b> 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit &amp; Crochet 2:30-3:30p: Gentle Yoga 5-6p: Metastatic Breast Cancer Group 6-7:30p: Breast Cancer Group</p>
<p><b>8</b> 9-9:45a: Zumba Toning 11-12p: Zumba Gold 12-1p: Knit &amp; Crochet Group 12-1p: Colorectal Cancers Group 12-1p: Gentle Chair Yoga 1-1:30p: Meditation 1:30-3p: Art Therapy</p>	<p><b>9</b> 11-12p: Gentle Floor Yoga Nidra 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Young Adult Networking</p>	<p><b>10</b> 11-12p: Zumba Gold 1-2:30p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga</p>
<p><b>15</b> <b>BOTH CENTERS CLOSED FOR MLK DAY</b></p>	<p><b>16</b> 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra 2-3:30p: Art Therapy 2-2:45p: Moves that Matter</p>	<p><b>17</b> 11-12p: Zumba Gold 12-1p: Gynecological Cancer Group 12-1:30p: Healthy Lifestyle 1-2:30p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga 3-4p: Journeying Inward 6-7p: Sistas of Hope</p>
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Purple: Homewood    Blue: Mokena    Green: Virtual

Thursday

Friday

Sat/Sun

<p><b>4</b> All Day: Art Journaling  <b>12-1p: Sound Bath</b>  <b>2:30-3:30p: Yoga: Chair/Floor</b>  <b>12:30-1:30p: Men's Discussion Group</b>  <b>5-6p: Bereavement Group</b></p>	<p><b>5</b></p>	<p><b>6</b></p> <p style="text-align: right;"><b>7</b></p>
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<p><b>25</b> All Day: Art Journaling  <b>11:30-1p: Healthy &amp; Homemade with Gwen</b>  <b>12-1p: Sound Bath</b>  <b>12:30-1:30p: Men's Discussion Group</b>  <b>2:30-4p: Healthy Lifestyle</b>  <b>2:30-3:30p: Yoga: Chair/Floor</b>  <b>4-5p: Blood Cancer Group</b>  <b>5-6p: Prostate Cancer Group</b></p>	<p><b>26</b></p> <p><b>10:30-12p: Altered Bowl Workshop</b></p>	<p><b>27</b></p> <p style="text-align: right;"><b>28</b></p>

# February 2024

**Monday**

**Tuesday**

**Wednesday**

<p><b>5</b> 9-9:45a: Zumba Toning          11-12p: Zumba Gold          12-1p: Gentle Chair Yoga          12-1p: Knit &amp; Crochet Group          1-1:30p: Meditation          1:30-3p: Art Therapy          4-5p: Kids Group/Parents meet up</p>	<p><b>6</b> 9:30-10:15a: Tibetan Bowls          11-12p: Gentle Floor Yoga Nidra          2-2:45p: Moves that Matter          2-3:30p: Art Therapy          6-7p: LGBTQ+ Networking Group</p>	<p><b>7</b> 11-12p: Zumba Gold          12-1:30p: Healthy Lifestyle          1-2:30p: Art Open Studio          2-3:30p: Knit and Crochet Group          2:30-3:30p: Gentle Yoga          5-6p: Metastatic Breast Cancer Group          6-7:30p: Breast Cancer Group</p>
<p><b>12</b> 9-9:45a: Zumba Toning          11-12p: Zumba Gold          12-1p: Colorectal Cancers Group          12-1p: Gentle Chair Yoga          12-1p: Knit &amp; Crochet Group          1-1:30p: Meditation          1:30-3p: Art Therapy          4-5p: Kids Group/Parents Meet up</p>	<p><b>13</b> 11-12p: Gentle Floor Yoga Nidra          2-2:45p: Moves that Matter          2-3:30p: Art Therapy          5-6p: Young Adult Networking</p>	<p><b>14</b> 11-12p: Zumba Gold          12-1:30p: Healthy Lifestyle          1-2:30p: Art Open Studio          2-3:30p: Knit and Crochet Group          2:30-3:30p: Gentle Yoga</p>
<p><b>19</b>  <b>BOTH CENTERS          CLOSED FOR          PRESIDENTS' DAY</b></p>	<p><b>20</b> 9:30-10:15a: Tibetan Bowls          10:30-12p: Cooking with Chef Marcia; Spoonful of Comfort          11-12p: Gentle Floor Yoga Nidra          2-2:45p: Moves that Matter          2-3:30p: Art Therapy</p>	<p><b>21</b> 11-12p: Zumba Gold          12-1p: Gynecological Cancer Group          12-1:30p: Healthy Lifestyle          1-2:30p: Art Open Studio          2:30-3:30p: Gentle Yoga          2-3:30p: Knit and Crochet Group          3-4p: Journeying Inward          6-7p: Sistas of Hope</p>
<p><b>26</b> 9-9:45a: Zumba Toning          11-12p: Zumba Gold          12-1p: Gentle Chair Yoga          12-1p: Knit &amp; Crochet Group          1-1:30p: Meditation          1:30-3p: Art Therapy          2-3p: Instructional Movement for Pain Reduction          4-5p: Head &amp; Neck Cancers Networking          4-5p: Kids Group/Parents Meet up</p>	<p><b>27</b> 11-12p: Gentle Floor Yoga Nidra          12-1p: Cancer Support Group          2-2:45p: Moves that Matter          2-3:30p: Art Therapy          5-6p: Young Adult Breast Cancer Group</p>	<p><b>28</b> 11-12p: Zumba Gold          12-1p: Lung Cancer Networking          1-2:30p: Art Open Studio          2-3:30p: Knit and Crochet Group          2:30-3:30p: Gentle Yoga          5-6p: Navigating Relationships for Young Adult Survivors</p>

Purple: Homewood    Blue: Mokena    Green: Virtual

**Thursday**

**Friday**

**Sat/Sun**

<p><b>1</b> All Day: Art Journaling          12-1p: Sound Bath          1:30-2:30p: BINGO          2:30-4p: Healthy Lifestyle          2:30-3:30p: Yoga: Chair/Floor          12:30-1:30p: Men's Discussion Group          5-6p: Bereavement Group</p>	<p><b>2</b></p>	<p><b>3</b></p> <p style="text-align: right;"><b>4</b></p>
<p><b>8</b> All Day: Art Journaling          12-1p: Sound Bath          12:30-1:30p: Men's Discussion Group          2:30-4p: Healthy Lifestyle          2:30-3:30p: Yoga: Chair/Floor          6-7:30p: Brain Tumor Group</p>	<p><b>9</b></p> <p>11-12p: Intimacy &amp; Cancer Discussion</p>	<p><b>10</b></p> <p style="text-align: right;"><b>11</b></p>
<p><b>15</b> All Day: Art Journaling          12-1p: Sound Bath          10:30-11:45a: Fermented Foods for Digestive Health          12:30-1:30p: Men's Discussion Group          1:30-2:30p: BINGO          2:30-3:30p: Yoga: Chair/Floor          2:30-4p: Healthy Lifestyle          5-6p: Bereavement Group</p>	<p><b>16</b></p> <p>10:30-12p: Luminaries for Loved Ones</p>	<p><b>17</b></p> <p style="text-align: right;"><b>18</b></p>
<p><b>22</b> All Day: Art Journaling          12-1p: Sound Bath          11:30-1p: Healthy &amp; Homemade with Gwen; Pizza Bar          12:30-1:30p: Men's Discussion Group          2:30-3:30p: Yoga: Chair/Floor          2:30-4p: Healthy Lifestyle</p>	<p><b>23</b></p> <p>11-12p: Pelvic Floor PT basics Q&amp;A</p>	<p><b>24</b></p> <p style="text-align: right;"><b>25</b></p>
<p><b>29</b> All Day: Art Journaling          1:30-2:30p: BINGO          12:30-1:30p: Men's Discussion Group          2:30-4p: Healthy Lifestyle          2:30-3:30p: Yoga: Chair/Floor          4-5p: Blood Cancer Networking          5-6p: Prostate Cancer Networking</p>		

## Lynn Panici Golf Outing Idlewild Country Club, Flossmoor IL Flossmoor Country Club, Flossmoor IL

A huge thank you to everyone who sponsored the Lynn Panici Golf Outing. Your commitment means the world to us, and we are truly grateful for your support.



## Pink-A-Boo Walk of Hope CSC Homewood, IL

Thank you to all of our sponsors from our 2023 Pink-A-Boo Walk of Hope! The event was a huge success and we were able to raise more than \$70,000! Thank you to everyone who made this event possible!



## Fall Photo Album



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**Homewood Center**

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Homewood, IL 60430  
708-798-9171

**Mokena Center**

19645 S. Lagrange Road  
Mokena, IL 60448  
708-478-3529

**Hours of Onsite Operation**

Monday-Friday | 10 a.m. to 4 p.m.  
Saturday-Sunday | Closed

**Daily Availability by Phone**

Monday-Friday | 9 a.m. to 5 p.m.  
Saturday-Sunday | Closed

[cancersupportcenter.org](http://cancersupportcenter.org)



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