Transitions are a part of life. We transition through the different seasons and through our phases of life. As the season transitions from summer to autumn we are focusing on transitioning into our next phase of reopening at The Cancer Support Center.

Transitions Are A Part of Life

We will continue to offer all of our programs and counseling in a virtual format, but we are increasing our presence in the office. We will be open half time every day for wig fittings by appointment and urgent walk-ins.

Please stay safe as we transition through this pandemic.

RISE UP with Special Programming

Kick-It Cancer Panels on Breast & Prostate Cancer!

Breast Cancer Panel: Wednesday, October 21; 6-7PM
Prostate Cancer Panel: Wednesday, November 18; 6-7PM

These panels will be comprised of top medical professionals, survivors and leaders in our communities promoting the importance of awareness, prevention and screening to reduce these cancers mortality rates. Email a friend to join you and secure your virtual seat today by visiting our website to register.

Virtual Cooking with Chef Marcia
Simply Fall Soups for Thanksgiving
Monday, November 16 10:30AM-12 PM

Let's cook together, virtually. We’ll email you the recipes; you gather your ingredients and let's get cooking. Either join in or just sit back and watch. Either way, it will be fun!!!

Grieving Through the Holidays
Thursday, November 19 5-6 PM

Grieving is difficult regardless of the time of year. However, it can be especially difficult during the holidays, which are traditionally thought of as a time of gratitude and togetherness. Therefore, the holidays can intensify grief and leave us left not wanting to celebrate. Learn about meaningful ways to mourn and adjust traditions.

www.cancersupportcenter.org www.facebook.com/TheCancerSupportCenter
October 2020

**October** is Breast Cancer Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis. *Let's walk this journey together!*

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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</thead>
<tbody>
<tr>
<td>Zumba Gold w/Lori: 8-9AM</td>
<td>Monday Meditation w/Cecily: 1-1:30PM</td>
<td><strong>Walk of HOPE</strong>&lt;br&gt;SUNDAY, OCTOBER 4, 2020</td>
<td>Virtual Cooking w/ Healthy Practices Using Cancer-Fighting Recipes: 10:30AM-12PM</td>
<td>Zumba on Demand: 7AM-12PM</td>
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<tr>
<td>Monday Meditation w/Cecily: 1-1:30PM</td>
<td>Art Therapy: 2-3:30PM</td>
<td>Breast Cancer Networking Group: 6-7:30PM</td>
<td>Men’s Discussion Group: 12:30-1:30PM</td>
<td><strong>OFFICES CLOSED</strong></td>
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<tr>
<td>Yoga w/Cecily: 3-4PM</td>
<td>NO SURVIVOR SUPPORT GROUP&lt;br&gt;Moves that Matter: 2:30-3:15PM</td>
<td>Metastatic Breast Cancer Networking Group: 5-6PM</td>
<td>Chair Yoga w/Cecily: 2-3PM</td>
<td>Zumba on Demand: 7AM-12PM</td>
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<tr>
<td><strong>The CSC will be closed for Indigenous People’s Day</strong></td>
<td></td>
<td>Breast Cancer Networking Group: 6-7:30PM</td>
<td>Art Journaling</td>
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<tr>
<td>Zumba Gold w/Lori: 8-9AM</td>
<td>Survivor Support Group: 10-11AM&lt;br&gt;Monday Meditation w/Cecily: 1-1:30PM&lt;br&gt;Art Therapy: 2-3:30PM&lt;br&gt;Yoga w/Cecily: 3-4PM</td>
<td>Open Studio: 2-3:30PM</td>
<td>Men’s Discussion Group: 12:30-1:30PM&lt;br&gt;<strong>Art Journaling</strong>&lt;br&gt;Bereavement Group: 5-6PM</td>
<td><strong>Zumba on Demand: 7AM-12PM</strong></td>
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<tr>
<td>Survivor Support Group: 10-11AM&lt;br&gt;Monday Meditation w/Karen: 12:30-1:30PM&lt;br&gt;Moves that Matter: 2:30-3:15PM</td>
<td>Gentle Yoga w/Karen: 12:30-1:30PM&lt;br&gt;Moves that Matter: 2:30-3:15PM</td>
<td>Open Studio: 2-3:30PM</td>
<td>Chair Yoga w/Cecily: 2-3PM</td>
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<td>Caregiver Networking Group: 5-6PM</td>
<td>NO MEN’S GROUP&lt;br&gt;Moves that Matter: 2:30-3:15PM</td>
<td>Managing Stress and Fatigue w/Self-Care: 11AM-12:15PM&lt;br&gt;Open Studio: 2-3:30PM</td>
<td>Art Journaling&lt;br&gt;Bereavement Group: 5-6PM</td>
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<td>Sista’s of Hope Support Group: 6-8PM</td>
<td>Eating Well after a Cancer Diagnosis; A Focus on Inflammation: 11AM-12:15PM&lt;br&gt;Lung Cancer Networking Group: 1-2PM</td>
<td>Men’s Discussion Group: 12:30-1:30PM&lt;br&gt;<strong>Art Journaling</strong>&lt;br&gt;Blood Cancers Networking Group: 4-5PM</td>
<td>Chair Yoga w/Cecily: 2-3PM</td>
<td><strong>Zumba on Demand: 7AM-12PM</strong></td>
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<tr>
<td>NO MONDAY MEDITATION</td>
<td>Survivor Support Group: 10-11AM&lt;br&gt;Gentle Yoga w/Karen: 12:30-1:30PM&lt;br&gt;Moves that Matter: 2:30-3:15PM</td>
<td>Eating Well after a Cancer Diagnosis: 11AM-12:15PM&lt;br&gt;Oncology Networking Group: 3-4PM&lt;br&gt;Lung Cancer Networking Group: 1-2PM&lt;br&gt;Open Studio: 2-3:30PM</td>
<td>Chair Yoga w/Cecily: 2-3PM</td>
<td>Feel Good Fridays: 11AM-12:15PM</td>
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<tr>
<td>Art Therapy: 2-3:30PM</td>
<td>Virtual Cooking w/Chef Marcia: 10:30AM-12PM</td>
<td>Feel Good Fridays: 11AM-12:15PM</td>
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For more information on programs, please visit www.cancersupportcenter.org
Thank you to our top sponsors:

Navarro Family
Presenting Sponsor for the 2020 Golf Outing

m-i-JACK PRODUCTS
Presenting Sponsor and Ball Drop Sponsor for the 2020 Golf Outing & Rise Up Sponsor for the 2020 Rise Up Telethon

Land O’Frost
Presenting Sponsor for the 2020 Golf Outing. The Brats & Hot Dogs were a huge hit. Thank you, Land O’Frost

Michael and Renee Botehlo
Thrive Sponsor for the 2020 Rise Up Telethon

THRIVENT FINANCIAL
Thrive Sponsor for the 2020 Rise Up Telethon

Beyond Words - Virtual Art Show
Monday, November 30, 6-7 p.m.
Join us for a virtual evening of art, connection and fun with our first ever virtual art show! Upon registration you will receive a link to the show and a selection of simple appetizer recipes to snack on during the event. Dress up or down and join us to celebrate the work of our artists, when words are not enough.

All submissions due by Friday, October 16.
Please submit to kdaly@cancersupportcenter.org

2020 Annual Meeting
Tuesday, December 1
Stay Tuned for Details...

Christmas Tree & Wreath Sale
Friday, December 4
Plan on ordering your fresh Christmas tree, wreaths and garland from us - freshly cut and always beautiful.
Watch for details coming in mid-October

#GIVING TUESDAY™
Join this national day of giving and make your donation to The CSC Tuesday, December 1st, for 24 hours.

All gifts will be matched so your donation will raise even more!

Watch for details about the match and other activities on that day.

Thanks in advance.
# November 2020

### Monday
- **Zumba Gold w/ Lori:** 8-9AM
- **Monday Meditation w/ Cecily:** 1-1:30PM
- **Art Therapy:** 2-3:30PM

### Tuesday
- **Zumba Gold w/ Lori:** 8-9AM
- **Monday Meditation w/ Cecily:** 1-1:30PM
- **Art Therapy:** 2-3:30PM
- **Colonial Group:** 5:30-6:30PM

### Wednesday
- **Open Studio:** 2-3:30PM
- **Men's Discussion Group:** 12:30-1:30PM
- **Chair Yoga w/ Cecily:** 12:30-1:30PM
- **Bereavement Group:** 5:30-6:30PM
- **Gynecological Networking Group:** 5-6PM

### Thursday
- **Survivor Support Group:** 10-11AM
- **Virtual Cooking/Healthy Practices Using Cancer-Fighting Recipes:** 10:30AM-12PM
- **Breast Cancer Networking Group:** 5:30-6:30PM
- **Brain Tumor Networking:** 6-7:30PM

### Friday
- **Survivor Support Group:** 10-11AM
- **Zumba on Demand:** 7AM-12PM
- **Feel Good Fridays:** 11AM-12:15PM

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### OFFICES CLOSED

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### The CSC will be closed for Thanksgiving

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### CLOSED

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**The Village Door**

We have missed you but we are now back with limited hours:

- **Tuesday - Saturday**
  - **11:00 am until 4:00 pm**

All visitors MUST wear masks to enter the store.