

WINTER HAPPENINGS @ THE CENTER

Your quarterly newsletter from The Cancer Support Center.



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Let's walk this journey together.

In Homewood, Mokena, or Anywhere You Are
at www.cancersupportcenter.org

Homewood Location

2028 Elm Road, Homewood, IL 60430 | (708) 798-9171

Mokena Location

19645 S. LaGrange Road, Mokena, IL 60448 | (708) 478-3529

Stay Fearless in the New Year

Happy New Year!

For many of us, we are working hard to focus on the "happy" in Happy New Year. We again find ourselves facing a surge in COVID cases, leading to cancelations of gatherings, shortages of household items and rapid tests, and generalized fear that our loved ones, friends or ourselves will contract COVID. We are now entering the third year of our continued struggle.

For us at The Center, we are also working hard to stay positive as we navigate the swerves and curves that this pandemic continues to cause. At times, we feel frustration that we have to adapt our programs to be all virtual or limit participation in order to keep each of you and our staff safe. Sometimes we feel anger that this continues to cause problems. We even get discouraged when we think we are nearing "normal" to find ourselves returning to fear and uncertainty. This roller coaster of emotions is not unusual to you - as someone whose life has been impacted by cancer, we live with all of these feelings.

How do we combat the emotional roller coaster? We focus on staying fearless - not letting the stress, uncertainty, or fear of what we are facing control how we approach our lives, our work, or our futures. At The Center, we know that fear can be a great weakness because it moves us to negative thoughts and spaces, which only lead to more hardship and vulnerability. We will not give in to fear. We might feel it and address it, but we will not sit in it. We will Stay Fearless!

We will spend this year not letting fear dictate our response to whatever stresses come our way, but instead we will stay fearless. We encourage you to join us and aspire to do the same. We commit to bring programs throughout the year that help us all focus on our strength of courage so as to not live in fear. We will get through this and will focus on the happiness that this new year brings, no matter what, and continue to focus on all that we are grateful for. I invite you to join us and Stay Fearless!



Sue Armato
Executive Director

Upcoming Cancers of the Month

January is Cervical Cancer Awareness Month.

February is Cancer Prevention, Myeloma, and Kidney Cancer Awareness Month.

March is Colorectal Cancer Awareness Month.

Beat the Winter Blues Through Mindful Movement (VIRTUAL)

Friday, January 14 from 11 a.m. to 12 p.m.

Finding the motivation to stay active becomes especially tough during the cold winter months. Many individuals start the year with good intentions, but find it difficult to stay active once the cold weather sets in. This can result in increased isolation in addition to physical issues. All of this can negatively impact our mood and quality of life. It can be a vicious cycle that is difficult to break. This is why Dr. Rachel Boutte, Psychosocial Oncology Fellow at Rush University will be offering a talk on Friday January 14th on staying active through mindful movement. In this talk she will define mindful movement, identify personal motivation factors for engaging in physical activity, and teach participants to identify at least 3 forms of activity during the cold winter months. Visit www.cancersupportcenter.org/list-of-programs to register.

Chris's Cooking Corner

Nothing beats a warm and comforting meal in the winter months, and Chris loves this recipes for **Rustic Potato and Leek Soup with Cheesy Baguette Toasts** from chef Peter Som.

Soup Ingredients:

- 4 tbsp. unsalted butter
- 3 leeks, cleaned
- 3-8 garlic cloves, minced
- 2-3 thyme sprigs
- 2-3 bay leaf
- 1 yellow onion (diced)
- 6 cups chicken stock (option; substitute with veg. broth)
- 6 russet potatoes, peeled and cut into ½" dice (option; use ½ russet and ½ yellow potatoes)
- 1 cup whole milk (option; use oat or nut milk)
- 1 tsp kosher salt
- ½ tsp black pepper
- Thyme leaves and flat leaf parsley, for garnish
- Extra virgin olive oil, for drizzling

Toast Ingredients:

- ½ a sourdough baguette, split lengthwise
- ½ cup grated gruyere cheese
- 2 tsp thyme leaves
- Kosher salt and black pepper

Method:

1. Cut off the dark green leaves of the leeks, leaving only the white and very light green section of each leek. Cut into ¼" slices, and place into colander and thoroughly rinse under cold running water.
2. Melt butter over medium low heat in large stock pot. Add leeks, garlic, thyme, salt and pepper and cook until soft, stirring often— approximately 8-10 mins.
3. Add chicken stock, bay leaf and potatoes to stock pot. Bring to boil over medium heat, then reduce to simmer for 20 minutes, or until potatoes are fork tender. Remove from heat. Remove bay leaf and thyme sprigs. Stir in milk.
4. For Toasts, adjust oven rack to top third of oven and turn on broiler. Place baguette halves on sheet pan and sprinkle cut sides with gruyere, thyme, salt and pepper. Place under broiler and bake until tops are golden brown, approximately 2-3 minutes.
5. To serve, ladle into bowls and top with thyme leaves and parsley, drizzle with olive oil and serve alongside cheesy baguette toasts.



The Cancer Support Center has got an exciting new event to kick off our 2022 fundraising - The Chocolate Experience! This new event allows you to stroll through participating downtown Homewood and Flossmoor businesses, where you can stop to shop and get a sweet chocolate treat along the way. If you're interested in making your own treats to share for Valentine's Day or any time (or to keep for yourself!), a professional baker and chocolatier will teach you how at our Homewood location's kitchen. This event is open to guests of all ages and tickets range from \$20 to \$35 per person. Purchase tickets and learn more about this fun day of fundraising by visiting www.cancersupportcenter.org/the-chocolate-experience or call 708-798-9171 or 708-478-3529.



Save the Date for our 2022 Gala!

You're invited to our annual gala, inspired by the beloved classic film "Casablanca." This elegant affair will be held at Olympia Fields County Club on Friday, April 22, 2022. The night will be filled with old Hollywood flair, live entertainment, food and drink, a casino, paddle raise, and acknowledgment of our annual award winners for their outstanding support of The Center.

Due to shifting pandemic protocols, this event has been rescheduled from 2021 to its usual slot in our event calendar. Mark your calendar now and visit www.cancersupportcenter.org/special-events for more information about the event, how to purchase tickets, and how to sponsor the event.

In an effort to help protect the health and safety all of our participants and staff, we have made the decision to temporarily move group programming to virtual-only through Friday, January 14. We will resume with in-person group programs on Tuesday, January 18 (as we are closed Monday, January 17th in observance of Martin Luther King Day). We will remain open for walk-ins and individual appointments during regular business hours. All regularly scheduled group classes and presentations have been switched to virtual-only or canceled. Please check our List of Programs page at www.cancersupportcenter.org/list-of-programs or call our locations for the most up-to-date information.

Registration is required for ALL programs. Call 708-798-9171 (Homewood) or 708-478-3529 (Mokena) to register for in-person programs, visit www.cancersupportcenter.org/list-of-programs, or scan to register on Zoom.



Healthy Living 6-Week Program: Clean Eating & Weight Loss (HYBRID/Homewood or Virtual)

Thursdays from 1 p.m. to 2 p.m. from January 13 through February 17

Are you ready to make healthy lifestyle changes and set new nutrition goals for yourself? Healthy Living is a 6-week small group program that can be attended virtually or in-person. You will receive current nutrition information, goal setting strategies and small group support. Together we can learn how to make our diets healthier. Facilitated by Chris Rosandich, MS, Nutrition Educator.

Beat the Winter Blues through Mindful Movement (VIRTUAL)

Friday, January 14 from 11 a.m. to 12 p.m.

It can be tough to stay active no matter the time of year, but the cold winter months make it especially challenging. In this program, participants will define mindful movement, learn to identify at least 3 forms of activity during the cold months, and identify personal motivation factors for engaging in physical activity. Facilitated by Dr. Rachel Boutte, Psychosocial Oncology Fellow at Rush University.

Easy Cooking for One or Two: Squashes & Sweet Potatoes (HYBRID/Mokena or Virtual)

Wednesday, January 19 from 10 a.m. to 11:30 a.m.

It's possible to eat fresh, home-cooked meals, even if you live alone or with one other person. Join Chris as she shares tips, tricks, and recipes to make cooking fun, easy and healthy.

Techniques to Improve Bowel & Bladder Function to Reduce Pain (VIRTUAL)

Wednesday, January 19 from 12 p.m. to 1 p.m.

Join Pelvic Floor Physical Therapist Lauren Mansell, DPT, CYT, PRPC to learn about techniques that can help with the quality of life during and after gynecological cancer treatment.

Cooking with Chef Marcia: Chowder, Gumbo, & More! (HYBRID/Homewood or Virtual)

Tuesday, January 25 from 11 a.m. to 12:30 p.m.

Join Chef Marcia as she teaches us how to cook with a variety of herbs, spices, and amazing ingredients to create wonderful meals. She has a way of making everything taste amazing!

Why is it So Hard to Say No to Sugar? (HYBRID/Mokena or Virtual)

Wednesday, January 26 from 11 a.m. to 12:15 p.m.

Did you eat too many sweet treats this month? Do you find it is difficult to say no to pastries, cookies or candy? Research has proven that when you eat foods high in sugar, the brain releases large amounts of neurochemicals that make you feel good initially but causes increased cravings later. Let's explore ways to cut back and overcome this love for sugar!

Healthy Lifestyle Nutrition & Fitness Program (HYBRID/Mokena or Virtual)

Tuesdays & Wednesdays from 12:30 p.m. to 1:30 p.m. from February 1 to March 23

This 8-week program is designed to support, empower and challenge you to achieve your goals. Each week, meet online or in-person with a nutrition educator and fitness instructor. You will be encouraged to create healthy habits, strive towards optimal health, and learn nutrition information and fitness methods to improve your health. Facilitated by Chris Rosandich, MS, Nutrition Educator, & Rob Cuttle, Personal Trainer.

Techniques to Reduce Muscle Tightness, Improve Balance & Flexibility (MOKENA)

The first Thursday of each month, starting February 3 from 3 p.m. to 4 p.m.

Muscle Activation Techniques (MAT) is a powerful muscular assessment tool that analyzes and corrects muscular imbalances. Rob Cuttle, Personal Trainer, will discuss strategies and demonstrate skills necessary to achieve good balance and flexibility, sharing exercises that train the muscles in your pelvis, lower back, hips, and abdomen to work in harmony to better support stability and strength.

Cannabis & Cancer (VIRTUAL)

Monday, February 7 from 4 p.m. to 5 p.m.

This presentation will briefly cover cannabis history and the application process as well as the role it can play in relieving the symptoms associated with traditional cancer treatments. Presented by Rick Niksic, Curaleaf Education and Outreach Coordinator.

Cooking with Chef Marcia: The Perfect Chili (HYBRID/Homewood or Virtual)

Tuesday, February 8 from 11 a.m. to 12:30 p.m.

Join Chef Marcia as she teaches us how to cook with a variety of herbs, spices, and amazing ingredients to create wonderful meals. Presented by Culinary Chef Marcia Kuchta.

Eating Well After a Cancer Diagnosis: 10 Ways to Combat Fatigue & Regain Energy (HYBRID/Mokena or Virtual)

Wednesday, February 9 from 10 a.m. to 11:15 a.m.

This program will empower you, step-by-step in making lifelong changes towards feeling better. Today's discussion is on how to combat fatigue and get your energy back by following simple daily strategies.

Easy Cooking for One or Two: Breakfast Made Easy (HYBRID/Mokena or Virtual)

Wednesday, February 16 from 10 a.m. to 11:30 a.m.

It's possible to eat fresh, home-cooked meals, even if you live alone or with one other person. Join Chris as she shares tips, tricks, and recipes to make cooking fun, easy and healthy.

Easy Cooking for One or Two: Healthy Fats (HYBRID/Mokena or Virtual)

Wednesday, March 9 from 10 a.m. to 11:30 a.m.

It's possible to eat fresh, home-cooked meals, even if you live alone or with one other person. Join Chris as she shares tips, tricks, and recipes to make cooking fun, easy and healthy.

Healthy Habits for 2022: Build Good Habits & Break Old Ones (HYBRID/Homewood or Virtual)

Thursdays March 10 and 17 from 2 p.m. to 3:15 p.m.

The spring is the perfect time for fresh starts. Maybe that means eating healthier, drinking more water, cutting back on sugar or losing the 10 pounds that crept up during the holidays. Let's explore successful systems for you to get results in 2022.

Cooking with Chef Marcia: Jambalaya & Cornbread (HYBRID/Homewood or Virtual)

Tuesday, March 15 from 11 a.m. to 12:30 p.m.

Join Chef Marcia as she teaches us how to cook with a variety of herbs, spices, and amazing ingredients to create wonderful meals. Presented by Culinary Chef Marcia Kuchta.

Education & Networking Groups

Bereavement Group (VIRTUAL)

The 1st and 3rd Thursday of the month from 5 p.m. to 6 p.m.

Blood Cancer Networking Group (VIRTUAL)

The 1st Thursday of the month from 4 p.m. to 5 p.m.

Brain Tumor Networking Group (HOMEWOOD)

The 2nd Thursday of the month from 6 p.m. to 7:30 p.m.

Breast Cancer Networking Group (VIRTUAL)

The 1st Wednesday of the month from 6 p.m. to 7:30 p.m.

Caregivers Networking Group (VIRTUAL)

The 3rd Tuesday of the month from 5 p.m. to 6 p.m.

Colorectal Cancers Group (VIRTUAL)

The 2nd Monday of the month from 5 p.m. to 6 p.m.

Gynecological Cancer Networking Group (VIRTUAL)

The 3rd Wednesday of each month from 12 p.m. to 1 p.m.

Lung Cancer Networking Group (VIRTUAL)

The final Wednesday of each month from 12 p.m. to 1 p.m.

Men's Discussion Group (VIRTUAL)

Every Thursday from 12:30 p.m. to 1:30 p.m.

Metastatic Breast Cancer Networking Group (VIRTUAL)

The 1st Wednesday of each month from 5 p.m. to 6 p.m.

Metastatic Cancer Networking Group (VIRTUAL)

The final Tuesday of each month from 11 a.m. to 12 p.m.

Mother's Grief Group

(HYBRID/Homewood or Virtual)

The last Thursday of each month from 3 p.m. to 4 p.m.

Young Adult Breast Cancer Networking Group (VIRTUAL)

The second Wednesday of each month from 5 p.m. to 6 p.m.

Sista's of Hope Networking Group (VIRTUAL)

The third Wednesday of every month from 6 p.m. to 8 p.m.

Counseling & Stress Management

Art Journaling (VIRTUAL)

Email Kelly at

kkopale@cancersupportcenter.org to receive a prompt each Thursday in your inbox.

Art Open Studio (HYBRID/Homewood or Virtual)

Every Wednesday from 2 p.m. to 3:30 p.m.

Art Therapy (HYBRID/Homewood or Virtual)

Every Monday from 2 p.m. to 3:30 p.m.

Art Therapy (HYBRID/Mokena or Virtual)

Every Tuesday from 2 p.m. to 3:30 p.m.

Guided Imagery (VIRTUAL)

Every Friday from 12 p.m. to 12:45 p.m.

Journeying Inward: Deep Relaxation for Well-Being & Stress Relief (VIRTUAL)

The third Wednesday of each month from 3 p.m. to 4 p.m.

Monday Meditation with Cecily (VIRTUAL)

Every Monday from 1 p.m. to 1:30 p.m.

Sound Bath (HOMEWOOD)

Every Thursday from 12 p.m. to 1 p.m.

Individual, Family, and Couples Counseling

(HYBRID/Either location or Virtual)

Contact Kathleen Daly at

kdaly@cancersupportcenter.org for more information.

Fitness & Physical Wellness

Chair Yoga with Cecily (VIRTUAL)

Every Monday from 12 p.m. to 1 p.m.

Gentle Floor Yoga Nidra with Karen (HYBRID/Mokena or Virtual)

Every Tuesday from 11 a.m. to 12 p.m.

This class begins with gentle yoga that focuses on alignment, strength, and balance followed by a guided meditation intended to induce further relaxation.

Moves That Matter

(HYBRID/Homewood or Virtual)

Every Tuesday from 2 p.m. to 3 p.m.

This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management and joint and gross stability.

Yoga for Healthy Movement (HOMEWOOD)

Every Tuesday from 3 p.m. to 4 p.m.

Yoga for Healthy Movement (MOKENA)

Every Thursday from 12 p.m. to 1 p.m.

Zumba Gold with Lori (VIRTUAL)

Every Monday from 8 a.m. to 9 a.m.

Zumba Gold is a lower impact, easy to follow Latin-Inspired dance fitness party that keeps you in the groove of life.

Zumba Gold with Denise (HOMEWOOD)

Every Monday and Wednesday from 11 a.m. to 12 p.m.

Zumba Gold with Lori (VIRTUAL)

Every Friday from 7 a.m. to 12 p.m.

Body Image Programs

The Cancer Support Center wig boutique provides high-quality wigs in a wide range of styles, colors, and textures to those undergoing chemo and experiencing hair loss. Contact us via email (csc@cancersupportcenter.org) or by phone at 708-798-9171 to or 708-478-3529 schedule a fitting.



SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2	3 7a-8a Zumba Gold (V) 12p-1p Chair Yoga (V) 1p-130p Meditation (V) 2p-330p Art Therapy (V)	4 11a-12p Yoga Nidra (V) 2-3p Moves That Matter (V) 3-4p Yoga Healthy Mov. (V)	5 11a-12p Zumba Gold (V) 2-330p Open Studio (V) 5-6p Met. Breast Grp. (V) 6-7p Breast Cancer Grp. (V)	6 All Day Art Journaling (M) 12-1p Yoga Healthy Mov. (V) 1230-130p Men's Grp. (V) 5-6p Bereavement Grp. (V)	7 7a-12p Zumba On Demand (V) 12p-1245p Guided Imagery (V)
8/9	10 7a-8a Zumba Gold (V) 11a-12p Zumba Gold (V) 12p-1p Chair Yoga (V) 1p-130p Meditation (V) 2p-330p Art Therapy (V) 5-6p Colorectal Grp. (V)	11 11a-12p Yoga Nidra (V) 2-330p Art Therapy (V) 2-3p Moves That Matter (V) 3-4p Yoga Healthy Mov. (V)	12 11a-12p Zumba Gold (V) 2-330p Open Studio (V) 5-6p YA Breast Grp. (V)	13 All Day Art Journaling (V) 12-1p Yoga Healthy Mov. (V) 1230-130p Men's Grp. (V) 1-2p Healthy Living (V)	14 7a-12p Zumba On Demand (V) 11a-12p Beat Winter Blues (V) 12p-1245p Guided Imagery (V)
15/16	17 CSC CLOSED in Observance of Martin Luther King, Jr., Day	18 930-1015a Tibetan Bowl (M) 11a-12p Yoga Nidra (M) 2-330p Art Therapy (M&V) 2-3p Moves That Matter (H) 3-4p Yoga Healthy Mov. (H) 5-6p Caregiver Grp. (V)	19 10-1130a Cook. 1 or 2 (M&V) 11a-12p Zumba Gold (H) 12-1p Gynecological Grp./ Bladder Function (V) 2-330p Open Studio (H&V) 3-4p Journeying Inward (V) 6-7p Sistat of Hope (V)	20 All Day Art Journaling (V) 12-1p Soundbath (H) 12-1p Yoga Healthy Mov. (M) 1230-130p Men's Grp. (V) 1-2p Healthy Living (H&V) 3-4p Mother's Grief (H&V) 5-6p Bereavement Grp. (V)	21 7a-12p Zumba On Demand (V) 12p-1245p Guided Imagery (V)
22/23	24 7a-8a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-130p Meditation (V) 2p-330p Art Therapy (H&V)	25 11a-1230p Chowder + (H&V) 11a-12p Met. Cancer Grp (V) 11a-12p Yoga Nidra (M) 2-330p Art Therapy (M&V) 2-3p Moves That Matter (H) 3-4p Yoga Healthy Mov. (H)	26 11a-12p Zumba Gold (H) 12-1p Lung Cancer Grp. (V) 1230-130p HL: Fitness (M&V) 2-330p Open Studio (H&V)	27 All Day Art Journaling (V) 12-1p Soundbath (H) 12-1p Yoga Healthy Mov. (M) 1230-130p Men's Grp. (V) 1-2p Healthy Living (H&V) 4-5p Blood Cancers Grp. (V)	28 7a-12p Zumba On Demand (V) 12p-1245p Guided Imagery (V)
29/30	31 7a-8a Zumba Gold (V) 11a-12p Zumba Gold (H) 12p-1p Chair Yoga (V) 1p-130p Meditation (V) 2p-330p Art Therapy (H&V)				



SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>9:30-10:15a Tibetan Bowl (M)</p> <p>11a-12p Yoga Nidra (M)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p>	<p>11a-12p Zumba Gold (H)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p> <p>5-6p Met. Breast Grp. (V)</p> <p>6-7p Breast Cancer Grp. (V)</p>	<p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p> <p>1-2p Healthy Living (H&V)</p> <p>3-4p Muscle, Balance & Flex (M)</p> <p>5-6p Bereavement Grp. (V)</p>	<p>7a-12p Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
5/6	<p>7a-8a Zumba Gold (V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12p-1p Chair Yoga (V)</p> <p>1p-1:30p Meditation (V)</p> <p>2p-3:30p Art Therapy (H&V)</p> <p>4-5p Cannabis & Cancer (V)</p>	<p>11a-12:30p Cook Perf. Chili (H&V)</p> <p>11a-12p Yoga Nidra (M)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p>	<p>10a-11:15a Eating Well (M&V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p> <p>5-6 YA Breast Cancer Grp. (V)</p>	<p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p> <p>1-2p Healthy Living (H&V)</p> <p>6-7:30p Brain Tumor Grp. (H)</p>	<p>7a-12p Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
12/13 10a-3p Choco-late Exp. (H)	<p>7a-8a Zumba Gold (V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12p-1p Chair Yoga (V)</p> <p>1p-1:30p Meditation (V)</p> <p>2p-3:30p Art Therapy (H&V)</p> <p>5-6p Colorectal Grp. (V)</p>	<p>9:30-10:15a Tibetan Bowl (M)</p> <p>11a-12p Yoga Nidra (M)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p> <p>5-6p Caregiver Grp. (V)</p>	<p>10-11:30a Bkfst Easy (M&V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Gynecological Grp. (V)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p> <p>3-4p Journeying Inward (V)</p> <p>6-7p Sistas of Hope (V)</p>	<p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p> <p>1-2p Healthy Living (H&V)</p> <p>3-4p Mother's Grief (H&V)</p> <p>5-6p Bereavement Grp. (V)</p>	<p>7a-12p Zumba On Demand (V)</p> <p>12-12:45p Guided Imagery (V)</p>
19/20	<p>CSC CLOSED in Observance of President's Day</p>	<p>11a-12p Yoga Nidra (M)</p> <p>11a-12p Met. Cancer Grp. (V)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p>	<p>11a-12p Zumba Gold (H)</p> <p>12-1p Lung Cancer Grp. (V)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p>	<p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p> <p>4-5p Blood Cancers Grp. (V)</p>	<p>7a-12p Zumba On Demand (V)</p> <p>12-12:45p Guided Imagery (V)</p>
26/27	<p>7a-8a Zumba Gold (V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12p-1p Chair Yoga (V)</p> <p>1p-1:30p Meditation (V)</p> <p>2p-3:30p Art Therapy (H&V)</p>				



SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>9:30-10:15a Tibetan Bowl (M)</p> <p>11a-12p Yoga Nidra (M)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p>	<p>11a-12p Zumba Gold (H)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p> <p>5-6p Met. Breast Grp. (V)</p> <p>6-7p Breast Grp. (V)</p>	<p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p> <p>3-4p Muscle, Balance & Flex. (M)</p> <p>5-6p Bereavement Grp. (V)</p>	<p>7a-12p Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
5/6	<p>7a-8a Zumba Gold (M)</p> <p>11a-12p Zumba Gold (H)</p> <p>12p-1p Chair Yoga (V)</p> <p>1p-1:30p Meditation (V)</p> <p>2p-3:30p Art Therapy (H&V)</p>	<p>8</p> <p>11a-12p Yoga Nidra (M)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p>	<p>9</p> <p>10a-11:5a Healthy Fats (M&V)</p> <p>11a-12p Zumba Gold (H)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p> <p>5-6 YA Breast Cancer Grp. (V)</p>	<p>10</p> <p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p> <p>2-3p Healthy Habits 2022 (H&V)</p> <p>6-7:30p Brain Tumor Grp. (H)</p>	<p>11</p> <p>7a-12p Zumba On Demand (V)</p> <p>12p-12:45p Guided Imagery (V)</p>
12/13	<p>7a-8a Zumba Gold (M)</p> <p>11a-12p Zumba Gold (H)</p> <p>12p-1p Chair Yoga (V)</p> <p>1p-1:30p Meditation (V)</p> <p>2p-3:30p Art Therapy (H&V)</p> <p>5-6p Colorectal Grp. (V)</p>	<p>15</p> <p>9:30-10:15a Tibetan Bowl (M)</p> <p>11a-12:30p Jambalaya (H&V)</p> <p>11a-12p Yoga Nidra (M)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p> <p>5-6p Caregiver Grp. (V)</p>	<p>16</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Gynecological Grp. (V)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p> <p>3-4p Journeying Inward (V)</p> <p>6-7p Sistas of Hope (V)</p>	<p>17</p> <p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p> <p>2-3p Healthy Habits 2022 (H&V)</p> <p>3-4p Mother's Grief (H&V)</p> <p>5-6p Bereavement Grp. (V)</p>	<p>18</p> <p>7a-12p Zumba On Demand (V)</p> <p>12-12:45p Guided Imagery (V)</p>
19/20	<p>7a-8a Zumba Gold (M)</p> <p>11a-12p Zumba Gold (H)</p> <p>12p-1p Chair Yoga (V)</p> <p>1p-1:30p Meditation (V)</p> <p>2p-3:30p Art Therapy (H&V)</p>	<p>22</p> <p>11a-12p Yoga Nidra (M)</p> <p>12:30-1:30p HL: Nutrition (M&V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p>	<p>23</p> <p>11a-12p Zumba Gold (H)</p> <p>12:30-1:30p HL: Fitness (M&V)</p> <p>2-3:30p Open Studio (H&V)</p>	<p>24</p> <p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p>	<p>25</p> <p>7a-12p Zumba On Demand (V)</p> <p>12-12:45p Guided Imagery (V)</p>
26/27	<p>7a-8a Zumba Gold (M)</p> <p>11a-12p Zumba Gold (H)</p> <p>12p-1p Chair Yoga (V)</p> <p>1p-1:30p Meditation (V)</p> <p>2p-3:30p Art Therapy (H&V)</p>	<p>29</p> <p>9:30-10:15a Tibetan Bowl (M)</p> <p>11a-12p Yoga Nidra (M)</p> <p>11a-12p Met. Cancer Grp. (V)</p> <p>2-3:30p Art Therapy (M&V)</p> <p>2-3p Moves That Matter (H)</p> <p>3-4p Yoga Healthy Mov. (H)</p>	<p>30</p> <p>11a-12p Zumba Gold (H)</p> <p>12-1p Lung Cancer Grp. (V)</p> <p>2-3:30p Open Studio (H&V)</p>	<p>31</p> <p>All Day Art Journaling (V)</p> <p>12-1p Soundbath (H)</p> <p>12-1p Yoga Healthy Mov. (M)</p> <p>12:30-1:30p Men's Grp. (V)</p>	

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