

ALL PROGRAMS ARE FREE FOR ANYONE AFFECTED BY CANCER



Say Yes... to New Beginnings

Spring is a time of rebirth and new beginnings, which is something many of us could use after the last year. Use this spring as a chance to start anew by saying yes to self-care.

We will be adding a new fitness recording to our “on-demand” menu every month. We will also be adding new nutrition and fitness workshops in addition to our current programming. Say yes to your self-care by trying new programs this spring as you approach a new beginning.

Say yes to Special Programming

Personalized Movements to Help Manage Neuropathy in the Feet

Thursday, April 8 & May 13
1-2 PM

This is a small class in which participants will receive personalized movements of the foot and ankle to help with neuropathy. The instructor will give each individual specific movements based on their presenting issues.

Registration is required and space is limited.

Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.

Oil Pastels Workshop

Wednesday, April 28
4:30PM-6PM

Come learn how to create art using oil pastels! In this workshop we will create landscape art using oil pastels. Materials provided, pick up from either location.

The Basics of Estate Planning

Wednesday, May 26
11AM-12PM

This webinar will explain the fundamental concepts in estate planning. You will learn more about basic documents that are especially important to have in place right now and how you can get started on your estate plan safely and remotely from home.

Presentation by: Mitha V. Rao, Founder & Managing Attorney of Rao Legal, LLC

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>April is Esophageal, Oral, Head, Neck & Testicular Cancer Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.</p> <p>Let's walk this journey together!</p>			<p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>CLOSED FOR GOOD FRIDAY</p> <p>Zumba on Demand: 7AM-12PM</p> <p>Decorando huevitos de pascua 12PM-1:30PM</p>
<p>Zumba Gold w/ Lori: 8-9AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: Relaxation art 2-3:30 PM</p> <p>Easter Egg workshop 4-5:30PM</p>	<p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>Healthy Living Program: 9:30-10:30PM</p> <p>Open Studio: 2-3:30PM</p> <p>Metastatic Breast Cancer Networking Group: 5-6PM</p> <p>Breast Cancer Networking Group: 6-7:30PM</p>	<p>Cancer-Fighting Cooking Demo: 10:30AM-12PM</p> <p>Men's Discussion Group: 12:30-1:30 PM</p> <p>Personalized Movements to Help with Neuropathy: 1-2PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Brain Tumor Networking: 6-7:30PM</p>	<p>Zumba on Demand: 7AM-12PM</p> <p>Bingo de Pascua: 12-1:30PM</p>
<p>Zumba Gold w/ Lori: 8-9 AM</p> <p>Bingo de Pascua 12-1:30PM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: Relaxation Art 2-3:30PM</p> <p>Colorectal Group: 5:30-6:30PM</p>	<p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>Healthy Living Program: 9:30-10:30AM</p> <p>Open Studio: 2-3:30PM</p> <p>Easter Bingo 5-6PM</p>	<p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>Zumba on Demand: 7AM-12PM</p>
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<p>Zumba Gold w/ Lori: 8-9 AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: Relaxation Art 2-3:30PM</p>	<p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Healthy Lifestyle (Nutrition): 2-3PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>Lung Cancer Networking Group: 12-1PM</p> <p>Healthy Lifestyle (Fitness): 1-2PM</p> <p>Open Studio: 2-3:30PM</p> <p>Oil Pastel Workshop 4:30-6PM</p>	<p>Fall Prevention: 11AM-12PM</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Blood Cancer Networking Group: 4-5PM</p>	<p>Zumba on Demand: 7AM-12PM</p>

SUPPORT THE CSC! - SPECIAL EVENTS

The Cancer Support Center would like to thank the following Top Donors for their generosity:

Anonymous • Dorothy & Harold Perkins Fund at The Chicago Community Foundation
Eldred-Harland Charitable Fund at The Chicago Community Foundation • JDM Steel
Joliet Oncology Hematology Associates, LTD • Olivieri Real Estate, LLC • Specialized Staffing Solutions
The Coleman Foundation • The Greer Foundation • The Homewood Community Board • Thomas Engstrand

Say 2021 Telethon Yes...

Sunday, April 11 - 6-9 p.m.

Join us for an evening of fun, fellowship & facts
Save the date and invite a friend! This event is open to everyone

Musical Entertainment

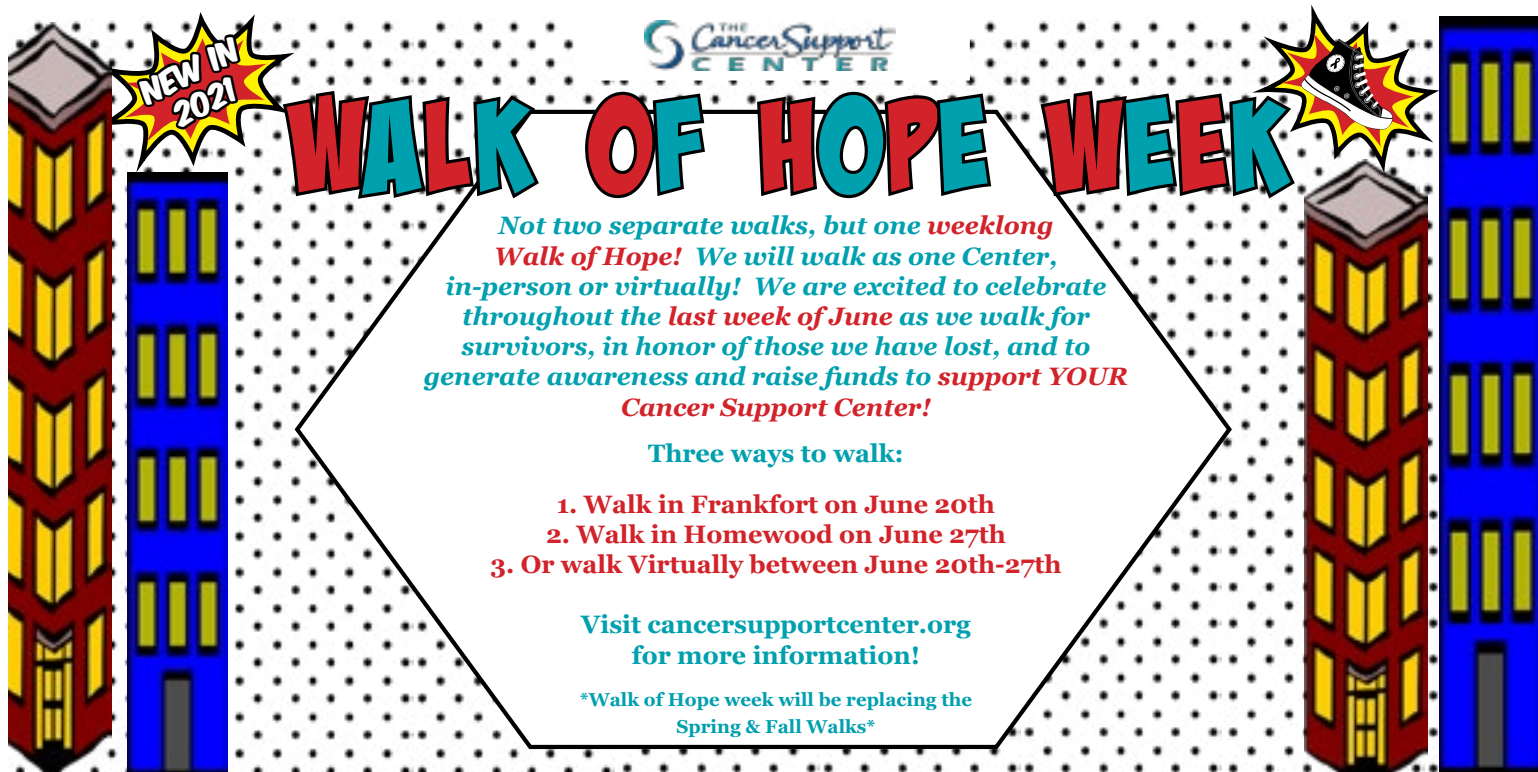
Cooking Demo

Art Exhibit

Online Auction

Guest Appearances By:

Andre Guichard, artist & gallery in Bronzeville • Mojo & The Bayou Gypsies, Louisiana Music Hall of Famer •
The Aurelio Family of Aurelio's Pizza • Line Dancing with Dawn The Dancing Deeva •
Dr. Nita Lee, University of Chicago Medicine Associate Professor of Obstetrics & Gynecology • Servelure Bostik, Breast Cancer Survivor



NEW IN 2021

WALK OF HOPE WEEK

*Not two separate walks, but one **weeklong** Walk of Hope! We will walk as one Center, in-person or virtually! We are excited to celebrate throughout the **last week of June** as we walk for survivors, in honor of those we have lost, and to generate awareness and raise funds to **support YOUR Cancer Support Center!***

Three ways to walk:

- 1. Walk in Frankfort on June 20th**
- 2. Walk in Homewood on June 27th**
- 3. Or walk Virtually between June 20th-27th**

Visit cancersupportcenter.org for more information!

Walk of Hope week will be replacing the Spring & Fall Walks

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>May is Bladder, Brain Tumor, Neurofibromatosis Awareness Month & Melanoma/Skin Cancer Detection and Prevention Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.</p> <p>Let's walk this journey together!</p>				1
3	4	5	6	7
Zumba Gold w/ Lori: 8-9 AM Monday Meditation w/Cecily: 1-1:30PM Art Therapy: Spring Art 2-3:30PM Bouquet Art Workshop 4-5:30PM	Survivor Support Group: 10-11AM Gentle Yoga w/ Karen: 12:30-1:30PM Moves that Matter: 2:30-3:15PM	Healthy Lifestyle (Fitness): 1-2PM Open Studio 2-3:30PM Metastatic Breast Cancer Networking Group: 5-6PM Breast Cancer Networking Group: 6-7:30PM	Men's Discussion Group: 12:30-1:30PM Chair Yoga w/ Cecily: 2-3PM Art Journaling Bereavement Group: 5-6PM	Zumba on Demand: 7AM-12PM
10	11	12	13	14
Zumba Gold w/ Lori: 8-9 AM Monday Meditation w/Cecily: 1-1:30PM Art Therapy: Spring Art 2-3:30PM Colorectal Group: 5:30-6:30PM	Survivor Support Group: 10-11AM Gentle Yoga w/ Karen: 12:30-1:30PM Healthy Lifestyle (Nutrition): 2-3PM Moves that Matter: 2:30-3:15PM	Smoothie demo: 11AM-12:15PM Healthy Lifestyle (Fitness): 1-2PM Open Studio: 2-3:30PM BINGO 5-6PM	Cancer-Fighting Cooking Demo: 10:30AM-12PM Men's Discussion Group: 12:30-1:30 PM Personalized Movements to Help with Neuropathy: 1-2PM Chair Yoga w/ Cecily: 2-3PM Art Journaling Brain Tumor Networking: 6-7:30PM	Zumba on Demand: 7AM-12PM
17	18	19	20	21
Zumba Gold w/ Lori: 8-9 AM Monday Meditation w/Cecily: 1-1:30PM Art Therapy: Nature Art 2-3:30PM Ramos de amor 4:30-6PM	Survivor Support Group: 10-11AM Gentle Yoga w/ Karen: 12:30-1:30PM Healthy Lifestyle (Nutrition): 2-3PM Moves that Matter: 2:30-3:15PM Caregiver Support Group: 5-6PM	Gynecological Networking Group: 12-1PM Healthy Lifestyle (Fitness): 1-2PM Open Studio: 2-3:30PM Journeying Inward: 3-4PM Sista's of Hope Support Group: 6-8PM	Men's Discussion Group: 12:30-1:30PM Movements to help with Hip and Knee Pain: 1-2PM Chair Yoga w/ Cecily: 2-3PM Art Journaling Bereavement Group: 5-6	Zumba on Demand: 7AM-12PM Virtual Cooking w/ Chef Marcia; Cooking fish to perfection: 10:30AM-12PM
24	25	26	27	28
Zumba Gold w/ Lori: 8-9 AM Monday Meditation w/Cecily: 1-1:30PM Art Therapy: Nature Art 2-3:30PM	Survivor Support Group: 10-11PM Gentle Yoga w/ Karen: 12:30-1:30PM Healthy Lifestyle (Nutrition): 2-3PM Moves that Matter: 2:30-3:15PM	Estate Planning Tips: 11AM-12PM Lung Cancer Networking Group: 12-1PM Healthy Lifestyle (Fitness): 1-2PM Open Studio: 2-3:30PM	Men's Discussion Group: 12:30-1:30PM Chair Yoga w/Cecily: 2-3PM Art Journaling Blood Cancer Networking Group: 4-5PM	Zumba on Demand: 7AM-12PM
31				29
CLOSED FOR MEMORIAL DAY				