

THE PILLAR

Your quarterly newsletter from the Cancer Support Center



NEW CHAIR FITNESS PROGRAM

Discover a gentle new way to move and feel better! This innovative chair-based class helps improve circulation, boost mobility, and support lymphatic and nerve health—all while seated. Perfect for every fitness level. Turn to page 7 for details and registration information!



Welcome to our FALL NEWSLETTER!

As the seasons change, we're here to help you stay strong, supported, & inspired. Explore all the exciting programs, wellness classes, support groups, and creative activities we have planned for this season - **there's something for everyone!**

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Scan me!



Scan the qr code to learn more about our FREE programs

SURVIVORSHIP SERIES

OPEN TO ALL WOMEN DIAGNOSED WITH BREAST CANCER

October 15th & 22nd in Homewood

The Survivorship Series will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health. Topics include, early menopause, long-term side effects of treatment, sex and intimacy, and self-care after breast cancer.

For times & more information turn to page 2.



Ashley Hayes
MSN, RN, OCN



Heather Pruim
BSN, RN, OCN, CBCN



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

HEALING SKIN, HEALING SPIRIT

TUESDAY, SEPTEMBER 22ND | 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. This is a hands on learning experience where participants will be guided through eyebrow application techniques. **Presented by Mickie V.**



PEER SUPPORT: HOW IMERMAN ANGELS CONNECTS CANCER FIGHTERS, SURVIVORS, & CAREGIVERS

FRIDAY, SEPTEMBER 18TH | 11:15-12P.M. | VIRTUAL

Join us for a 30-45-minute virtual presentation introducing Imerman Angels' one-to-one peer support model, program eligibility, and why peer-to-peer support is so important for patients and caregivers. Jackie will include real-world examples of matches, expected benefits for participants, and a brief Q&A. **Presented by Jackie Herigodt, Director of Partnerships and Engagement, Imerman Angels.**



COPING WITH SLEEP DIFFICULTIES

THURSDAY, OCTOBER 8TH | 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.**

LEARNING ABOUT LYMPHEDEMA

TUESDAY, OCTOBER 13TH | 12-1 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 what lymphedema is, how to prevent it, and how it is treated. **Presented by Doctor of Physical Therapy, Lauren Mansell.**

LIVING BEYOND BREAST CANCER: **SURVIVORSHIP SERIES**

**OPEN TO ALL WOMEN DIAGNOSED WITH BREAST CANCER IN SURVIVORSHIP OR ACTIVE TREATMENT*

THURSDAYS, OCTOBER 15TH & OCTOBER 22ND | 1-3 P.M. | HOMEWOOD

The Survivorship Series will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health. Topics include, early menopause, long-term side effects of treatment, sex and intimacy, and self-care after breast cancer. **Presented by Ashley Hayes MSN, RN, OCN & Heather Pruim BSN, RN, OCN, CBCN.**

ESTATE PLANNING – HOW TO PROTECT YOUR FAMILY & YOUR FINANCES

FRIDAY, OCTOBER 16TH | 12-1 P.M. | MOKENA

Estate planning is vital to both you and your family's future. Find out about various instruments that enable you to feel confident about you and your family being protected, such as trusts, wills, powers of attorney, and living wills. **Presented by Matthew Kurnat, Partner at Hanson, O'Connor & Kurnat.**



ADJUSTING TO LIFE AFTER LOSS – **3 WEEK PROGRAM**

TUESDAY, NOVEMBER 10TH, 17TH, & 24TH | 4-5 P.M. | VIRTUAL

Coping with the loss of a loved one can be challenging, particularly when individual factors and unrealistic expectations intensify the grieving process. Additionally, support from others often diminishes over time. This three-week workshop addresses key aspects of grief through a different focus each week. Week one explores common myths and expectations surrounding grief. Week two examines factors that influence the grieving process, and week three focuses on building and maintaining personal support. *Participants may attend all three sessions or select the topics most relevant to them.* **Presented by Jason Kieffer, LCPC.**

NAVIGATING NEUROPATHY

TUESDAY, NOVEMBER 10TH | 11-12 P.M. | VIRTUAL

Neuropathy is one of the most common side effects of certain cancer treatments. Join us to learn about neuropathy and ways that physical therapy and other interventions may help.

Presented by Doctor of Physical Therapy Lauren Mansell.

GRIEVING THROUGH THE HOLIDAYS

MONDAY, NOVEMBER 23RD | 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.*

Presented by Jason Kieffer, LCPC.



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

PAINT AND "SIP" STYLE FALL ART WORKSHOP

THURSDAY, OCTOBER 29TH | 11-1 P.M. | MOKENA

Come out and paint a midnight harvest painting with Carrie from Creative Arts Academy in partnership with the Frankfort Arts Association. You will learn how to paint a pumpkin and add fun highlights on an 11x14 canvas. You can get creative and add your own fun background using some fun non traditional art items. Come out to paint, relax, be creative, and get ready for fall!



SHADOW PUPPET BUILDING WORKSHOP

THURSDAY NOVEMBER 12TH | 1-2:30 P.M. | HOMEWOOD

Let's make shadow puppets together! Discover the magic of light and silhouette as you create your own individual puppet. Shadow puppetry has a rich history in storytelling. This workshop offers a unique and accessible way to create art that can be proudly displayed or brought to life through performance. Open to all skill levels to explore creativity, play, and imagination. **Please email kfriel@cancersupportcenter.org or call our Homewood office at 708-798-9171 to register.**

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 Journaling | Virtual

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

SEPT: Exploring Line, Shape, and Mark-Making

OCT: Cozy + Seasonal Art

NOV: Textile + Fiber Arts



Art Therapy

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

MOKENA - Every Tuesday 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.

Knit & Crochet Group

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

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

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



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 child & teen support.



CAKE DECORATING WORKSHOP FOR TWEENS+

THURSDAY, SEPTEMBER 24TH | 4:30-6 P.M. | MOKENA

Join us for a fun 90-minute beginner fondant class designed for tweens + teens ages 10-18 who have been impacted by cancer. Connect with other kids who understand the journey, learn basic fondant hand-sculpting techniques, and create your own custom cupcake toppers. Everyone will leave with new decorating skills and three beautifully decorated cupcakes to take home. Email kfriel@cancersupportcenter.org or call our Mokena office 708-478-3529 to register. **Presented by Alyssa Dobbs.**

KIDS GROUP WITH PARENT MEET-UP | 5 WEEK PROGRAM

TUESDAYS, OCTOBER 6TH THROUGH NOVEMBER 3RD | 4:30-5:30 P.M. | MOKENA

This group is a playful, supportive space for children ages 5-12 who have been impacted by cancer. Guided by Art Therapists, each session blends imaginative art projects with energizing games to help kids express themselves, build connections, and have fun together. Parents are encouraged to relax, interact, and connect in our welcoming lobby space during the group.

Please email kfriel@cancersupportcenter.org or call either location 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 & HOMEMADE WITH GWEN IN MOKENA:

KOREAN TACOS | THURSDAY, SEPTEMBER 10TH | 10:30-12 P.M.

These colorful 30-minute Korean beef + avocado rice rolls are full of flavor—easy and fast to make. Serve them as a bowl, burrito roll, or taco. This recipe makes great leftovers, too!

ALL THINGS BUTTERNUT SQUASH | THURSDAY, OCTOBER 22ND | 10:30-12 P.M.

Butternut squash is highly nutritious and can offer numerous health benefits, including improved heart health, enhanced immune function, and better digestion. Find out how to incorporate squash into your healthy eating plan!

PARTICIPANT HOLIDAY FAVORITES | THURSDAY, NOVEMBER 5TH | 10:30-12 P.M.

Participants' Request Day! You asked for some easy, delicious ideas for the holiday season. We will learn how to prepare a couple of items that you can serve or take to your upcoming holiday gatherings.



Gwen Giampaolo

COOKING WITH CHEF MARCIA IN HOMEWOOD:

"FALL" IN LOVE WITH APPLES | TUESDAY, SEPTEMBER 15TH | 10:30-12 P.M.

Apples are at their peak during the fall months, and they offer the perfect balance of sweetness & tartness that makes them ideal for sweet and savory dishes. Chef Marcia reveals how apples can be transformed into something magical.

A CHILI TWIST | TUESDAY, OCTOBER 20TH | 10:30-12 P.M.

A chili twist is a creative variation of the classic chili recipe that blends traditional Mexican flavors, unique flavors, spice blends, and unexpected additions. Chef Marcia will explore options that will taste amazing.

A COZY BOWL OF COMFORT | TUESDAY, NOVEMBER 17TH | 10:30-12 P.M.

Soup has long been celebrated not only as a comfort food but also as a naturally healing nourishment that supports both mind and body. Chef Marcia will present her favorite soups that are hydrating, nutrient dense, and easy to digest.



Marcia Kuchta

10 SUPERFOODS FOR BETTER DIGESTION, MOOD, AND ENERGY

WEDNESDAY, SEPTEMBER 16TH | 12-1:15 P.M. | MOKENA

Superfoods are packed full of vitamins, minerals, and phytochemicals necessary to boost the immune system, help fight illnesses, and support optimal digestive health. Some studies have found that changing your diet may help change your metabolism and brain chemistry, ultimately affecting your energy level and mood. **Presented by Chris Rosandich, MS, Nutrition Educator.**

MARCELAS KITCHEN TO YOURS: FALL MOCKTAILS AND APPETIZERS

THURSDAY, SEPTEMBER 17TH | 2:30-4 P.M. | HOMEWOOD

Mocktails are a fresh and fun non-alcoholic drink that are perfect for the fall. We will have so much fun creating and trying these fabulous mocktails and appetizers!! **Presented by Marcela Puga, Health Coach & Fitness Instructor.**



HEALTHY LIFESTYLE: NUTRITION AND MOVEMENT FOR WELLNESS

WEDNESDAYS, SEPTEMBER 23RD, 30TH | OCTOBER 7TH, 14TH, 21ST & 28TH | 9-10:30 A.M. | MOKENA

THURSDAYS, SEPTEMBER 24TH | OCTOBER 1ST, 8TH, 15TH, 22ND & 29TH | 2:30-4 P.M. | HOMEWOOD

Looking to feel stronger, more energized, and supported in your health journey? Join us for this multi-week program that combines nutrition education and guided movement to help you build simple, sustainable habits for better health.

Each week you will learn practical strategies to:

- Boost your energy
- Build strength and mobility
- Support your body through nutrition
- Improve balance and daily function

Sessions include expert guidance in nutrition and safe, effective movement in a welcoming and supportive group environment. All fitness levels are welcome. No prior experience is needed. Small group program - limited spots available. **Presented by Chris Rosandich, MS, Nutrition Educator; Roy Alfonso, Certified Fitness & Functional Movement Specialist (CFS); and Marcela Puga, Cancer Fitness Specialist (CFS), Yoga Therapist (YT).**

6-week Program!



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

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

Every program on this page is presented by Chris Rosandich, MS, Nutrition Educator.

HEALTHY EATING: HELP INCREASE ENERGY & REDUCE CANCER-RELATED SIDE EFFECTS

THURSDAY, SEPTEMBER 24TH | 12:30-1:45 P.M. | HOMEWOOD

You can discover nutrient-dense foods to help minimize side effects such as nausea, diarrhea and/or constipation, and poor appetite.

20 EASY STEPS TO HELP REDUCE TOXINS IN YOUR HOME

WEDNESDAY, OCTOBER 14TH | 10:30-11:45 A.M. | MOKENA

We use products every day on our bodies and in our homes that contain ingredients that are potentially harmful. This program will explore simple, easy, and economical ways to help detox your home and help you begin this journey of clean and green living.

COLD AND FLU SEASON: SIMPLE STEPS TO SUPPORT STRONGER IMMUNE FUNCTION

WEDNESDAY, OCTOBER 21ST | 11-12:15 P.M. | MOKENA

During this cold and flu season, let's discuss which foods may help ease the severity of a cold and shorten the duration. We'll also identify different foods that work against our bodies and can inhibit recovery time. Chris will explore different foods and lifestyle choices, including immune-boosting antimicrobial and antiviral herbs to assist your immune system and fight off cold and flu.

PROTEIN PACKED PROGRAMS:

POWER UP WITH PROTEIN FOOD DEMO

TUESDAY, SEPTEMBER 22ND | 12:15-1:30 P.M. | MOKENA

Cancer patients and their loved ones can join us to learn about refreshing, nutritious, and easy-to-make meals and a 'mini-meal'. We'll focus on simple, nutrient-dense, and easy-to-digest meals that accommodate treatment side effects while providing extra calories and protein.

PROTEIN-RICH SMOOTHIES

TUESDAY, OCTOBER 27TH | 12:15-1:30 P.M. | MOKENA

THURSDAY, OCTOBER 29TH | 12:30-1:45 P.M. | HOMEWOOD

Smoothies blend whole fruits and vegetables retaining fiber, while juicing extracts only the liquid, leaving the fiber behind. Which one is better for cancer patients? We will explore the health benefits of both and discover which one is more suitable for your diet and lifestyle.



BREAK FREE FROM ULTRA-PROCESSED FOODS: 10 EASY STRATEGIES

TUESDAY, NOVEMBER 3RD | 11-12:30 P.M. | HOMEWOOD

What do processed foods do to the body? Over half of what some of us are eating is ultra-processed. We will discuss how to spot these foods, identify why they can take a toll on our health, and discover simple ways to make them healthier.

HOLIDAY COOKING DEMO FOR ONE OR TWO

TUESDAY, NOVEMBER 10TH | 12:15-1:30 P.M. | MOKENA

If you're cooking for just one or two during the holidays, you can still create a festive, satisfying meal without overcomplicating it. The key is to choose recipes that you love, are easy to prepare, and are full of holiday spirit. We will explore just how to accomplish this.



TAKE OUT FOOD: HOW TO MAKE GREAT CHOICES

THURSDAY, NOVEMBER 12TH | 11-12:30 P.M. | HOMEWOOD

Don't let enjoying lunch or dinner out at a restaurant ruin your healthy eating goals. Follow these easy tips for how to eat healthy at restaurants (take-out too!), and see how eating out healthy is possible, delicious, and satisfying!

HEALTHY SNACKS: SOMETHING SWEET BUT HEALTHY

THURSDAY, NOVEMBER 19TH | 12-1:30 P.M. | HOMEWOOD

Refreshing, nutritious, and easy-to-make snacks make for a great 'mini-meal'. Let's have fun making incredible snacks that are healthy, fresh, and protein rich, such as fruit and cheese, yogurt cups, banana sushi, mini pizzas, and more. Tasty snack bite samples will be available to try.



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.

Caring for a Child with Cancer: Parent Support Group

This group is specifically for parents who are caring for a child who has been diagnosed with cancer and is currently or has been treated for cancer. This group provides a space for parent caregivers to talk with other parents facing similar circumstances. Please email mbonke@cancersupportcenter.org to learn more about this group.

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.

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 ***NEW TIME**

1st and 3rd Thursdays of every month from 12-1 p.m.

Multiple Myeloma Cancer Networking

Virtual

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

Pancreatic Cancer Networking Group

Virtual

3rd 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 Michelle Hernandez, LCSW, and is generously supported by the Rolfe Pancreatic Cancer Foundation.**

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

SCAN ME!



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.

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 Friday 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 | 9:30-10:15 a.m.

September 15th & 29th | October 13th & 27th | November 10th & 17th

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.**

YOGA PROGRAMS

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.**

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.**



FITNESS & PHYSICAL WELLNESS

Corrective Exercise to Rebuild, Strengthen & Restore

Select Mondays, September 21st, October 19th, November 30th 12:30-1:15 p.m. | Homewood

In a small group setting, Roy provides guidance on corrective movements to reduce pain, improve flexibility, and enhance balance. Learn exercises to move better and manage discomfort and issues including Plantar fasciitis, intermittent knee, shoulder, lower back, and hip pain as well as neck discomfort. **Presented by Roy Alfonso, CFS & Movement Specialist.**

Chair Fitness for Lymphedema & Neuropathy

Select Mondays from 2:30-3:30 p.m.

**Mokena | September 14th & 21st & October 5th & 19th
Homewood | November 2nd, 9th, 16th & 30th**

This 45-minute chair-based class uses gentle movement and breathing exercises to improve circulation, mobility, lymphatic flow, and nerve health. Designed to help reduce stiffness and discomfort, it's suitable for all fitness and mobility levels. **Call 708-478-3529 to register. Facilitated by Marcela Puga.**

Core Stability for Prostate Cancer Survivors

Select Fridays September 25th, October 30th & November 20th 9:30-10:15 a.m. | Homewood

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, & functional movements to improve posture, mobility, & overall well-being. **Call 708-478-3529 to register.**

Facilitated by Marcela Puga.

Moves That Matter Personal Training

Every Tuesday from 2-2:45 p.m. | Homewood

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. **Facilitated by Roy Alfonso.**

Tai Chi and Qigong | Homewood

1st and 2nd Wednesday of the month | 10-11 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.

Facilitated 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 11:00 a.m.-12:00 p.m.

Facilitated by Denise Camin.

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

SEPTEMBER 2026

Monday

Tuesday

Wednesday

	1 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	2 10-11a: Tai Chi and Qigong 10:30-11:30a: Lung Cancer Networking Group 11:15-12:15p: 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
7 Both Centers Closed in Observation of Labor Day	8 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	9 10-11a: Tai Chi and Qigong 10:30-11:30a: Colorectal Cancer Group 11:15-12:15p: 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
14 9-9:45a: Zumba Toning with Lori 11:15-12:15p: Zumba Gold with Denise 12-1p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy	15 9:30-10:15a: Tibetan Bowls 10:30-12p: Cooking with Chef Marcia: "Fall" in Love with Apples 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter	16 11:15-12:15p: Zumba Gold with Denise 12-1:15p: 10 Superfoods for Better Digestion, Mood, and Energy 12-1p: Gynecological Cancer Networking 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: Sista's of Hope
21 11:15-12:15p: 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 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy 4-5p: Caregiver's Networking Group	22 12:15-1:30p: Power Up with Protein Food Demo 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	23 9-10:30a: Healthy Lifestyle 11:15-12:15p: 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
28 11:15-12:15p: 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	29 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	30 9-10:30a: Healthy Lifestyle 11:15-12:15p: 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

Orange: Homewood

Blue: Mokena

Green: Virtual

SCAN
ME!



Thursday

Friday

Sat/Sun

3

12-1p: Men's Networking Group
5-6p: Bereavement Group
Art Journaling

4

5/6

10

10:30-12p: Healthy & Homemade
with Gwen: Korean Tacos
6-7:30p: Brain Tumor Networking
Group
Art Journaling

11

12-1p: Sound Bath

12/13

17

12-1p: Men's Networking Group
2:30-4p: Marcela's Kitchen to Yours:
Summertime Mocktails and
Appetizers
5-6p: Blood Cancers Networking
Group
6-7p: Pancreatic Cancer Group
Art Journaling

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11:15-12: Peer Support: How
Imerman Angels Connects Cancer
Fighters, Survivors, and Caregivers

19/20

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12:30-1:45p: Healthy Eating to Help
Increase Energy and Reduce Cancer
2:30-4p: Healthy Lifestyle
4:30-6p: Cake Decorating
Workshop for Tweens+
4-5p: Multiple Myeloma Cancer
Networking Group
Art Journaling

25

9:30-10:15a: Core Stability for
Prostate Cancer Survivors

26/27

OCTOBER 2026

Monday

Tuesday

Wednesday

5 9-9:45a: Zumba Toning with Lori 11:15-12:15p: 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 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy	6 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 4:30-5:30p: Kids Group w/ Parent Meetup	7 9-10:30a: Healthy Lifestyle 10-11a: Tai Chi and Qigong 10:30-11:30a: Lung Cancer Networking Group 11:15-12:15p: 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
12 Both Centers Closed in Observation of Indigenous Peoples' Day	13 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra with Karen 12-1p: Learning About Lymphedema 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 4:30-5:30p: Kids Group w/ Parent Meetup	14 9-10:30a: Healthy Lifestyle 10-11a: Tai Chi and Qigong 10:30-11:45a: 20 Easy Steps to Help Reduce Toxins in Your Home 10:30-11:30a: Colorectal Cancers Group 11:15-12:15p: 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
19 9-9:45a: Zumba Toning with Lori 11:15-12:15p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12:30-1:15p: Corrective Exercise 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy 4-5p: Caregiver's Networking Group	20 11-12p: Gentle Floor Yoga Nidra with Karen 10:30-12p: Cooking with Chef Marcia: A Chili Twist 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 4:30-5:30p: Kids Group w/ Parent Meetup	21 9-10:30a: Healthy Lifestyle 11-12:15p: Cold and Flu Season 11:15-12:15p: Zumba Gold with Denise 12-1p: Gynecological Cancer Networking Group 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
26 9-9:45a: Zumba Toning with Lori 11:15-12:15p: Zumba Gold with Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit & Crochet 1-1:30p: Monday Meditation with Cecily 1:30-3p: Art Therapy	27 9:30-10:15a: Tibetan Bowls 12:15-1:30p: Protein-Rich Smoothies 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 4:30-5:30p: Kids Group w/ Parent Meetup	28 9-10:30a: Healthy Lifestyle 11:15-12:15p: 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



Thursday

Friday

Sat/Sun

1 12-1p: Men's Networking Group 3-4p: Healthy Lifestyle 5-6p: Bereavement Group Art Journaling	2 12-1p: Sound Bath	3/4
8 3-4p: Healthy Lifestyle 4-5p: Coping with Sleep Difficulties 6-7:30p: Brain Tumor Networking Group Art Journaling	9	10/11
15 10-12:30p: Survivorship Series 12-1p : Men's Networking Group 2:30-4p: Healthy Lifestyle 5-6p: Blood Cancers Networking Group 6-7p: Pancreatic Cancer Networking Group Art Journaling	16 12-1p: Estate Planning	17/18 Sunday: Pink-a-Boo Walk at Irwin Park, Homewood 9 AM 
22 10-12:30p: Survivorship Series 10:30-12p: Healthy & Homemade with Gwen: All Things Butternut Squash 2:30-4p: Healthy Lifestyle Art Journaling	23	24/25
29 11-1p: Paint & Sip Workshop 12:30-1:45p: Protein-Rich Smoothies 2:30-4p: Healthy Lifestyle 4-5p: Multiple Myeloma Cancer Networking Group Art Journaling	30 9:30-10:15a: Core Stability for Prostate Cancer Survivors	31

NOVEMBER 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
2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy

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
1-1:30p: Monday Meditation w/ Cecily
1:30-3p: Art Therapy
2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy

16 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
2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy
5-6p: Caregiver's Networking Group

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
5-6p: Grieving through the Holidays

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
12:30-1:15p: Corrective Exercise
1-1:30p: Monday Meditation w/ Cecily
1:30-3p: Art Therapy
2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy

3

11-12p: Gentle Floor Yoga Nidra w/ Karen
11-12:30p: Break Free from Ultra-Processed Foods: 10 Easy Strategies
2-3:30p: Art Therapy
2-2:45p: Moves That Matter
4:30-5:30p: Kids Group w/ Parent Meetup

10 9:30-10:15a: Tibetan Bowls
11-12p: Gentle Floor Yoga Nidra w/ Karen
11-12p: Navigating Neuropathy
12:15-1:30p: Holiday Cooking Demo for One or Two
2-3:30p: Art Therapy
2-2:45p: Moves That Matter
4-5p: Adjusting to Life After Loss

17 9:30-10:15a: Tibetan Bowls
10:30-12p: Cooking with Chef Marcia: A Cozy Bowl of Comfort
11-12p: Gentle Floor Yoga Nidra w/ Karen
2-3:30p: Art Therapy
2-2:45p: Moves That Matter
4-5p: Adjusting to Life After Loss

24
11-12p: Gentle Floor Yoga Nidra w/ Karen
2-3:30p: Art Therapy
2-2:45p: Moves That Matter
4-5p: Adjusting to Life After Loss

4

10-11a: Tai Chi and Qigong
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

11 10-11a: Tai Chi and Qigong
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

18 11-12p: Zumba Gold with Denise
12-1p: Gynecological Cancer Networking 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: Sista's of Hope

25
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

Orange: Homewood

Blue: Mokena

Green: Virtual

SCAN
ME!



Thursday

Friday

Sat/Sun

5

10:30-12p: Healthy and Homemade
with Gwen: Participant Holiday
Favorites

12-1p: Men's Networking Group

5-6p: Bereavement Group

Art Journaling

6

12-1p: Sound Bath

7/8

12

11:12:30p: Take Out Food: How to Make
Great Choices

1-2:30p: Shadow Puppet Workshop

6-7:30p: Brain Tumor Networking
Group

Art Journaling

13

14/15

19

12-1p: Men's Networking Group

12-1:30p: Healthy Snacks: Something
Sweet but Healthy

4-5p: Multiple Myeloma Cancer
Networking Group

5-6p: Blood Cancers Networking Group

6-7p: Pancreatic Cancer Networking
Group

Art Journaling

20

9:30-10:15a: Core Stability for
Prostate Cancer Survivors

21/22

26

Both Centers Closed in
Observation
of Thanksgiving

27

Both Centers Closed in
Observation
of Thanksgiving

28/29



Community Spotlight

The Cancer Support Center is proud to spotlight our community partner, **the Center for Food Equity in Medicine**. Founded by Dr. Ann W. Jackson—a dedicated supporter of CSC for more than 20 years, as well as a participant—the Center for Food Equity in Medicine is committed to raising awareness and addressing the nutritional needs of individuals facing a cancer diagnosis.

The Center for Food Equity in Medicine operates a complimentary nutrition station at the Cancer Support Center, helping ensure access to essential, nourishing foods. During the summer months, the organization also partners with larger nonprofits to distribute fresh food—including bread, eggs, and produce—on a biweekly basis.





Pink-A-Boo

WALK OF HOPE

SUNDAY,
OCTOBER 18TH



Holiday Spirits

Thursday, December 3rd

Social 45 Craft Kitchen & Bar by: Jimmy O's



We gratefully recognize the following donors for their generous gifts of \$500 or more:

Adam Darnell	Great Lakes Credit Union	Kenneth J Weidner Jr Foundation	North American Steel Alliance
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Beary Landscaping	Ingalls Health Services	Limestone Stage	Rhonda & Craig Mussman
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Esmark Steel	Karen Burks	Nick DiGiovanni	William J Butler School
Governors State University	Keith Janowski		

Summer 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 | 10 a.m. to 5 p.m.
Friday | 10 a.m. to 2 p.m.
Saturday-Sunday | Closed

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

cancersupportcenter.org

VILLAGE DOOR MEMORIES OVER THE YEARS



**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.**