Cancer Support CENTER

WINTER EDITION

DECEMBER 2026 - FEBRUARY 2027

THE PILLAR

Your quarterly newsletter from the Cancer Support Center



KIDS' WINTER WONDERLAND

Tuesday, December 15th | 4:30-5:30 p.m.

Join us in Mokena for this super fun and interactive Kids' Winter Wonderland Workshop! We can't wait to celebrate the holiday season with you!

For more information, visit page 9.

WHAT'S INSIDE

Remembering your loved ones

Kids' Winter Wonderland Fun

Cozy Drinks: Chocolate Mocha

Heathy Eating in 2027

NEW Parenting with a Stage 4 Cancer Support Group

& more!

Scan me!



WELCOME TO OUR Winter Newsletter

Welcome to CSC's Winter Newsletter! Explore all the exciting programs, events, and opportunities we have coming up this December through February. Stay warm, stay connected, and let CSC be part of your winter season!

FEATURED EVENT SERIES

Managing Stress After Cancer

FRIDAY, FEBRUARY 19TH | 12-1 P.M. | VIRTUAL

Explore the impact of chronic stress after cancer treatment and discover practical coping strategies and resources to help you navigate life after cancer. **Presented by Jason Kieffer.**

For times & more information turn to page 2.



Scan the qr code to learn more about our FREE programs

A Message from Our Executive Director

FINDING COMFORT, CONNECTION, AND HOPE THIS WINTER



Dear Friends,

As we enter the winter months and prepare to welcome a new year, this season brings a mix of emotions. For many, the holidays are filled with celebrations, traditions, and time with loved ones. But for those navigating a cancer diagnosis, caring for someone they love, or grieving a loss, this time of year can also bring sadness, stress, and uncertainty.

At the Cancer Support Center, we recognize that cancer impacts far more than the person diagnosed. Its effects ripple through families, friendships, and entire communities. Our commitment is to provide a place of comfort, connection, and understanding, no matter where you are in your journey.

As we look ahead to the winter months, I am especially excited about the wonderful programs and classes our dedicated educators and facilitators have planned. From nutrition and fitness to educational workshops, mindfulness, and emotional wellness, these opportunities are designed to help you care for yourself, connect with others, and find moments of peace and joy. I encourage you to explore what's coming and perhaps try something new.

Sometimes, the smallest steps—attending a class, sharing a conversation, or simply showing up—can make the greatest difference.

As we enter a new year, my hope is that you find comfort in knowing you are not alone, strength in the connections around you, and hope in the possibilities ahead.

From all of us at the Cancer Support Center, I wish you a season filled with peace, compassion, and moments of joy, wherever you may find them.

With gratitude,

Kristen Lunsford
Executive Director

> "It was a **home** for how I felt, and these people knew, **they understood**, the people here, **they are lifesavers**."

-Trish

CSC Participant who found comfort and connection after losing her son to cancer.



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

SEXUAL HEALTH AFTER GYNECOLOGICAL CANCERS

FRIDAY, JANUARY 15 | 1-2 P.M. | VIRTUAL



Join specialists from the University of Chicago's PRISM (Program in Integrative Sexual Medicine) Clinic for an informative discussion on sexual health following gynecologic cancer. Panelists will discuss how gynecologic cancers and their treatments might impact sexual function, explore the effects of treatment on sexual health, share coping strategies from a psychological perspective, and offer practical guidance and resources for everyday life. **Presented by Monica Christmas, MD; Amy Siston, PhD; Tania Mendoza; and Madeline Murphy.**



In Partnership with Cancer Wellness Center

LIFE AFTER CANCER: TREATMENT IS DONE, NOW WHAT?

FRIDAY, JANUARY 22 | 12-1 P.M. | VIRTUAL

This monthly series explores various issues patients face post treatment, as they attempt to get back to a "normal" life. Proudly presented in partnership with Cancer Wellness Center in Northbrook, Il. The transition from treatment to survivorship is an important, and often overlooked, part of the cancer journey. Whether you have recently completed treatment or are preparing for it to end, this program helps participants understand the emotional and physical realities of life after cancer treatment. Learn how the nervous system responds to stress, explore common post-treatment experiences, and gain practical tools for navigating survivorship with greater understanding and confidence. **Presented by Priscilla Andrews, MA, LCPC, Director of Clinical Services & Programs, Cancer Wellness Center.**

Remembering Your Loved Ones

A Memorial for Participants

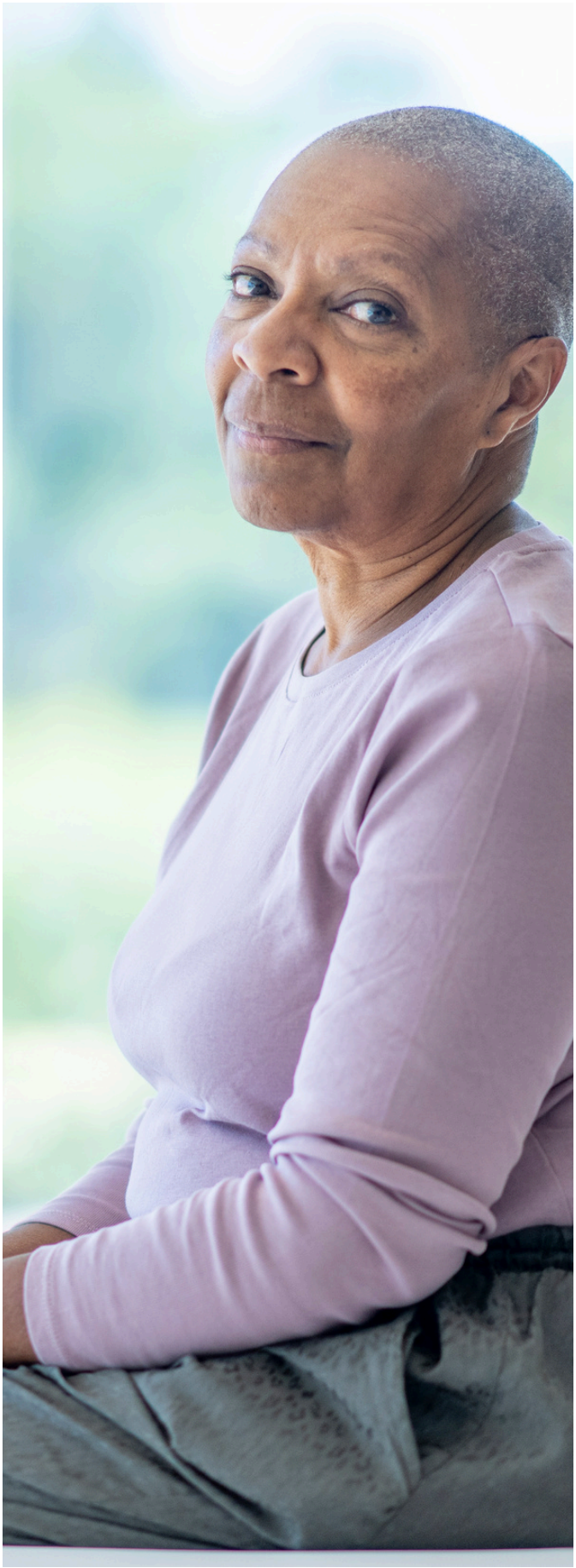
Tuesday, January 26 | 5-6 p.m. | Homewood



Join us for a special Memorial Service as we gather to honor and remember the lives of those who have touched our hearts and remain forever in our memories. This ceremony provides an opportunity for loved ones and community members to come together in reflection, gratitude, and celebration of life. We will honor the legacy of those we have lost through a reading, a photo slideshow with music played over, and a candle lighting ritual. Whether your loss was recent or many years ago, we welcome you to participate in this time of healing, support, and connection. Together, we will celebrate the love, strength, and cherished memories that continue to inspire us.

Please send a picture of loved ones that you would like included in the slideshow to jkieffer@cancersupportcenter.org by Friday, January 15th.

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



Less Fear, More Facts

UNDERSTANDING LYMPHEDEMA AFTER SURGERY & RADIATION

SATURDAY, JANUARY 30 | 10-11 A.M. | HOMEWOOD

Learn how the lymphatic system works, what can affect its function, and the factors that increase the risk of lymphedema—all explained in plain language that's easy to understand and follow. This informative session will separate myths from facts about blood draws, blood pressure checks, air travel, and lifting. Participants will also learn to recognize early warning signs and understand when to seek early intervention. **Presented by Lamiaa Hefni, PT, CLT-LANA, CWT, CPST.**

Pelvic Floor with Lauren

FEBRUARY 9 | 12-1 P.M. | VIRTUAL

Join Doctor of Physical Therapy and certified Pelvic Floor Physical Therapist, Lauren Mansell to learn about Pelvic Floor Dysfunction in Cancer survivorship, what it is, and what you can do to help. Bring your questions! **Presented by Lauren Mansell, DPT, CLT, PRPC.**

IN PARTNERSHIP WITH CANCER WELLNESS CENTER

Managing Stress After Cancer

FRIDAY, FEBRUARY 19 | 12-1 P.M. | VIRTUAL

This monthly series explores various issues patients face post treatment, as they attempt to get back to a "normal" life. Proudly presented in partnership with Cancer Wellness Center in Northbrook. In this session, we will discuss the negative impacts of chronic stress and the importance of finding ways to cope. Coping skills and resources will also be discussed. **Presented by Jason Kieffer, LCPC.**

Integrative Medicine in Cancer Care

EMPOWERING PATIENTS AND CAREGIVERS

WEDNESDAY, FEBRUARY 24 | 5-6 P.M. | VIRTUAL

This online educational program introduces cancer patients and caregivers to Integrative Medicine—a medical specialty grounded in clinical research and delivered through a Whole Health framework. Participants will learn how it complements conventional cancer treatments with therapies such as food as medicine, clinically validated use of natural products and supplements, and mind-body practices to reduce stress and support healing. Emphasizing whole-person care, the program addresses physical, emotional, and spiritual well-being to foster resilience, empowerment, and quality of life throughout the cancer journey. **Presented by Tohfa Manji Ruda, DO, ABOIM, Board certified physician in Family Medicine and Integrative Medicine.**

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

We offer professional counseling to anyone impacted by cancer, including patients, survivors, caregivers, and family members. Whether you're navigating a new diagnosis, treatment, survivorship, or grief, our compassionate counselors are here to listen, guide, and support you. Call either location to speak with one of our Program Navigators and to learn more.
All services are provided at no cost, because no one should face cancer alone.

Create, Connect & Be Inspired



SNOW GLOBE CRAFT WORKSHOP

WEDNESDAY, JANUARY 27 | 4-5:30 P.M. | MOKENA

Celebrate the beauty of the seasons in this fun, hands-on workshop. Participants will create two unique snow globes, a cozy winter-themed globe featuring snowy scenes and sparkling accents and a vibrant spring-themed globe filled with spring color and signs of new growth. This creative workshop is perfect for all skill levels and provides a wonderful opportunity to design seasonal keepsakes to display year-round. **Presented by Art Therapy intern Olivia Callaway.**

MACRAMÉ WORKSHOP WITH SIERRA

WEDNESDAY, FEBRUARY 10 | 12:30-2 P.M. | HOMEWOOD

Come try something new in our Macrame workshop! Local Art Therapist and past CSC intern Sierra will show us how to create patterns and textiles using knots rather than weaving or knitting. This relaxing art making activity will have you wanting to use your newly learned macrame skills to make wall hangings, plant holders, jewelry, and more!

CUPCAKE WORKSHOP

FONDANT FUN FOR BEGINNERS

THURSDAY, FEBRUARY 11 | 10-11:30 P.M. | MOKENA

Join us for a fun 90-minute beginner fondant class designed for adults who have been impacted by cancer. 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.**

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.

Art Therapy | Homewood

HOMEWOOD - Every Monday from 1-2:30 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.

DEC: Making Holiday Cards + Crafts
JAN: Try Something New
FEB: Drawing in Color—Exploring colored pencils, pastels, and more!

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

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

Marcela's Kitchen to Yours in Homewood



HEALTHY GUAVA GELATIN
TUESDAY, DECEMBER 15 | 3:30-4:30 P.M.
Guava Gelatin is a light and creamy dessert made with cottage cheese, kefir, and fresh guava. Naturally sweetened and high in protein, it is a healthy and delectable treat.

COZY DRINKS: PUMPKIN & SPICED HOT CHOCOLATE
TUESDAY, JANUARY 26 | 3:30-4:30 P.M.
Come and enjoy a comforting and anti-inflammatory drink that is creamy and naturally sweetened. With a touch of warm spices, this is perfect for a chilly day. You will love it!

COZY DRINKS: CHOCOLATE MOCHA & SPICED LATTE
TUESDAY, FEBRUARY 23 | 3:30-4:30 P.M.
What's better on a cold day than sipping on a cozy drink that has all the warm and comforting flavors. Marcela always uses real ingredients which will make this a healthy and delicious beverage.

Healthy & Homemade with Gwen in Mokena



HOLIDAY FAVORITE APPETIZERS
MONDAY, DECEMBER 14 | 2:30-4 P.M.
Sit back and relax as Gwen demonstrates just how simple it is to prepare some of her favorite holiday appetizers. You will love trying her samples.

NEW YEAR RESET: WINTER VEGETABLE MINESTRONE SOUP
THURSDAY, JANUARY 7 | 10:30-12 P.M. | MOKENA
Learn to prepare this hearty, nutrient-packed soup filled with seasonal vegetables and delicious flavors.

SNOW DAY COMFORT FOOD
CREAMY AND VEGGIE LOADED WHITE LASAGNA SOUP
THURSDAY, FEBRUARY 4 | 10:30-12 P.M. | MOKENA
Warm up on a chilly winter day with a cozy twist on a classic favorite! Learn to make a creamy, veggie-packed white lasagna soup that's hearty, comforting, and full of flavor.

Cooking with Chef Marcia in Homewood



THE BEST SHEPHERD'S PIE AT HOME!
TUESDAY, JANUARY 12 | 10:30-12 P.M.
Shepherd's pie is the perfect comfort food during a cold January. It is beloved for its perfect blend of comforting flavors, satisfying textures, with a rich savory foundation. Join Chef Marcia as she teaches us just how simple her favorite recipes are to make and are full of flavor.

BE OUR VALENTINE!
TUESDAY, FEBRUARY 9 | 10:30-12 P.M.
There is something sweet about heart-shaped cookies and other Valentine delights that are iced in red or pink frosting. Chef Marcia will pamper us with the perfect Valentines sweet treats made with love!

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

Enjoy & Navigate Sweet Treats During the Holidays

TUESDAY, DECEMBER 8 | 11-12:30 | HOMEWOOD
WEDNESDAY, DECEMBER 16 | 11:30-1 | MOKENA

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

Presented by Chris Rosandich, MS, Nutrition Educator.

Label Reading

INGREDIENTS TO AVOID FOR BETTER HEALTH DURING THE HOLIDAYS

WEDNESDAY, DECEMBER 9 | 11-12:30 A.M. | MOKENA
TUESDAY, DECEMBER 15 | 11-12:30 A.M. | HOMEWOOD

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

Presented by Chris Rosandich, MS, Nutrition Educator.

Protein-Rich Smoothies

MEAL REPLACEMENT

TUESDAY, JANUARY 12 | 3:30-4:30 P.M. | HOMEWOOD

Learn to make blend-at-home smoothies that have great taste, are jam-packed with pre and probiotics, protein, healthy fats, and fiber. Blending your fruits and veggies is the best and quickest way to reduce inflammation while hydrating your body and drenching your cells in life-giving nutrients.
Samples are available.

Healthy Eating in 2027

FIGHTING INFLAMMATION AND INCREASING ENERGY

TUESDAY, JANUARY 19 | 3:30-4:30 P.M. | HOMEWOOD

Would you like to have more energy and experience less pain in 2027? Inflammation may be a factor in weight gain, daily aches and pains, and increased levels of anxiety. Discover tips to help improve health, increase energy, and reduce inflammation. Anti-inflammatory recipes will be available to try.



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



Cold and Flu Season

SIMPLE STEPS TO STRENGTHEN IMMUNE FUNCTION

TUESDAY, JANUARY 26 | 11-12:15 P.M. | HOMEWOOD
WEDNESDAY, JANUARY 27 | 11-12:15 P.M. | MOKENA

Can what we eat directly impact the duration of a cold or the flu? You have all heard the saying, "Feed a cold, starve a fever." During this cold and flu season, let's discuss which foods may help ease the severity of a cold and shorten the duration. Also, we will identify different foods that work against our bodies and can inhibit recovery time.

Take Out Food

HOW TO MAKE GREAT CHOICES

TUESDAY, FEBRUARY 9 | 3:30-4:30 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!

Break Free from Ultra-Processed Foods

10 EASY STRATEGIES

TUESDAY, FEBRUARY 16 | 3:30-4:30 P.M. | HOMEWOOD
WEDNESDAY, FEBRUARY 17 | 10-11 A.M. | MOKENA

What does eating processed foods do to the body? Many times, over half of what we eat 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.

Ferment Your Way to Better Health

WEDNESDAY, FEBRUARY 24 | 10-11 A.M. | MOKENA

Superfoods, including fermented foods, allow us to add healthy gut bacteria, which are natural probiotics. Food sources are the best means to assimilate good bacteria into your diet and are packed full of vitamins, minerals, and phytochemicals necessary to boost the immune system, help fight illnesses, and support optimal digestive health. There is scientific research that supports that by changing your diet you can change your metabolism and brain chemistry, ultimately affecting your energy level and mood. Samples will be available to try.

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.



Kids' Winter Wonderland Workshop

TUESDAY, DECEMBER 15 | 4:30-5:30 P.M. | MOKENA

Step into a winter wonderland filled with creativity and fun! This workshop provides a welcoming space for children aged 5-12, who have been impacted by cancer, to make new friends, express themselves through art, and create meaningful gifts from the heart. Come make memories and holiday magic together! **Please email kfriel@cancersupportcenter.org or call either location to register.**

Kids Group with Parent Meet-up

EVERY TUESDAY: FEBRUARY 2ND THROUGH 23RD
4:30-5:30 P.M. | MOKENA

The group provides 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.**

We are proud to announce the naming of the Lynn & Anthony Panici Child and Family Program, honoring the Panici family's extraordinary generosity and commitment to our mission.

THE Lynn and Anthony PANICI
CHILD AND FAMILY PROGRAM
A legacy of love, family and hope.

Through this program, children, teens, and families impacted by cancer or the loss of a loved one receive compassionate counseling, grief support, education, and resources—all at no cost.

Thanks to the continued generosity of the Panici family, JDM Steel and supporters of the Lynn & Anthony Panici Memorial Golf Outing, their legacy of love will continue to bring comfort, strength, and hope to families for generations to come.



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 & 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 & 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.

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
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.***

Parent Support Group: Caring for a Child with Cancer | Virtual
The 3rd Thursday of the month from 6-7 p.m.
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.

*NEW Parenting with a Stage 4 Cancer Diagnosis | Mokena
The 2nd Tuesday of the month from 9-10 a.m.
This in person support group is for any parent with a stage four cancer who is navigating their diagnosis while parenting a child, teen or young adult. Registration required. Please call 708-478-3529 or email kfriel@cancersupportcenter.org if you are interested in attending.

****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.
December 8th, 22nd | January 5th, 19th | February 9th, 23rd
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.
Facilitated by Cecily Hunt.

Chair Yoga with Marcela | Homewood
Every Wednesday from 2:30 to 3:30 p.m.
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

Movement Therapy: Controlling Discomfort & Pain
Select Mondays from 12:30-1:15 p.m. | Homewood
December 14th, January 25th, February 22nd
Move with greater ease and confidence! Through personalized instruction, learn simple techniques to reduce stiffness, improve flexibility, balance, and posture, and ease everyday aches and pains. Discover how safe, effective movement can help you feel your best! **Presented by Roy Alfonso, Certified Fitness & Functional Movement Specialist (CFS).**

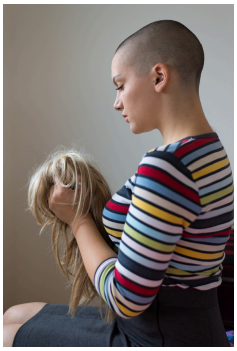
Chair Cardio for Better Movement
Thursdays | 2:00-2:45 p.m.
Homewood: January 14–February 18
Mokena: February 25–April 1
Facilitated by Marcela Puga

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.
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.



Wig Boutique

We offer wigs to anyone experiencing hair loss due to treatment.

Call either location to schedule an appointment.

DECEMBER 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 11-12p: 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
7 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy	**8** 9:30-10:15a: Tibetan Bowls 9-10a: Parenting with Stage 4 Cancer 11-12:30p: Enjoy & Navigate Sweet Treats During the Holidays 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 11-12p: Zumba Gold with Denise 11-12:30p: Label Reading 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela
14 9-9:45a: Zumba Toning with Lori 11-12: Zumba Gold with Denise 12-1p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 12:30-1:15p: Movement Therapy 1-1:30p: Monday Meditation w/ Cecily 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy 2:30-4: Holiday Apps with Gwen	**15** 11-12:30p: Label Reading: 11-12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 3:30-4:30: Healthy Guava Gelatin with Marcela 4:30-5:30p: Kids' Winter Wonderland Workshop	**16** 11:30-1p: Sweet Treats 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
21 9-9:45a: Zumba Toning with Lori 11-12: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-2:30p: Art Therapy 12:30-1:15p: Corrective Exercise 1-1:30p: Monday Meditation w/ Cecily 4-5p: Caregiver's Networking Group	**22** 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	**23** 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
28 Both Centers Closed for Staff Holiday Break	**29** Both Centers Closed for Staff Holiday Break	**30** Both Centers Closed for Staff Holiday Break

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** 12-1p: Sound Bath	**5/6**
10 6-7:30p: Brain Tumor Networking Group Art Journaling	**11** 12:30-2p: Holiday Open House	**12/13**
17 CSC CENTERS CLOSED STAFF HOLIDAY PARTY 4-5p: Multiple Myeloma Cancer Networking Group 5-6p: Blood Cancers Networking Group 6-7p: Pancreatic Cancer Group 6-7p: Parent Support Group Art Journaling	**18**	**19/20**
24 Both Centers Closed for Staff Holiday Break	**25** Both Centers Closed for Staff Holiday Break	**26/27**
31 Both Centers Closed for Staff Holiday Break		

JANUARY 2027

Monday	Tuesday	Wednesday
4 9-9:45a: Zumba Toning with Lori 11-12: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily	**5** 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	**6** 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 9-9:45a: Zumba Toning with Lori 11-12: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily	**12** 9-10a: Parenting with Stage 4 Cancer 10:30-12p: Cooking with Chef Marcia: *The Best Shepherd's Pie at Home!* 11-12p: Gentle Floor Yoga Nidra with Karen 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 3:30-4:30p: Protein-Rich Smoothies 4-5p: Managing the Stress of a Cancer Diagnosis	**13** 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 2:30-3:30p: Chair Yoga with Marcela
18 **Both Centers Closed in Observation of MLK Jr. Day**	**19** 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra with Karen 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 3:30-4:30p: Heathy Eating in 2027	**20** 11-12p: 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
25 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit & Crochet 1-2:30p: Art Therapy 12:30-1:15p: Movement Therapy: Controlling Discomfort and Pain 1-1:30p: Monday Meditation with Cecily 2:30-3:30: Chair Fitness for Lymphedema & Neuropathy	**26** 11-12:15p: Cold and Flu Season: Simple Steps to Strengthen Immune Function 11-12: Floor Yoga 2-3:30p: Art Therapy 2-2:45p: Moves that Matter 3:30-4:30p Cozy Drinks with Marcela 5-6p: Remembering Your Loved Ones: A Memorial for Participants	**27** 11-12p: Zumba Gold with Denise 11-12:15p: Cold and Flu Season: Simple Steps to Strengthen Immune Function 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 4-5:30p: Snow Globe Craft Workshop

Orange: Homewood Blue: Mokena Green: Virtual

SCAN ME!

Thursday	Friday	Sat/Sun
	1 Both Centers Closed for Staff Holiday Break	**2/3**
7 12-1p : Men's Networking Group 10:30-12p: Healthy and Homemade with Gwen Art Journaling	**8** 12-1p: Sound Bath	**9/10**
14 2-2:45p: Chair Cardio for Better Movement 6-7:30p: Brain Tumor Networking Group Art Journaling	**15** 1-2pm: Sexual Health After Gynecological Cancers	**16/17**
21 12-1p : Men's Networking Group 2-2:45p: Chair Cardio for Better Movement 5-6p: Blood Cancers Networking Group 6-7p: Pancreatic Cancer Networking Group 6-7p: Parent Support Group Art Journaling	**22** 12-1pm: Life After Cancer	**23/24**
28 2-2:45p: Chair Cardio for Better Movement 4-5p: Multiple Myeloma Cancer Networking Group Art Journaling	**29**	**30/31** (1/30) 10-11am: Understanding Lymphedema after Surgery & Radiation

FEBRUARY 2027

Monday	Tuesday	Wednesday
1 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 1-2:30p: Art Therapy 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy	**2** 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	**3** 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
8 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 2:30-3:30p: Chair Fitness for Lymphedema & Neuropathy	**9** 9:30-10:15a: Tibetan Bowls 9-10a: Parenting with Stage 4 Cancer 10:30-12p: Cooking with Chef Marcia: Be Our Valentine! 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Pelvic Floor with Lauren 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 11-12:30p: Take Out Food 4:30-5:30p: Kids Group w/ Parent Meetup	**10** 10-11a: Tai Chi and Qigong 10:30-11:30a: Colorectal Cancers Group 11-12p: Zumba Gold with Denise 12:30-2p: Macrame Workshop 2-3:30p: Knit and Crochet Group 2:30-3:30: Chair Yoga
15 BOTH CENTERS CLOSED IN OBSERVATOIN OF PRESIDENT'S DAY	**16** 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 3:30-4:30: Break Free from Processed Foods	**17** 11-12p: Zumba Gold with Denise 10-11: Break Free from Ultra-Processed Foods-10 Easy Strategies 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
22 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 1-2:30p: Art Therapy 12-1 p: Chair Yoga with Cecily 12:30-1:15p: Movement Therapy: Controlling Discomfort and Pain 1-1:30p: Monday Meditation w/ Cecily 2:30-3:30: Chair Fitness for Lymphedema & Neuropathy	**23** 9:30-10:15a: Tibetan Bowls 11-12p: Gentle Floor Yoga Nidra w/ Karen 12-1:30p: Healthy Snacks—Something Sweet but Healthy 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 3:30-4:30p Cozy Drinks with Marcela 4:30-5:30p: Kids Group w/ Parent Meetup	**24** 11-12p: Zumba Gold with Denise 10-11: Ferment Your Way to Better Health 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 5-6p: Integrative Medicine in Cancer Care

Orange: Homewood Blue: Mokena Green: Virtual

SCAN ME!

Thursday	Friday	Sat/Sun
4 10:30-12p: Healthy and Homemade with Gwen 12-1: Mens Group 2-2:45p: Chair Cardio for Better Movement 5-6p: Beravement Group Art Journaling	**5** 12-1p: Sound Bath	**6/7**
11 10-11:30p: Cupcake Workshop 2-2:45p: Chair Cardio for Better Movement 6-7:30p: Brain Tumor Networking Group Art Journaling	**12**	**13/14**
18 12-1p: Men's Networking Group 2-2:45p: Chair Cardio for Better Movement 5-6p: Blood Cancers Networking Group 6-7p: Pancreatic Cancer Networking Group 6-7p: Parent Support Group Art Journaling	**19** 12-1p: Managing Stress After Cancer	**20/21**
25 2-2:45p: Chair Cardio for Better Movement 4-5p: Multiple Myeloma Cancer Networking Group Art Journaling	**26**	**27/28**

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.

Cancer Support CENTER

Please join us for our

Holiday Open House

Friday, December 11th | 12:30-2 P.M.
CSC Homewood 2028 Elm Road





SAVE THE DATE

You're invited to an unforgettable evening inspired by the vibrant spirit of Rio!

ANNUAL GALA

Olympia Fields Country Club | April 30th, 2027

Experience live music, traditional cultural dancers, and exclusive entertainment as we bring the energy & excitment of Carnaval to life.
A night of color, culture & celebration!

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Cancer Support Center

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









