

THE PILLAR

Your quarterly newsletter from the Cancer Support Center



Healthy Holiday Cooking Classes

Spice up your season with one of our Nutrition Programs! Discover festive, delicious recipes perfect for holiday gatherings. From Shepherd's Pie Soup to healthy mushroom dishes, learn from expert chefs who'll inspire fresh, flavorful twists on classic dishes. Cook, taste, and celebrate a healthier holiday season with CSC!



HELP US CONTINUE OUR MISSION

This holiday season, consider making a donation to help provide essential resources for our community and support the ongoing work of the Cancer Support Center.



CSC helps over 2,000 people in our community

WHAT'S INSIDE

- 2 - Strategies for Managing Sleep Challenges
- 3 - Support Resources for Children and Families
- 4 - Festive Cooking Workshops
- 5 - Warm Winter Meal Recipes
- 6 - Educational & Networking Groups
- 7 - Fitness and Wellness Programs
- 8 - Details on the Holiday Open House
- 9 - Special Programs for December & much more!



Registration required for special programs. Please visit cancersupportcenter.org/list-of-programs to register.

THE PHYSICS OF RADIATION THERAPY

MONDAY, JANUARY 6TH | 4-5 P.M. | VIRTUAL

In this session, we will discuss how we create, shape, and target radiation beams to treat cancer while minimizing damage to normal tissue. **Presented by Christopher Stepaniak.**

PREVENTING AND TREATING INCONTINENCE

FRIDAY, JANUARY 17TH | 11-12 P.M. | VIRTUAL

Incontinence is a problem that many can face after different types of cancer and treatment. It is also a problem some might encounter with age. This presentation is to show you that you are not alone in your struggles with this issue and that there are things out there that can help! **Presented by Doctor of Physical Therapy and Pelvic floor PT specialist Lauren Mansell.**



SKIN CARE WORKSHOP

THURSDAY, JANUARY 23RD | 12-1 P.M. | HOMEWOOD

Join us for an essential care guide for protecting your skin during and after cancer treatment. **Licensed esthetician Jacqueline Nelson-Elliott** will walk you through myths about your skin during and after cancer treatment. She will also educate the group about individual differences in skincare, review day and night skincare routines, and provide a Q & A session.

COPING WITH SLEEP DIFFICULTIES

MONDAY, FEBRUARY 3RD | 4-5 P.M. | VIRTUAL

Difficulty sleeping, or insomnia, is a common challenge during and after cancer treatment, and can contribute to feeling drained and disengaged from life. Stress and anxiety can make sleep issues even more difficult to manage. This presentation will review practical strategies to help you improve your sleep quality and feel better rested and more refreshed every day.

Presented by Yasmin Asvat, PhD, Assistant Professor, Supportive Oncology, Rush University.

LYMPHEDEMA

FRIDAY, FEBRUARY 7TH | 11-12 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. **Presented by Doctor of Physical Therapy and certified lymphedema specialist Lauren Mansell.**



Lauren Mansell,
DPT, CLT, PRPC.

SEXUAL HEALTH AFTER PROSTATECTOMY

MONDAY, FEBRUARY 10TH | 4-5 P.M. | VIRTUAL

This lecture will discuss the impact of prostatectomies on a person's sexual health. Most, if not all, experience physiological and psychological changes which occur from this major life event. Education on ways to overcome these hurdles will be addressed and resources to improve this journey will also be given. **Presented by Erin Battaglia, PT.**



Registration required for special programs. Please call either location or email kfriel@cancersupportcenter.org to register.

VISION BOARD WORKSHOP

WEDNESDAY, JANUARY 15TH | 4-5:30 P.M. | HOMEWOOD

As we ease into the new year, we can get lost in creating resolutions. We will create a vision board and engage in conversations about goal setting. **Presented by art therapist Sierra Harris.**

WEAVING WORKSHOP

WEDNESDAY, FEBRUARY 12TH | 4-5:30 P.M. | MOKENA

Join us to learn a new skill and have some fun! This workshop will teach you how to weave and how to create your own weaving loom. We will utilize our new skills to create a mug rug and/or a bookmark. **Presented by art therapist Claire Quigley.**



CHILD AND FAMILY PROGRAMS

Available support includes individual support, counseling and art therapy groups, school workshops, staff training and workshops.

Email kfriel@cancersupportcenter.org to start the steps for in school support.



KIDS WINTER MINICAMP

JANUARY 2ND & 3RD | 10 A.M. - 12 P.M. | HOMEWOOD

Finish winter break at our fun, supportive camps for children aged 5-12. Kids will engage in arts and crafts, games, and open discussions to help process their cancer related issues in an expressive and age-appropriate manner. **Please call either location or email kfriel@cancersupportcenter.org to register.**

KIDS GROUP WITH PARENT MEETUP

5-WEEK GROUP ON TUESDAYS, STARTING JAN 14TH | 4:30-5:30 P.M. | MOKENA

This group is for children, ages 5 to 13, who have been impacted by cancer. With support from Art Therapists, this group helps create connections between children to decrease feelings of isolation, frustration, and fear of the unknown frequently associated with a cancer diagnosis. Parents are encouraged to network and keep company in the lobby while the kids meet.

Group dates: 1/14, 1/21, 1/28, 2/4, 2/11 | Please call either location or email kfriel@cancersupportcenter.org to register.



FITNESS & PHYSICAL WELLNESS PROGRAMS

Registration required for special programs. Please call either location or email crosandich@cancersupportcenter.org to register.

CORRECTIVE EXERCISE TO REBUILD, STRENGTHEN AND RESTORE

MONDAY, DECEMBER 16, JANUARY 13 AND FEBRUARY 10, 12:30-1:15 P.M. | HOMEWOOD

In a small group setting, Roy will provide individualized attention on which corrective movements can best help reduce pain, increase flexibility and improve balance. This program will help you learn what exercises can help you move better to control or manage discomfort. No registration necessary.

Presented by Roy Alfonso, Certified Fitness & Functional (CFS) & Movement Specialist.



For individual nutrition consultations please contact Chris Rosandich at 708-995-0367.
Registration required for nutrition programs, Please call either location to register.

HEALTHY AND HOMEMADE WITH GWEN: BAKED MACARONI & CHEESE AND CRANBERRY BLISS BARS

THURSDAY, DECEMBER 5TH | 10:30-12 P.M. | MOKENA

By popular request, Gwen will be sharing her family's approved recipe for baked macaroni and cheese. Since it is the holiday season, we will also be treating ourselves to a "skinny" version of a popular coffee shop recipe called Cranberry Bliss Bar. Two recipes that are great for staying inside on snowy nights and sharing with others during this holiday season. **Presented by Gwen Giampaolo.**



10 WAYS TO OVERCOME SWEET-TOOTH TEMPTATION DURING THE HOLIDAYS

TUESDAY, DECEMBER 10TH | 10:30-11:45 A.M. | HOMEWOOD

WEDNESDAY, DECEMBER 11TH | 10:30-11:45 A.M. | MOKENA

Why do we eat so much sugar during the holidays? Maybe because sweet treats are plentiful this time of the year. Wouldn't it be wonderful to enjoy a treat or two but not feel guilty? Or indulge in a serving without eating the entire bag? We will explore simple and sure proof strategies to control sugar and not have sugar control you. Plus try healthy sweet-treat samples!

HEALTHY AND HOMEMADE WITH GWEN: SHEPHERD'S PIE SOUP

THURSDAY, JANUARY 9, 10:30-12:00 P.M. | MOKENA

Who doesn't love and appreciate shepherd's pie, especially in the winter. Gwen will make a shepherd's pie soup with all of the flavors of the classic dish but easier, healthier and "soup-a-fied". **Presented by Gwen Giampaolo.**



New year. New you!

A SIMPLE EATING PLAN TO CUT BACK ON SUGAR AND PROCESSED FOODS

TUESDAY, JANUARY 14, 10:30-12 P.M. | HOMEWOOD

THURSDAY, JANUARY 16 10:30-12 P.M. | MOKENA

Take the first step towards a healthier life. Many of us are eating foods that have been canned, dehydrated, or that include added chemicals and preservatives. These processed foods make up about 60 percent of the average American diet. Some of the ingredients commonly found in these foods are harmful. They include refined grains, trans fats, high fructose corn syrup, and other artificial junk that is difficult to pronounce. Let's review which ingredients to stay clear of for better health in 2025!

NEW DATE! LABEL READING: AVOIDING UNHEALTHY INGREDIENTS FOR BETTER HEALTH

TUESDAY, JANUARY 28TH | 10-11:15 A.M. | HOMEWOOD

WEDNESDAY, JANUARY 29TH | 10-11:15 A.M. | MOKENA

Consumers are more health-conscious than ever before but still we find food manufacturers misleading us with tricks and adding ingredients that other countries will not add to their food. Join us as we learn how to read food labels, identify harmful ingredients to avoid and useful tips on how to calculate fat, sodium and sugar intake.



COOKING WITH CHEF MARCIA; STARRING HEALING MUSHROOMS

TUESDAY, JANUARY 21, 10:30-12 P.M. | HOMEWOOD

Mushrooms are not only healing because they contain antioxidants like glutathione, but they also contain polyphenols that help to protect the brain against cognitive decline. Chef Marcia will show us how to make delicious dishes starring mushrooms, a great replacement for meat.

Presented by Chef Marcia Kuchta.



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

Registration required for nutrition programs, Please call either location to register.

WINTER SMOOTHIE CLINIC: HIGH-PROTEIN SHAKES

TUESDAY, FEBRUARY 4TH | 12-1:30 P.M. | HOMEWOOD

WEDNESDAY, FEBRUARY 5, 10-11:30 A.M. | MOKENA

Protein helps slow digestion and keeps you full longer—which is exactly what these smoothies are designed to do. These creamy delights are sure to keep you refreshed and full until lunchtime. Whether you prefer fruity flavor, green veggies or a swirl of nut butter to start your day, there's a delicious smoothie for you. **Presented by Chris Rosandich, MS.**



HEALTHY LIFESTYLE; INSPIRING WELLNESS *6-WEEK PROGRAM—PLUS 2 OPTIONAL BONUS WEEKS

Mokena | Wednesday's January 15, 22, 29, February 5, 12, 19 26, March 5 | 12-1:30 p.m.

Homewood | Thursday's January 16, 23, 30, February 6, 13, 20, 27, March 6 | 2:30-4 p.m.

Healthy Lifestyle is a 6-week program designed to help support, empower and challenge you towards achieving your goals. Each week you will meet 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!

Facilitated by Chris Rosandich, MS, Nutrition Educator, Amanda McLaughlin, Personal Trainer, and Roy Alfonso, (CFS) Certified Fitness & Functional Movement Specialist.



MARCELA'S KITCHEN TO YOURS – LEARN, COOK, ENJOY!

FERMENTED GRANOLA & MORE

THURSDAY, FEBRUARY 13TH | 2-3:30 P.M. | MOKENA

WEDNESDAY, FEBRUARY 12, 1:15-2:20 P.M. | HOMEWOOD

BE OUR VALENTINE as we make and jar our own fermented granola and other tasty Mexican desserts. **Presented by Marcela Puga.**

COOKING WITH CHEF MARCIA; COZY WINTER DINNERS

TUESDAY, FEBRUARY 18TH | 10:30-12 P.M. | HOMEWOOD

Winter is the perfect time to cozy up with warm and hearty dinners. They're easy and extremely comforting. Chef Marcia will show us how to make her favorite winter meals that will make your guests feel right at home.

Presented by Chef Marcia Kuchta.

HEALTHY AND HOMEMADE WITH GWEN:

AMAZING SHEET PAN DINNERS

THURSDAY, FEBRUARY 20TH | 10:30-12 P.M. | MOKENA

Sheet pans aren't just for cookies anymore! Learn how to make a hearty sheet pan dinner with meat and seasonal vegetables. Great recipes if you are cooking for just one. **Presented by Gwen Giampaolo.**



REDUCE INFLAMMATION & BUILD YOUR IMMUNE SYSTEM: FIGHT BACK AGAINST COLD AND FLU

TUESDAY, FEBRUARY 25TH | 10:30-11:45 A.M. | HOMEWOOD

What are the signs and causes of chronic inflammation? Why is chronic inflammation so dangerous? Strategies to reduce inflammation, increase energy, and relieve brain fog. **Healthy food options served.**

**EDUCATION & NETWORKING RECURRING GROUPS**

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

Breast Cancer Networking Group

Virtual

1st Wednesday of the month from 6-7:30 p.m.

No group on January 1st*Metastatic Breast Cancer Networking**

Virtual

1st Wednesday of the month from 5 to 6 p.m.

No group on January 1st*Sista's of Hope Networking**

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.

Bereavement Group

Virtual

1st and 3rd Thursday of the month from 5-6 p.m.

Blood Cancers Networking Group

Virtual

The 3rd Tuesday of the month from 5-6 p.m.

Brain Tumor Networking Group

Mokena

2nd Thursday of the month from 6-7:30 p.m.

Call 708-478-3529 to register.

Caregivers Networking GroupPlease call either location (708) 798-9171 or (708) 478-3529 or email kfriel@cancersupportcenter.org to register**Colorectal Cancers Group**Virtual ***NEW TIME**

2nd Wednesday of the month from 10:30-11:30 a.m.

Gynecological Cancer Networking Group

Virtual

3rd Wednesday of the month from 12-1 p.m.

Head & Neck Cancers Networking GroupVirtual ***NEW TIME**

The 2nd Wednesday of every month from 4-5 p.m.

LGBTQ+ Networking Group

Virtual

1st Tuesday of the month from 5-6 p.m.

Join us for our new LGBTQ+ networking group! The LGBTQ+ networking group is intended to build intersectional support for LGBTQ+ individuals who are at any stage of the cancer journey, whether that be currently in treatment or post-treatment. Networking groups provide opportunities to build community, identify coping strategies, and find new resources.

For IL residents only. Please contact us with any questions or concerns.*Lung Cancer Networking Group**Virtual ***NEW TIME**

The 1st Wednesday of each month, 10:30-11:30 a.m.

Men's Discussion Group

Virtual

Every Thursday from 12:30 to 1:30 p.m.

Multiple Myeloma Cancer Networking

Virtual

Last Thursday of the month from 4-5 p.m.

Prostate Cancer Networking GroupVirtual ***NEW TIME**

The 2nd Thursday of every month from 5-6 p.m.

Cancer Support & Networking Group

In person

Homewood: Last Tuesday of the month; 12-1 p.m.

***NEW TIME** Mokena: 2nd Monday of the month; 12-1 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 is for anyone with any type of cancer.

Young Adult Networking Group

Virtual

The 2nd Tuesday of each month from 5 to 6 p.m.

***For those between 18-40ish years of age.**

****Program time/dates are subject to change. Calendars are up to date on our website and posted weekly on Facebook.**



To register for in-person programs, please call either office. To register for virtual programs, please visit our website.



COUNSELING & STRESS MANAGEMENT

Individual, Family & Couples Counseling In-Person or Virtual

Contact Jason Kieffer for more information.
jkieffer@cancersupportcenter.org. *Virtual Counseling for Illinois Residents only.
Please call 708-995-0368 if you have any questions.

Knit & Crochet Group

HOMewood - Every Monday from 12-1 p.m.

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

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

Art Journaling | Virtual

Email Kelly kfriel@cancersupportcenter.org to receive a prompt each Thursday in your inbox.

Art Open Studio | Homewood

Every Wednesday from 12:30 to 2 p.m.

Join us to work on projects of your choice! Materials provided.

Art Therapy | Homewood

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

Art Therapy | Mokena

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

December: Card Making

January: Light & Shadow

February: For the Love of Art

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

The 3rd Wednesday of the month from 3 to 4 p.m.

*Facilitated by Cecily Hunt.

Monday Meditation with Cecily | Virtual

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

Tibetan Bowls | Mokena

Tuesday's 9:30-10:15 a.m.

This sound meditation creates a space of peace, well-being, harmony, and balance, and brings profound therapeutic benefits. Bring a pillow or blanket and wear loose clothing. The class is limited to 9 participants. Call 708-478-3529 to register.

Soundbath | Homewood

1st & 3rd Thursday of the month from 12-1 p.m.

This program involves sound meditation in which you bathe your body in the healing vibrations of various ancient instruments and raise your consciousness to create a space of peace and well-being, harmony, and balance. Please bring a pillow and blanket and wear loose clothing. Please arrive early. Registration is required. For more information, please call 708-798-9171.



FITNESS & PHYSICAL WELLNESS

Chair Yoga with Cecily | Virtual

Every Monday from 12 to 1 p.m.

Experience the ancient tradition of chair yoga for body, mind, and spirit awareness in the comfort and safety of your chair. Participants find balance and peace in life through this program.

Corrective Exercise to Rebuild, Strengthen and Restore | Homewood

Monday, Dec. 16th, Jan. 13th, Feb. 10th | 12:30-1:15 p.m.

In a small group setting, Roy will provide individualized attention on which corrective movements can best help reduce pain, increase flexibility and improve balance. This program will help you learn what exercises can help you move better to control or manage discomfort. No registration necessary. Presented by Roy Alfonso, Certified Fitness & Functional (CFS) & Movement Specialist.

Gentle Floor Yoga Nidra with Karen

Hybrid | Mokena or Virtual

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

Join our class starting with a 40-45 minute gentle yoga practice emphasizing alignment, strength, balance, and flexibility. Followed by Nidra, a guided meditation inducing total relaxation.

Gentle Yoga with Marcela | Homewood

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

Reduce stress and address cancer's physical side-effects with Gentle Yoga. The class includes breath work, gentle stretches, seated and standing poses using a chair or wall, relaxation, and meditation.

GET MOVING, GET FIT | MOKENA

Every Wednesday | 9-10:30 a.m.

This fun group fitness class will focus on gentle conditioning, flexibility and balance by moving to upbeat music. Workouts will focus on the whole body and all levels of fitness are welcome. The first 45 minutes will consist of light exercise followed by 15 minutes of rest/hydration and ending with 30 minutes of stretching and balance training. Please call 708.478.3529 to reserve your spot. **Presented by Marcela Puga.**

Moves That Matter Personal Training Session | Homewood

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

This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management, and joint and gross stability. Roy gives each person individualized attention in a small group setting allowing you to work at your own pace. No registration necessary. **Presented by Roy Alfonso.**

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.



WE OFFER WIGS, TOO! CALL TO SCHEDULE AN APPOINTMENT.

DECEMBER, 2024

Monday

Tuesday

Wednesday

<p>2 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 1-1:30 p: Monday Meditation with Cecily 1:30-3p: Art Therapy 4-4:45p: Get Moving, Get Fit</p>	<p>3 9:30-10:15: Tibetan Bowls 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 5-6p: LGBTQ+ Networking Group</p>	<p>4 10:30-11:30: Lung Cancer Networking Group 11-12p: Zumba Gold w/Denise 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit and Crochet Group 5-6p: Metastatic Breast Cancer Network 6-7:30p: Breast Cancer Networking</p>
<p>9 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Patient Support Group 12-1p: Chair Yoga with Cecily 1-1:30p: Mon. Meditation with Cecily 1:30-3p: Art Therapy 4-4:45p: Get Moving, Get Fit</p>	<p>10 10:30-11:45a: Overcome Sweet Tooth Temptations 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 5-6p: Young Adult Networking Group</p>	<p>11 10:30-11:45a: Overcome Sweet Tooth Temptations 11-12p: Zumba Gold w/ Denise 10:30-11:30a: Colorectal Cancers Group 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit and Crochet Group 4-5p: Head & Neck Cancers Group 6-7p: Sistas of Hope</p>
<p>16 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 12:30-1:15: Corrective Exercise to Rebuild, Strengthen and Restore 1-1:30p: Mon. Meditation with Cecily 1:30-3p: Art Therapy 4-4:45p: Get Moving, Get Fit</p>	<p>17 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Blood Cancers Networking Group</p>	<p>18 11-12p: Zumba Gold w/Denise 12-1p: Gynecological Cancer Networking 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit and Crochet Group 3-4p: Journeying Inward</p>
<p>23 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 1-1:30p: Mon. Meditation with Cecily 1:30pm-3p: Art Therapy 4-4:45p: Get Moving, Get Fit</p>	<p>24 CSC LOCATIONS CLOSED</p>	<p>25 CSC LOCATIONS CLOSED</p>
<p>30 11-12p: Zumba Gold w/Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit and Crochet Group 1-1:30 p: Mon. Meditation with Cecily 1:30-3p: Art Therapy 4-4:45p: Get Moving, Get Fit</p>	<p>31 CSC LOCATIONS CLOSED</p>	

Purple: Homewood

Blue: Mokena

Green: Virtual



Thursday

Friday

Sat/Sun

5

10:30-12p: Baked Macaroni & Cheese & Cranberry Bliss Bars
12:30-1:30p: Men's Discussion Group
4-4:45p: Get Moving, Get Fit
5-6p: Bereavement Group
Art Journaling

6

5-8 p: Holiday Lights in Downtown Homewood

7/8

6-9 p: Holiday Spirits at Wiley's Grill

12

12:30-1:30p: Men's Discussion Group
5-6p: Prostate Cancer Networking Group
4-4:45p: Get Moving, Get Fit
6-7:30p: Brain Tumor Networking Group
Art Journaling

13

12:30-2p: Holiday Open House

14/15

19

12-1p: Sound Bath
12:30-1:30p: Men's Discussion Group
4-4:45p: Get Moving, Get Fit
5-6p: Bereavement Group
Art Journaling

20

21/22

26

12:30-1:30p: Men's Discussion
4-4:45p: Get Moving, Get Fit
Art Journaling

27

28/29

JANUARY, 2025

Monday

Tuesday

Wednesday

		1 CSC LOCATIONS CLOSED
6 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit and Crochet Group 1-1:30 p: Monday Meditation with Cecily 1:30-3p: Art Therapy 4-5p: The Physics of Radiation 4-4:45p: Get Moving, Get Fit	7 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: LGBTQ+ Networking Group	8 11-12p: Zumba Gold w/Denise 10:30-11:30a: Colorectal Cancers Group 12:30-2p: Art Open Studio 2:30-3:30p: Gentle Yoga with Marcela 2-3:30p: Knit and Crochet Group 4-5p: Head and Neck Cancers Networking Group
13 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Patient Support Group 12-1p: Chair Yoga with Cecily 12:30-1:15: Corrective Exercise to Rebuild, Strengthen and Restore 1-1:30 p: Monday Meditation with Cecily 1:30-3p: Art Therapy	14 10:30-12p: NEW YEAR/NEW YOU! 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group w/ Parent Meetup 5-6p: Young Adult Networking Group	15 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/ Denise 12-1p: Gynecological Cancer Networking 12-1:30: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit & Crochet 2:30-3:30p: Gentle Yoga w/Marcela 3-4p: Journeying Inward 4-5:30p: Vision Board Workshop 6-7p: Sistas of Hope
20 CSC LOCATIONS CLOSED	21 10:30-12p: Cooking w/ Chef Marcia; Healing Mushrooms 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group w/ Parent Meetup 5-6p: Blood Cancer Networking Group	22 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30: Knit & Crochet Group 2:30-3:30p: Gentle Yoga with Marcela
27 9-9:45a: Zumba Toning w/Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 1-1:30 p: Monday Meditation with Cecily 1:30-3p: Art Therapy	28 11-12p: Gentle Floor Yoga Nidra w/ Karen 10-11:15a: Label Reading: Avoiding Unhealthy Ingredients for Better Health 12-1p: Cancer Support and Networking 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group w/ Parent Meetup	29 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/Denise 10-11:15a: Label Reading: Avoiding Unhealthy Ingredients for Better Health 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga with Marcela

Purple: Homewood

Blue: Mokena

Green: Virtual



Thursday

Friday

Sat/Sun

<p>2</p> <p>10a-12p: Kids Winter Mini-Camp 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement Group Art Journaling</p>	<p>3</p> <p>10a-12p: Kids Winter Mini-Camp</p>	<p>4/5</p>
<p>9 10:30-12: Healthy and Homemade with Gwen: Shepherd's Pie Soup</p> <p>12:30-1:30p: Men's Discussion Group 5-6p: Prostate Cancer Networking Group 6-7:30p: Brain Tumor Networking Art Journaling</p>	<p>10</p>	<p>11/12</p>
<p>16 10:30-12p: NEW YEAR/NEW YOU!</p> <p>12-1p: Soundbath 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 5-6p: Bereavement Group Art Journaling</p>	<p>17</p> <p>11-12p: Preventing and treating Incontinence</p>	<p>18/19</p>
<p>23</p> <p>12-1p: Skin Care Workshop 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle Art Journaling</p>	<p>24</p>	<p>25/26</p>
<p>30</p> <p>12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 4-5p: Multiple Myeloma Networking Art Journaling</p>	<p>31</p>	

FEBRUARY, 2025

Monday

Tuesday

Wednesday

<p>3 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold w/ Denise 12-1p: Chair Yoga with Cecily 1-1:30p: Monday Meditation with Cecily 12-1p: Knit and Crochet Group 1:30-3p: Art Therapy 4-5: Coping with Sleep Difficulties</p>	<p>4 9:30-10:15a: Tibetan Bowls 11a-12p: Gentle Floor Yoga Nidra w/ Karen 12-1:30: Winter Smoothie Clinic: High-Protein Shakes 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 4:30-5:30p: Kids Group w/ Parent Meetup 5-6p: LGBTQ+ Networking Group</p>	<p>5 9-10:30a: Get Moving, Get Fit 10-11:30a: Winter Smoothie Clinic: High-Protein Shake 10:30-11:30a: Lung Cancer Networking Group 11-12p: Zumba Gold w/Denise 12-1:30: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga with Marcela 5-6p: Metastatic Breast Cancer Networking 6-7:30p: Breast Cancer Networking</p>
<p>10 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Chair Yoga with Cecily 12-1p: Patient Support Group 12:30-1:15p: Corrective Exercise 1-1:30p: Monday Meditation with Cecily 1:30-3p: Art Therapy 4-5p: Sexual Health after a Prostatectomy</p>	<p>11 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Young Adult Networking Group</p>	<p>12 9-10:30a: Get Moving, Get Fit 11a-12p: Zumba Gold w/Denise 10:30-11:30a: Colorectal Cancers Group 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga with Marcela 4-5:30p: Weaving Workshop</p>
<p>17 CSC LOCATIONS CLOSED</p>	<p>18 9:30-10:15: Tibetan Bowls 10:30-12p: Cooking with Chef Marcia; Cozy Winter Dinners 11a-12p: Gentle Floor Yoga Nidra w/ Karen 2-2:45p: Moves that Matter 2-3:30p: Art Therapy 5-6p: Blood Cancers Networking</p>	<p>19 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/Denise 12-1p Gynecological Cancer Networking 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit & Crochet 2:30-3:30p: Chair Yoga with Marcela 3-4p: Journeying Inward 6-7p: Sistas of Hope</p>
<p>24 9-9:45a: Zumba Toning w/ Lori 11-12p: Zumba Gold w/Denise 12-1p: Knit and Crochet Group 12-1p: Patient Support Group 12-1p: Chair Yoga with Cecily 1-1:30 p: Monday Meditation with Cecily 1:30-3p: Art Therapy</p>	<p>25 10:30-11:45: Reduce Inflammation; Fight Back Against Cold and Flu 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Cancer Support Networking Group 2-2:45p: Moves that Matter 2-3:30p: Art Therapy</p>	<p>26 9-10:30a: Get Moving, Get Fit 11-12p: Zumba Gold w/Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Gentle Yoga with Marcela</p>

Purple: Homewood

Blue: Mokena

Green: Virtual



Thursday

Friday

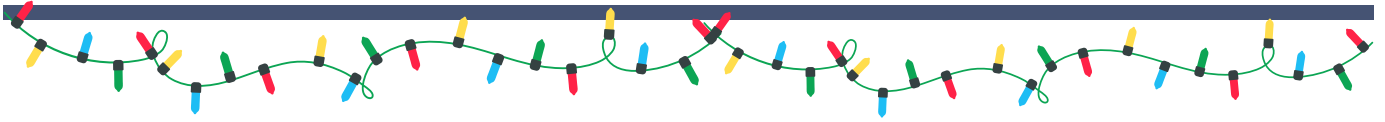
Sat/Sun

		1/2
6 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 5-6p: Bereavement Group Art Journaling	7 11-12p: Lymphedema	8/9
13 Art Journaling 12:30-1:30p: Men's Discussion Group 2-3:30p: Marcela's Kitchen to Yours - Learn, Cook, Enjoy! 2:30-4p: Healthy Lifestyle 5-6p: Prostate Cancer Networking Group 6-7:30p: Brain Tumor Networking Group	14	15/16
20 Art Journaling 10:30-12p: Healthy and Homemade with Gwen: Amazing Sheet Pan Dinners 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle	21	22/23
27 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 4-5p: Multiple Myeloma Group Art Journaling	28	



UPCOMING EVENTS

DECEMBER 2024 - FEBRUARY 2025



HOLIDAY SPIRITS

Saturday, December 7, 2024

Wiley's Grill | Flossmoor, IL

800 Kedzie Ave.

Doors open at 6 p.m.

Tickets are \$45

- Drink tickets
- Buffet Style Appetizers
- Raffle Baskets
- Photo Booth
- Holiday Shopping Experience

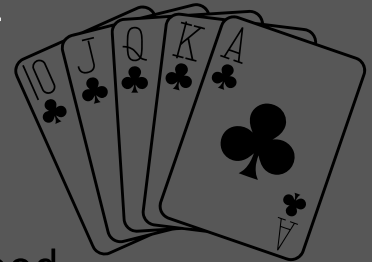


TEXAS HOLD'EM

21st Annual Poker Tournament

Saturday, February 8th, 2025

Balagio Restaurant | 17501 Dixie Hwy, Homewood



FOUNDERS' LEGACY

PLANNED GIVING

Society



Hope, help and healing. These are the three pillars we use in the fight against our common enemy of cancer. And the most beautiful part is we are not alone in this struggle. At the Cancer Support Center, we need your help in this battle we believe will be won one day.

By considering a planned gift, you can offer hope and help by increasing the chances of healing for those fighting cancer. There are many ways to make the Cancer Support Center part of your legacy that can make an impact now and in the future. Some of the options not only benefit us, but they can also provide you with financial advantages such as tax savings and a supplement to retirement income.

Some Ways to Give:

- A gift through your will
- Tax-free gifts from your IRA
- Gifts of securities
- Gifts from a DAF
- Retirement funds and life insurance

For those who make this heartfelt commitment, we are proud to recognize you as a member of The Founders' Legacy Society. You may choose to remain anonymous; however, your participation can be inspirational and may encourage others to follow your wonderful example. Please contact Kristen at kkolwelter@cancersupportcent.org or 708.798.9171 for information.



Donors, Sponsors and Foundations who have made a gift to the Center:

Anonymous
 Assurance, A Marsh & McLennan Agency, LLC Company
 Brent & Margaret Bachus
 Chris Petrarca
 Connor Holman
 Crete Lions Club
 CW Kneeland Glass
 Cynthia Machupa
 Dale & Ann Mitchell
 Delta Defense, LLC
 Donna Anfield
 EM-RO Enterprises, Inc
 Frank & Patricia Gibson
 Gregory Bechtel
 Imagen Dental Partners
 Ironworkers Local 63

James & Cathy Kvedaras
 Jim Weber
 John Yast
 Joseph & Mary Krovisky
 Katherine Vennetti
 Kathy Lynn Anderson
 Kocher Insurance Group, Inc.
 Landauer, Inc.
 Lincoln-Way Community High School
 Lincoln-Way District Hockey Club
 Margaret Ann Childs
 Matthew Connelly Rock Fusco & Connelly, LLC
 Meany, Inc.
 Michael & Ingrid McGuire
 Michael Gearhart
 Midlothian Country Club Ladies 18-Hole
 Nancy Degraff
 Nothing Bundt Cakes

Olympia Fields 18 Holers
 Paul Kessler
 Pizza Mia
 Plante Moran
 Providence Catholic High School
 Rosemary's Bits & Bobs
 Scott Gbur
 Specialized Staffing Solutions
 Steve & Cathy Kelley
 Student Government Class of 2023
 Suburban Service League
 The Community Foundation of Will County
 Therese Labno
 Timothy & Eileen Daw
 UChicago Medicine Ingalls Memorial
 Verna McQuown

Fall Photo Album





Let's Walk this Journey Together.

Homewood Center

2028 Elm Road
Homewood, IL 60430
708-798-9171

Mokena Center

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

Hours of Onsite Operation

Monday-Thursday | 10 a.m. to 4 p.m.
Friday | 10 a.m. to 2 p.m.
Saturday-Sunday | Closed

Daily Availability by Phone

Monday-Thursday | 9 a.m. to 5 p.m.
Friday | 9 a.m. to 2 p.m.
Saturday-Sunday | Closed

cancersupportcenter.org

Program time/dates are subject to change. Calendars are up to date on our website and posted weekly on Facebook.



2019 Ridge Road,
Homewood, IL 60430
(708) 798-8665



**Shop with us in store,
find us on Facebook**

**@TheVillageDoorConsignmentShop,
or **donate** gently-used housewares.**

STORE HOURS

**SUNDAY - MONDAY
TUESDAY - FRIDAY
SATURDAY**

**Closed
10 a.m. to 5 p.m.
10 a.m. to 4 p.m.**