

# THE PILLAR

Your quarterly newsletter from the Cancer Support Center



## HEALTHY LIFESTYLE

Ready to feel stronger and more energized? Our 4-week Healthy Lifestyle program blends expert nutrition, fitness, and group support to help you build lasting healthy habits.

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## SPRING INTO SOMETHING FRESH

Fresh season, fresh energy! As spring arrives, we're excited to share what's blooming in our community. Inside, you'll find upcoming programs, seasonal highlights, and inspiration to support healthy living all season long.

### PRESENTER SPOTLIGHT

#### MEET CARISSA HODGSON, LCSW, OSW-C

With nearly 20 years of experience, Carissa Hodgson of Bright Spot Network shares expert insight on what kids and teens truly need when a parent has cancer—highlighting three essential pillars to help families not just cope, but thrive.



Scan the qr code to learn more about our FREE programs



Registration required for special programs. Please visit [cancersupportcenter.org/list-of-programs](https://cancersupportcenter.org/list-of-programs) to register.

## BI-SPECIFIC T-CELL ENGAGERS, ARMING YOUR IMMUNE SYSTEM

TUESDAY, MARCH 17<sup>TH</sup> | 4-5 P.M. | VIRTUAL

Bi-Specific T-Cell Engagers offer a targeted alternative to traditional treatments. Learn about this immunotherapy and how it can be used to treat Multiple Myeloma. **Presented by Nazila Shafagati, MD.**

## PARENTING THROUGH CANCER: *WHAT KIDS & TEENS NEED WHEN A PARENT HAS CANCER*

WEDNESDAY, MARCH 18<sup>TH</sup> | 12-1 P.M. | VIRTUAL

Parents with cancer often worry about how to best support their kids—how to talk with them, answer questions, and help with big feelings. Drawing on nearly 20 years of experience, Carissa Hodgson, LCSW, OSW-C, shares what children and teens truly need to not only get through this, but potentially thrive. Learn the three core pillars to focus your limited energy where it matters most.

**Facilitated by Carissa Hodgson, LCSW, OSW-C, Director of Programs and Community Outreach at Bright Spot Network.**



LAUREN MANSELL,  
DPT, CLT, PRPC.

## NAVIGATING NEUROPATHY

FRIDAY, MARCH 20<sup>TH</sup> | 11-12 P.M. | VIRTUAL

Neuropathy is one of the most common side effects from certain cancer treatments. Join us to learn about neuropathy and ways physical therapy and other interventions may help. **Presented by Lauren Mansell, DPT.**

## ADJUSTING TO LIFE AFTER LOSS

APRIL 9<sup>TH</sup>, 16<sup>TH</sup>, & 23<sup>RD</sup> | 4-5 P.M. | VIRTUAL

Coping with the loss of a loved one can be challenging when expectations and fading support complicate grief. This three-week workshop explores grief myths, key influences, and ways to build support. Attend all sessions or choose the topics most relevant to you.

## HOW TO COPE WITH GRIEF AND LOSS

MONDAY, APRIL 6<sup>TH</sup> | 4-5 P.M. | VIRTUAL

Coping with the loss of a loved one can be difficult, especially for families. You may wonder, "Is this normal?" or "How long should grief last?" This program explores common grief reactions, how to get support, and how to support loved ones who are also grieving. **Presented by Jason Kieffer, LCPC.**

## MEETUP FOR INDIVIDUALS GENETICALLY PREDISPOSED TO CANCER:

*(BRCA OR OTHER KNOWN MUTATIONS) \*EVENING PROGRAM*

TUESDAY, APRIL 14<sup>TH</sup> | 5-6:30 P.M. | MOKENA

Join us for an opportunity for conversation, learning, and linking to others in this unique community. This event is a networking opportunity to meet other individuals with a BRCA mutation and discuss unique concerns that come with being a person with a genetic predisposition for certain cancer types. The event will include a panel discussion with Cancer Support Center Counselor and medical professional. Food will be provided.

**Please RSVP by April 6th to [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) or by calling either center location.**

## CARE FOR THE CAREGIVER: *THE REST WORKSHOP \*EVENING PROGRAM*

THURSDAY, APRIL 30<sup>TH</sup> | 6-7:30 P.M. | MOKENA

Rest is part of caregiving. Join us as we explore practical self-care tools that support mental, physical, and emotional well-being. Participants will learn realistic, sustainable strategies for implementing rest in ways that can be started the very same week. You'll have the opportunity to exchange ideas with other caregivers and walk away with a personalized rest plan that fits your life without interfering with your other responsibilities.

**Presented by Alexis Hudson, CIT.**

## HEALING SKIN, HEALING SPIRIT

TUESDAY, MAY 5<sup>TH</sup> | 4-5 P.M. | HOMEWOOD

This interactive skincare class educates and empowers participants undergoing treatment or in survivorship. Participants learn how to safely care for their skin, manage treatment-related changes, and embrace self-care as part of their healing journey.

**Presented by Micki V.**



## COPING WITH "SCANXIETY"

WEDNESDAY, MAY 20<sup>TH</sup> | 4-5 P.M. | VIRTUAL

Scans are an important part of the treatment process but often cause a lot of worry for the patient and their loved ones. This is a very common reaction. Join us as we talk through various ways to cope while awaiting the results of an upcoming scan. **Presented by Jason Kieffer, LCPC.**



Registration required for special programs. Please call either location or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

## THREADS OF CALM: **MANDALA ART WORKSHOP**

WEDNESDAY, MARCH 18<sup>TH</sup> | 4-5:30 P.M. | HOMEWOOD

Join us for a mandala-making experience, where you'll create intricate circle designs using a variety of 3-D materials. Explore patterns, texture, and creativity in a relaxing, art-filled workshop.

## RECYCLED ART WORKSHOP

THURSDAY, APRIL 9<sup>TH</sup> | 12-1:30 P.M. | MOKENA

Local artist Pam Biesen's home studio, "TinkerTown USA", is where whimsical *Robot figurines* come to life from recycled treasures. In partnership with the Frankfort Art Association, Pam invites you to explore the magic of found-object art in a lively, hands-on 90-minute workshop. Learn her techniques, spark your imagination, and create your own one-of-a-kind piece in this fun and inspiring creative experience.

## SCULPTED STEMS: **PIPE CLEANER FLOWERS**

WEDNESDAY, MAY 13<sup>TH</sup> | 4:30-6 P.M. | MOKENA

Discover how to create beautiful spring flowers using simple pipe cleaners in this fun workshop. Bring your creativity and enjoy a burst of springtime crafting.



## CHILD AND FAMILY PROGRAMS

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

Email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to start the steps for child & teen support.

## KIDS' SPRING BREAK HORSE OUTING

THURSDAY, APRIL 2<sup>ND</sup> | 10:30 A.M.-12:30 P.M.

NOVA QUARTER HORSES, 10129 W. 187TH ST, MOKENA, IL 60448

Children ages 5-12, who have been impacted by cancer, are invited to join us at Nova Quarter Horses in Mokena for some fun at the barn! Kids will learn about caring for horses, tour the barn, and be led around on horseback in the indoor arena. Registration is required, and space is limited.

Please call either location or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.



## PARENTS' NIGHT OUT **(WITH PAINT!)**

TUESDAY, APRIL 7<sup>TH</sup> | 5-6:30 P.M. | MOKENA

Join us for a relaxing Parents' Night Out designed for families impacted by cancer. Connect with others who understand your journey and unwind with a fun, creative, and accessible art activity that's all about taking a breath and enjoying the moment.

Email [mbonke@cancersupportcenter.org](mailto:mbonke@cancersupportcenter.org) or call (708) 478-3529 to register.

## MONTHLY TWEEN ART MEETUP

SELECT MONDAYS | 4:30-5:30 P.M. | HOMEWOOD | MARCH 23<sup>RD</sup>, APRIL 20<sup>TH</sup>, MAY 18<sup>TH</sup>

SELECT TUESDAYS | 4:30-5:30 P.M. | MOKENA | MARCH 31<sup>ST</sup>, APRIL 28<sup>TH</sup>, MAY 19<sup>TH</sup>

Explore new art techniques and creative themes each month with guidance from an Art Therapist. This group offers a supportive space for self-expression, peer connection, and gentle emotional processing. Open to kids ages 8-15 who have been impacted by cancer.

Please call either location or email [mbonke@cancersupportcenter.org](mailto:mbonke@cancersupportcenter.org) to register.



**For individual nutrition consultations please contact Chris Rosandich at 708-478-3529.**

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

## HEALTHY LIFESTYLE: **INSPIRING WELLNESS, 4-WEEK PROGRAM**

WEDNESDAYS | 12-1:30 P.M. | 3/4, 3/11, 3/18, 3/25 | MOKENA

THURSDAYS | 2:30-4 P.M. | 3/5, 3/12, 3/19, 3/26 | HOMEWOOD

Healthy Lifestyle is a 6-week program designed to support, empower, and challenge you to reach your health goals. Each week includes guided sessions with a nutrition educator and a fitness instructor, plus group support to help build lasting healthy habits. You'll learn safe, effective nutrition and fitness strategies to improve your overall health and vitality.

**Facilitated by Chris Rosandich, MS; Roy Alfonso, CFS; and Amanda McLaughlin, CPT.**

## HEALTHY AND HOMEMADE WITH GWEN:

### **HEALTHY BREAKFAST FAVORITES**

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

Why is breakfast so wonderful? Breakfast jump starts our day by increasing our energy and metabolism. Breakfast is also an opportunity to fill up on protein, whole grains, and superfoods. Gwen will demonstrate some amazing breakfast recipes that you can prepare once and continue to eat all week or store in the freezer. **Presented by Gwen Giampaolo.**



## DIET & LIFESTYLE TRENDS FOR 2026—**SATURDAY WORKSHOP**

SATURDAY MARCH 14TH | 10-12 P.M. | MOKENA

Staying current with new diet and lifestyle trends can help us to feel our best and to guide us in making small, incremental changes that will last throughout the year. Join us as we support one another, share a meal, and be encouraged to establish new habits for 2026. **Presented by Chris Rosandich, Nutrition Educator, MS and Marcela Puga, Health Coach & Fitness Instructor.**

We will cover:

1. Setting daily intentions to support reaching our goals
2. Eating healing foods that can boost brain function
3. Reducing sugar to help heal the gut
4. Practicing simple breathing exercises to support a state of calm
5. Engaging in movement to improve balance, posture and core

*Saturday Program!*

## COOKING WITH CHEF MARCIA: **THE MAGIC OF CHICKEN CUTLETS**

TUESDAY, MARCH 24TH FROM 10:30-12 P.M. | HOMEWOOD

Learn how to make tender and juicy chicken cutlets with a crisp, breaded exterior and the perfect seasoning. Cutlets are a versatile main dish that pairs with nearly any diet or vegetables. Chef Marcia will teach us just how easy they are to make, and they will be the best you'll ever have! **Presented by Chef Marcia Kuchta.**



## 80/20 RULE: **A POWERFUL TOOL TO LOSE WEIGHT, REGAIN ENERGY, AND REDUCE EMOTIONAL EATING**

TUESDAY, MARCH 24TH | 12:30-1:45 P.M. | HOMEWOOD

THURSDAY, MARCH 26TH | 11-12:15 P.M. | MOKENA

Learn how the 80/20 Rule supports better health by focusing on nourishing foods most of the time while still enjoying your favorite treats in moderation. This practical, realistic approach helps build lasting habits without restriction and explains how certain foods can cause inflammation and impact health.

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

## COOKING WITH CHEF MARCIA: **SPRING VEGETABLES WITH SPECIAL INGREDIENTS**

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

Nothing says spring like fresh carrots and peas. Transform humble vegetables into a stunning side dish with amazing ingredients like herb pesto and ricotta cheese. Enjoy them roasted, steamed or sautéed, and get ready to be amazed at how they can taste!

**Presented by Chef Marcia Kuchta.**



**For individual nutrition consultations please contact Chris Rosandich at 708-478-3529.**

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

## **UNLOCK A HEALTHIER YOU: 2-WEEK PROGRAM**

**TUESDAYS, APRIL 14<sup>TH</sup> + 21<sup>ST</sup> | 12:30-1:45 P.M. | HOMEWOOD**

This 2-week program will help you unlock a healthier you. We will discuss advanced nutrition and lifestyle strategies that can help you to feel better, have more energy, and feel less achy. Here are a few of the topics we will cover:

- Intermittent fasting & having a healthy gut
- Protein and collagen: why they are so important
- Top 10 healthy snacks & sweet treats

## **MARCELA'S KITCHEN TO YOURS: COOKING WITH EDIBLE FLOWERS**

**THURSDAY, APRIL 16<sup>TH</sup> | 2:30-4 P.M. | HOMEWOOD**

There are easy, wildly fun, and ultra-delicious ways to use edible flowers. Edible flowers instantly elevate any food or beverage and add loads of color. Marcela will demonstrate to us just how fun working with edible flowers can be. **Presented by Marcela Puga, Health Coach & Fitness Instructor.**



## **INCREASED PROTEIN & BALANCE BLOOD SUGAR (LIGHT SNACK SERVED)**

**WEDNESDAY, APRIL 22<sup>ND</sup> | 10:30-12 P.M. | MOKENA**

Protein plays a vital role in building muscles, bones, and skin, supporting hormones and immunity. Join us to learn why protein matters, how much you need, and the best sources to include in your diet—plus enjoy tasty protein-rich snacks.

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

## **HEALTHY AND HOMEMADE WITH GWEN: ANTI-INFLAMMATORY GRAIN BOWLS**

**THURSDAY, APRIL 23<sup>RD</sup> | 10:30-12 P.M. | MOKENA**

These colorful, satisfying grain bowls are a nutritional powerhouse, packed with ingredients that fight inflammation. Gwen will show us just how many marvelous options there are to prepare that you will love! **Presented by Gwen Giampaolo.**

## **CALLING ALL WOMEN – MARCELA'S KITCHEN TO YOURS: SALADS, DESSERT, & TEA**

**THURSDAY, MAY 14<sup>TH</sup> | 2:30-4 P.M. | HOMEWOOD**

Calling all women to come and enjoy an afternoon of fun and relaxation. Marcela will be making us her favorite salad using healthy ingredients, plus we will enjoy a special dessert starring her favorite secret ingredient. You will love it!

**Presented by Marcela Puga, Health Coach & Fitness Instructor.**



## **SMOOTHIE CLINIC: INCREASE YOUR ENERGY & REDUCE INFLAMMATION**

**TUESDAY, MAY 12<sup>TH</sup> | 11-12:30 P.M. | HOMEWOOD**

**WEDNESDAY, MAY 13<sup>TH</sup> | 12:30-2 P.M. | MOKENA**

Smoothies and juicing are considered to be fabulous beverages, why? Because they are both nutrient-rich, easy to digest, and can help increase your intake of fruits and vegetables, fiber, and essential vitamins and minerals. Chris will demonstrate both strategies, reviewing which one is healthier and what are the easy shortcuts to take when making both. **Presented by Chris Rosandich, MS, Nutrition Educator.**

## **COOKING WITH CHEF MARCIA: SWEET AND SAVORY QUICHES**

**TUESDAY, MAY 19<sup>TH</sup> | 10:30-12 P.M. | HOMEWOOD**

Making quiches is fun and easy because it allows for a variety of filling options. The process is straightforward, requiring just a few basic ingredients and a few simple steps. Chef Marcia will share her favorite recipes that are visually appealing and delicious.

**Presented by Chef Marcia Kuchta.**

## **BREAK THE SALT, FAT AND SUGAR HABIT**

**WEDNESDAY, MAY 20<sup>TH</sup> | 11-12:30 P.M. | MOKENA**

High-fat, sugary, and salty foods can alter brain chemistry and increase cravings. Learn how to break this cycle by replacing trigger foods with healthier options that support both brain and body. **Presented by Chris Rosandich, MS, Nutrition Educator.**



## 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.

*Co-facilitated by Megan Bonke, LPC, ATR-P & Nicole Fender, Nurse Navigator.*

### Metastatic Breast Cancer Networking Group | Virtual

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

*Co-facilitated by Megan Bonke, LPC, ATR-P & Nicole Fender, Nurse Navigator*

### Sista's of Hope Networking Group

Hybrid - Homewood & Virtual

3rd Wednesday of the month from 6-7 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 Thursday of the month from 5-6 p.m.

*\*This is a virtual group for any adult who has lost a loved one to a cancer diagnosis.*

### Caregiver's Networking Group

Virtual

3rd Monday of the month from 4-5 p.m.

*A caregiver support group is a gathering where individuals who are providing care to a loved one with a cancer diagnosis can connect. This group offers a safe space to discuss concerns, gain coping strategies, and access valuable resources while feeling understood and less isolated.*

### Blood Cancers Networking Group

Virtual

3rd Thursday 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.

### Colorectal Cancers Group

Virtual

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 Group

Virtual

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

**Facilitated by: Jennifer Tracy, BSN, RN, OCN. Oncology Nurse Navigator, Cancer Institute Advocate Christ Medical Center.**

### Lung Cancer Networking Group

Virtual

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

*\*Offered in collaboration with Cancer Wellness Center.*

### Men's Networking Group

**VIRTUAL** - Every Thursday from 12:30-1:30 p.m.

### Multiple Myeloma Cancer Networking

Virtual

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

### Prostate Cancer Networking Group

Virtual

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

### Pancreatic Cancer Networking Group

Virtual

3<sup>rd</sup> Thursday of every month from 6-7 p.m.

*The Cancer Wellness Center is proud to be partnering with the Cancer Support Center to provide the Pancreatic Cancer Networking Group. This group provides opportunities for peer support, information sharing, and educational lectures provided by healthcare professionals. **Group is facilitated by Mark Livshots, MA, LCPC, and is generously supported by the Rolfe Pancreatic Cancer Foundation.***

### Patient Networking Group

**MOKENA** - 2nd Monday of the month from 12-1 p.m.

**HOMEWOOD** - Final Tuesday of the month from 12-1 p.m.

*\*Being diagnosed with cancer can feel like an isolating experience.*

*Groups are a place where patients can receive support from others who truly understand. Additionally, attendants can learn more about resources and coping skills through networking with others. Unfortunately, there is not a group for every type of cancer, which is why this group provides a space for all cancer types.*

**\*\*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.**

### 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 12:30 to 2 p.m.  
Join us to work on projects of your choice! Materials provided.

### Art Therapy

Homewood | Mondays from 1:30-3 p.m.  
Mokena | Tuesdays from 2-3:30 p.m.  
\*Drop-in group, open to anyone at ANY creative skill level. Facilitated by Art Therapists to help support the creative process. We provide a weekly prompt based on the monthly theme.

**March:** Painting

**April:** Working Big! - creating large format art

**May:** Fancy Florals - flower themed art prompts using various materials

### 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.

### 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.

### Soundbath | Homewood

1st & 3rd Thursday of the month from 12-1 p.m.  
Experience a sound meditation using ancient instruments to promote deep relaxation, balance, and well-being. Please bring a pillow and blanket, wear loose clothing, arrive early. Call 708-798-9171 to register. **Facilitated by Leslie Susralski.**

### Tibetan Bowls | Mokena

**Select Tuesdays | March 3rd, 17th, + 31st | April 14th + 28th | May 12th + 26th | 9:30-10:15 a.m.**  
This sound meditation promotes deep relaxation, balance, and well-being with powerful therapeutic benefits. Please bring a pillow or blanket, wear loose clothing, and note that space is limited to 10 participants. Call 708-478-3529 to register.  
**Facilitated by Jayne Hayes.**



## FITNESS & PHYSICAL WELLNESS

### Chair Yoga with Cecily | Virtual

Every Monday from 12 to 1 p.m.  
Participate in this ancient tradition done in the comfort and safety of a chair. Participants have said, "Yoga has helped me deepen awareness of body, mind, and spirit," and that this program has helped them find balance and peace in life. **Facilitated by Cecily Hunt.**

### Chair Yoga with Marcela | Homewood

Every Wednesday from 2:30 to 3:30 p.m.  
Chair Yoga is designed to reduce stress and address the physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation, and meditation. **Facilitated by Marcela Puga.**

### Corrective Exercise to Rebuild, Strengthen & Restore | Homewood

**Mondays, March 16th, April 13th, May 18th | 12:30-1:15 p.m.**  
In a small group setting, Roy provides individualized guidance on corrective movements to reduce pain, improve flexibility, and enhance balance. Learn exercises to move better and manage discomfort. No registration required. **Presented by Roy Alfonso, CFS & Movement Specialist.**

### Core Stability for Prostate Cancer Survivors

**Select Fridays March 27th in Mokena | April 24th, May 29th in Homewood 9:30-10:15 a.m.**  
Core Stability for Prostate Cancer Survivors helps men safely rebuild strength, stability, and confidence after treatment. Sessions include gentle exercises, breath-work, pelvic floor activation, and functional movements to improve posture, mobility, and overall well-being. **Call 708-478-3529 to register. Facilitated by Marcela Puga.**

### Moves That Matter Personal Training

Homewood  
Every Tuesday from 2-2:45 p.m.  
This class focuses on releasing tension, improving flexibility and posture, and supporting injury prevention and pain management. Small-group instruction allows for individualized guidance at your own pace. **Presented by Roy Alfonso.**

### Gentle Floor Yoga Nidra with Karen

Hybrid | Mokena or Virtual  
Every Tuesday from 11 a.m.-12 p.m.  
This class features a 40-45 minute gentle yoga flow focused on alignment, strength, balance, and flexibility, followed by Yoga Nidra—a guided meditation for deep physical, mental, and emotional relaxation. **Facilitated by Karen Fitzgerald.**

### Get Moving, Get Fit | Mokena

Every Wednesday | 9-10 a.m.  
This fun drop-in 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. **Presented by Marcela Puga.**

### Tai Chi and Qigong | Homewood

1<sup>st</sup> and 2<sup>nd</sup> Wednesday of the month | 9:30-10:30 a.m.  
Tai Chi and Qigong use slow movements, deep breathing, and meditation to improve balance, reduce stress, relieve pain, and boost immunity. Safe for most people.  
**Presented by Bill Gray.**

### Zumba Toning® with Lori

Hybrid | Mokena or Virtual  
Every Monday from 9-9:45 a.m.  
**Facilitated by Lori Stanton.**

### Zumba Gold with Denise | Homewood

Every Monday and Wednesday from 11 a.m.-12 p.m.  
**Facilitated by Denise Camin.**

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

# MARCH 2026

## Monday

## Tuesday

## Wednesday

**2** 9-9:45a: Zumba Toning with Lori  
11-12p: Zumba Gold with Denise  
12-1 p: Knit and Crochet Group  
12-1 p: Chair Yoga with Cecily  
1-1:30p: Monday Meditation w/ Cecily  
1:30-3p: Art Therapy

**3** 9:30-10:15a: Tibetan Bowls  
11-12p: Gentle Floor Yoga Nidra w/ Karen  
2-3:30p: Art Therapy  
2-2:45p: Moves That Matter  
5-6p: Prostate Cancer Group

**4** 9-10a: Get Moving Get Fit  
9:30-10:30a: Tai Chi and Qigong  
10:30-11:30a: Lung Cancer Networking Group  
11-12p: Zumba Gold with Denise  
12-1:30p: Healthy Lifestyle  
12:30-2p: Art Open Studio  
2-3:30p: Knit and Crochet Group  
2:30-3:30p: Chair Yoga with Marcela  
5-6p: Metastatic Breast Cancer Networking Group  
6-7:30p: Breast Cancer Networking Group

**9** 9-9:45a: Zumba Toning with Lori  
11-12p: Zumba Gold with Denise  
12-1 p: Knit and Crochet Group  
12-1 p: Chair Yoga with Cecily  
12-1p: Patient Networking Group  
1-1:30p: Monday Meditation w/ Cecily  
1:30-3p: Art Therapy

**10** 11-12p: Gentle Floor Yoga Nidra w/ Karen  
2-3:30p: Art Therapy  
2-2:45p: Moves That Matter

**11** 9-10a: Get Moving Get Fit  
9:30-10:30a: Tai Chi and Qigong  
10:30-11:30a: Colorectal Cancer Group  
11-12p: Zumba Gold with Denise  
12-1:30p: Healthy Lifestyle  
12:30-2p: Art Open Studio  
2-3:30p: Knit and Crochet Group  
2:30-3:30p: Chair Yoga with Marcela  
4-5p: Head & Neck Cancer Networking Group

**16** 9-9:45a: Zumba Toning with Lori  
11-12p: Zumba Gold with Denise  
12-1p: Knit and Crochet Group  
12-1 p: Chair Yoga with Cecily  
12:30-1:15p: Corrective Exercise  
1-1:30p: Monday Meditation w/ Cecily  
1:30-3p: Art Therapy  
4-5p: Caregiver's Networking Group

**17** 9:30-10:15a: Tibetan Bowls  
11-12p: Gentle Floor Yoga Nidra w/ Karen  
2-3:30p: Art Therapy  
2-2:45p: Moves That Matter  
4-5p: Bi-Specific T-Cell Engagers, Arming Your Immune System

**18** 9-10a: Get Moving Get Fit  
11-12p: Zumba Gold with Denise  
12-1p: Gynecological Cancer Networking Group  
12-1p: Parenting Through Cancer  
12-1:30p: Healthy Lifestyle  
12:30-2p: Art Open Studio  
2-3:30p: Knit and Crochet Group  
2:30-3:30p: Chair Yoga with Marcela  
3-4p: Journeying Inward  
4-5:30p: Mandala Art Workshop  
6-7p: Sista's of Hope

**23** 9-9:45a: Zumba Toning with Lori  
11-12p: Zumba Gold with Denise  
12-1 p: Knit and Crochet Group  
12-1 p: Chair Yoga with Cecily  
1-1:30p: Monday Meditation w/ Cecily  
1:30-3p: Art Therapy  
4:30-5:30p: Tween Art Meetup

**24** 10:30-12p: Cooking with Chef Marcia: Magic of Chicken Cutlets  
11-12p: Gentle Floor Yoga Nidra w/ Karen  
12:30-1:45p: 80/20 Rule: A powerful tool to lose weight & regain energy  
2-3:30p: Art Therapy  
2-2:45p: Moves That Matter

**25** 9-10a: Get Moving Get Fit  
11-12p: Zumba Gold with Denise  
12-1:30p: Healthy Lifestyle  
12:30-2p: Art Open Studio  
2-3:30p: Knit and Crochet Group  
2:30-3:30p: Chair Yoga with Marcela

**30** 9-9:45a: Zumba Toning with Lori  
11-12p: Zumba Gold with Denise  
12-1 p: Knit and Crochet Group  
12-1 p: Chair Yoga with Cecily  
1-1:30p: Monday Meditation w/ Cecily  
1:30-3p: Art Therapy

**31** 9:30-10:15a: Tibetan Bowls  
11-12p: Gentle Floor Yoga Nidra w/ Karen  
12-1p: Patient Networking Group  
2-3:30p: Art Therapy  
2-2:45p: Moves That Matter  
4:30-5:30p: Tween Art Meetup



**Thursday**

**Friday**

**Sat/Sun**

<p><b>5</b></p> <p>10:30-12p: Healthy &amp; Homemade with Gwen: Breakfast Favorites                  12-1p: Sound Bath                  12-1:30p: Healthy Lifestyle                  12:30-1:30p: Men's Networking Group                  5-6p: Bereavement Group                  Art Journaling</p>	<p><b>6</b></p>	<p><b>7/8</b></p>
<p><b>12</b></p> <p>12:30-1:30p: Men's Networking Group                  2:30-4p: Healthy Lifestyle                  6-7:30p: Brain Tumor Networking Group                  Art Journaling</p>	<p><b>13</b></p>	<p><b>14/15</b></p> <p>10-12p: Saturday Workshop: Diet &amp; Lifestyle Trends for 2026</p>
<p><b>19</b></p> <p>12-1p: Sound Bath                  12:30-1:30p: Men's Networking Group                  2:30-4p: Healthy Lifestyle                  5-6p: Blood Cancers Networking Group                  6-7p: Pancreatic Cancer Group                  Art Journaling</p>	<p><b>20</b></p> <p>11-12p: Navigating Neuropathy</p>	<p><b>21/22</b></p>
<p><b>26</b></p> <p>11-12:15p: 80/20 Rule: A powerful tool to lose weight &amp; regain energy                  12:30-1:30p: Men's Networking Group                  2:30-4p: Healthy Lifestyle                  5:00p: Annual Meeting                  Art Journaling</p>	<p><b>27</b></p> <p>9:30-10:15a: Core Stability for Prostate Cancer Survivors</p>	<p><b>28/29</b></p>

# APRIL 2026

## Monday

## Tuesday

## Wednesday

		<p><b>1</b> 9-10a: Get Moving Get Fit 9:30-10:30a: Tai Chi and Qigong</p> <p>10:30-11:30a: Lung Cancer Networking Group 11-12p: Zumba Gold with Denise 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 5-6p: Metastatic Breast Cancer Networking Group 6-7:30p: Breast Cancer Networking Group</p>
<p><b>6</b> 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 4-5p: How to Cope with Grief &amp; Loss</p>	<p><b>7</b> 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 5-6p: Prostate Cancer Group 5-6:30p: Parents' Night Out (with paint!)</p>	<p><b>8</b> 9-10a: Get Moving Get Fit 9:30-10:30a: Tai Chi and Qigong</p> <p>10:30-11:30a: Colorectal Cancers Group 11-12p: Zumba Gold with Denise 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 4-5p: Head &amp; Neck Cancer Networking Group</p>
<p><b>13</b> 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1p: Patient Networking Group 12-1 p: Chair Yoga with Cecily 12:30-1:15p: Corrective Exercise 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy</p>	<p><b>14</b> 9:30-10:15a: Tibetan Bowls 10:30-12p: Cooking with Chef Marcia: Spring Vegetables 11-12p: Gentle Floor Yoga Nidra with Karen 12:30-1:45p: Unlock a Healthier You 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 5-6:30p: Meetup for Individuals Genetically Predisposed to Cancer</p>	<p><b>15</b> 9-10a: Get Moving Get Fit 11-12p: Zumba Gold with Denise</p> <p>12-1p: Gynecological Cancer Group 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 3-4p: Journeying Inward 6-7p: Sistas of Hope</p>
<p><b>20</b> 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 4-5p: Caregiver's Networking Group 4:30-5:30p: Tween Art Meetup</p>	<p><b>21</b> 11-12p: Gentle Floor Yoga Nidra with Karen 12:30-1:45p: Unlock a Healthier You 2-3:30p: Art Therapy 2-2:45p: Moves that Matter</p>	<p><b>22</b> 9-10a: Get Moving Get Fit 10:30-12p: Increased Protein 11-12p: Zumba Gold with Denise 12:30-2p: Art Open Studio 2-3:30p: Knit &amp; Crochet 2:30-3:30p: Chair Yoga with Marcela</p>
<p><b>27</b> 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit &amp; Crochet 1-1:30p: Monday Meditation with Cecily 1:30-3p: Art Therapy</p>	<p><b>28</b> 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra with Karen 12-1p: Patient Networking Group 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 4:30-5:30p: Tween Art Meetup</p>	<p><b>29</b> 9-10a: Get Moving Get Fit 11-12p: Zumba Gold with Denise 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela</p>



**Thursday**

**Friday**

**Sat/Sun**

<p><b>2</b>                  10:30-12:30p: Kids Horse Outing at Nova Quarter Horses                  12-1p: Sound Bath                  12:30-1:30p : Men's Networking Group                  5-6p: Bereavement Group                  Art Journaling</p>	<p><b>3</b>                   BOTH LOCATIONS CLOSED                  FOR GOOD FRIDAY</p>	<p><b>4/5</b>                   EASTER SUNDAY</p>
<p><b>9</b>                  12-1:30p: Recycled Art Workshop                  12:30-1:30p: Men's Networking Group                  4-5p: Adjusting to Life After Loss                  6-7:30p: Brain Tumor Networking Group                  Art Journaling</p>	<p><b>10</b></p>	<p><b>11/12</b></p>
<p><b>16</b>                  12-1p: Sound Bath                  12:30-1:30p : Men's Networking Group                  2:30-4p: Marcela's Kitchen to Yours: Edible Flowers                  4-5p: Adjusting to life after loss                  5-6p: Blood Cancers Networking Group                  6-7p: Pancreatic Cancer Networking Group                  Art Journaling</p>	<p><b>17</b></p>	<p><b>18/19</b></p>
<p><b>23</b>                  10:30-12p: Healthy &amp; Homemade with Gwen: Grain Bowls                  12:30-1:30p: Men's Networking Group                  4-5p: Adjusting to life after loss                  Art Journaling</p>	<p><b>24</b>                  9:30-10:15a: Core Stability for Prostate Cancer Survivors                   6-11p: CSC Annual Gala</p>	<p><b>25/26</b></p>
<p><b>30</b>                  12:30-1:30p: Men's Networking Group                  4-5p: Multiple Myeloma Cancer Networking Group                  6-7:30p: Care for the Caregiver: The Rest Workshop                  Art Journaling</p>		

# MAY 2026

**Monday**

**Tuesday**

**Wednesday**

<p><b>4</b></p> <p>9-9:45a: Zumba Toning with Lori            11-12p: Zumba Gold with Denise            12-1 p: Knit and Crochet Group            12-1 p: Chair Yoga with Cecily            1-1:30p: Monday Meditation w/ Cecily            1:30-3p: Art Therapy</p>	<p><b>5</b></p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen            2-3:30p: Art Therapy            2-2:45p: Moves That Matter            4-5p: Healing Skin, Healing Spirit            5-6p: Prostate Cancer Networking Group</p>	<p><b>6</b> 9-10a: Get Moving Get Fit</p> <p>10:30-11:30a: Lung Cancer Networking Group            11-12p: Zumba Gold with Denise            12:30-2p: Art Open Studio            2-3:30p: Knit and Crochet Group            2:30-3:30p: Chair Yoga with Marcela            5-6p: Metastatic Breast Cancer Networking Group            6-7:30p: Breast Cancer Networking Group</p>
<p><b>11</b> 9-9:45a: Zumba Toning with Lori</p> <p>11-12p: Zumba Gold with Denise            12-1 p: Knit and Crochet Group            12-1p: Patient Networking Group            12-1 p: Chair Yoga with Cecily            1-1:30p: Monday Meditation w/ Cecily            1:30-3p: Art Therapy</p>	<p><b>12</b> 9:30-10:15a: Tibetan Bowls</p> <p>11-12:30p: Smoothie Clinic            11-12p: Gentle Floor Yoga Nidra w/ Karen            2-3:30p: Art Therapy            2-2:45p: Moves That Matter</p>	<p><b>13</b> 9-10a: Get Moving Get Fit            9:30-10:30a: Tai Chi and Qigong</p> <p>10:30-11:30a: Colorectal Cancer Networking Group            11-12p: Zumba Gold with Denise            12:30-2p: Smoothie Clinic            12:30-2p: Art Open Studio            2-3:30p: Knit and Crochet Group            4-5p: Head &amp; Neck Cancer Networking Group            4:30-6p: Pipe Cleaner Flowers</p>
<p><b>18</b> 9-9:45a: Zumba Toning with Lori</p> <p>11-12p: Zumba Gold with Denise            12-1 p: Knit and Crochet Group            12-1 p: Chair Yoga with Cecily            12:30-1:15p: Corrective Exercise            1-1:30p: Monday Meditation w/ Cecily            1:30-3p: Art Therapy            4:30-5:30p: Tween Art Meetup            5-6p: Caregiver's Networking Group</p>	<p><b>19</b></p> <p>10:30-12p: Cooking with Chef Marcia: Sweet &amp; Savory Quiches            11-12p: Gentle Floor Yoga Nidra w/ Karen            2-3:30p: Art Therapy            2-2:45p: Moves That Matter            4:30-5:30p: Tween Art Meetup</p>	<p><b>20</b> 9-10a: Get Moving Get Fit</p> <p>11-12p: Zumba Gold with Denise            11-12:30p: Break the Salt, Fat &amp; Sugar Habit            12-1p: Gynecological Cancer Group            12:30-2p: Art Open Studio            2-3:30p: Knit and Crochet Group            2:30-3:30p: Chair Yoga with Marcela            3-4p: Journeying Inward            4-5p: Coping with Scanxiety            6-7p: Sista's of Hope</p>
<p><b>25</b></p> <p><b>BOTH LOCATIONS CLOSED FOR MEMORIAL DAY</b></p>	<p><b>26</b> 9:30-10:15a: Tibetan Bowls</p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen            12-1p: Patient Networking Group            2-3:30p: Art Therapy            2-2:45p: Moves That Matter</p>	<p><b>27</b> 9-10a: Get Moving Get Fit</p> <p>11-12p: Zumba Gold with Denise            12:30-2p: Art Open Studio            2-3:30p: Knit and Crochet Group            2:30-3:30p: Chair Yoga with Marcela</p>

Orange: Homewood

Blue: Mokena

Green: Virtual



Thursday

Friday

Sat/Sun

	<b>1</b>	<b>2/3</b>
<b>7</b> 9-4p: BOTH LOCATIONS CLOSED FOR STAFF DEVELOPMENT DAY 5-6p: Bereavement Group 6-7:30p: Brain Tumor Networking Group Art Journaling	<b>8</b>	<b>9/10</b>
<b>14</b> 12-1p: Sound Bath 12:30-1:30p: Men's Networking Group 2:30-4p: Marcela's Kitchen to Yours: Salads, Dessert & Tea Art Journaling	<b>15</b>	<b>16/17</b>
<b>21</b> 12:30-1:30p: Men's Networking Group 5-6p: Blood Cancers Networking Group 6-7p: Pancreatic Cancer Networking Group Art Journaling	<b>22</b>	<b>23/24</b>
<b>28</b> 12:30-1:30p: Men's Networking Group 4-5p: Multiple Myeloma Cancer Networking Group Art Journaling	<b>29</b> 9:30-10:15a: Core Stability for Prostate Cancer Survivors	<b>30/31</b>



# UPCOMING EVENTS

MARCH - MAY 2026



## Spring Gala 2026

FRIDAY 24 APRIL



PRESENTED BY:

DAVID & CHARLIE KAMINSKI

## Walk of Hope

and Survivor Celebration



SUNDAY, JUNE 7, 2026 | 9 AM  
COMMISSIONERS PARK | FRANKFORT, IL



## GOLF OUTING

MONDAY, AUGUST 24<sup>th</sup>

2026



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

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 Mi-Jack Products  
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 Ann & Nicholas Oehmen Family Charitable Fund  
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 Vincent Difiore  
 Kiwanis Club of Orland Park  
 Mi-Jack Products  
 Brent & Margaret Bachus  
 Bears Care  
 The DuPage Community Foundation  
 Martin & Jennifer Dore  
 The Coleman Foundation  
 Flaherty Builders  
 Roy Washington & Brothers

## Winter 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](http://cancersupportcenter.org)**

***Program times/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



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**SUNDAY - MONDAY  
TUESDAY - FRIDAY  
SATURDAY**

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