



ALL PROGRAMS ARE FREE FOR ANYONE AFFECTED BY CANCER

Transitions are a part of life. We transition through the different seasons and through our phases of life. As the season transitions from summer to autumn we are focusing on transitioning into our next phase of reopening at The Cancer Support Center.

A row of autumn leaves in various colors (green, yellow, orange, red) is laid out on a wooden surface. The leaves are arranged in a slightly curved line, showing the progression of fall colors.

Transitions Are A Part of Life

We will continue to offer all of our programs and counseling in a virtual format, but we are increasing our presence in the office. We will be open half time every day for wig fittings by appointment and urgent walk-ins.

Please stay safe as we transition through this pandemic.

RISE UP with Special Programming

Kick-It Cancer Panels on Breast & Prostate Cancer!

Breast Cancer Panel:
Wednesday, October 21; 6-7PM

Prostate Cancer Panel:
Wednesday, November 18; 6-7PM

These panels will be comprised of top medical professionals, survivors and leaders in our communities promoting the importance of awareness, prevention and screening to reduce these cancers mortality rates. Email a friend to join you and secure your virtual seat today by visiting our website to register.

Virtual Cooking with Chef Marcia Simply Fall Soups for Thanksgiving Monday, November 16 10:30AM-12 PM

Let's cook together, *virtually*. We'll email you the recipes; you gather your ingredients and let's get cooking. Either join in or just sit back and watch.
Either way, it will be fun!!!

Grieving Through the Holidays Thursday, November 19 5-6 PM

Grieving is difficult regardless of the time of year. However, it can be especially difficult during the holidays, which are traditionally thought of as a time of gratitude and togetherness. Therefore, the holidays can intensify grief and leave us left not wanting to celebrate. Learn about meaningful ways to mourn and adjust traditions.



October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October is Breast Cancer Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis. <i>Let's walk this journey together!</i></p>		<p>Walk of HOPE</p>  <p>SUNDAY, OCTOBER 4, 2020</p>	<p>Virtual Cooking w/ Healthy Practices Using Cancer-Fighting Recipes: 10:30AM-12PM¹</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>Zumba on Demand: 7AM-12PM²</p>
<p>⁵</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: 2-3:30PM</p> <p>Yoga w/ Cecily: 3-4PM</p>	<p>⁶</p> <p>NO SURVIVOR SUPPORT GROUP</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>⁷</p> <p>Open Studio: 2-3:30PM</p> <p>Metastatic Breast Cancer Networking Group: 5-6PM</p> <p>Breast Cancer Networking Group: 6-7:30PM</p>	<p>⁸</p> <p>NO MEN'S GROUP</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Brain Tumor Networking: 6-7:30PM</p>	<p>⁹</p> <p>OFFICES CLOSED</p> <p>Zumba on Demand: 7AM-12PM</p>
<p>¹²</p> <p>The CSC will be closed for Indigenous People's Day</p>	<p>¹³</p> <p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>¹⁴</p> <p>Open Studio: 2-3:30PM</p>	<p>¹⁵</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>¹⁶</p> <p>Zumba on Demand: 7AM-12PM</p>
<p>¹⁹</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: 2-3:30PM</p> <p>Yoga w/ Cecily: 3-4PM</p>	<p>²⁰</p> <p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p> <p>Caregiver Networking Group: 5-6PM</p>	<p>²¹</p> <p>Managing Stress and Fatigue w/ Self-Care: 11AM-12:15PM</p> <p>Open Studio: 2-3:30PM</p> <p>Gynecological Networking Group: 5-6PM</p> <p>Sista's of Hope Support Group: 6-8PM</p>	<p>²²</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p>	<p>²³</p> <p>Zumba on Demand: 7AM-12PM</p>
<p>²⁶</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Virtual Cooking w/ Chef Marcia: 10:30AM-12PM</p> <p>NO MONDAY MEDITATION</p> <p>Art Therapy: 2-3:30PM</p>	<p>²⁷</p> <p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>²⁸</p> <p>Eating Well after a Cancer Diagnosis: A Focus on Inflammation: 11AM-12:15PM</p> <p>Lung Cancer Networking group: 1-2PM</p> <p>Open Studio: 2-3:30PM</p>	<p>²⁹</p> <p>Men's Discussion Group: 12:30-1:30 PM</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Blood Cancers Networking Group: 4-5PM</p>	<p>³⁰</p> <p>Zumba on Demand: 7AM-12PM</p> <p>Feel Good Fridays: 11AM-12:15PM</p>

SUPPORT THE CSC! - SPECIAL EVENTS

Thank you to our top sponsors:



Presenting Sponsor for the 2020 Golf Outing



Presenting Sponsor and Ball Drop Sponsor for the 2020 Golf Outing & Rise Up Sponsor for the 2020 Rise Up Telethon



Presenting Sponsor for the 2020 Golf Outing. The Brats & Hot Dogs were a huge hit. Thank you, Land O'Frost

Michael and Renee Botehlo

Thrive Sponsor for the 2020 Rise Up Telethon



Thrive Sponsor for the 2020 Rise Up Telethon



visit our website to purchase tickets or become a sponsor

Beyond Words - Virtual Art Show

Monday, November 30, 6-7 p.m.

Join us for a virtual evening of art, connection and fun with our first ever virtual art show! Upon registration you will receive a link to the show and a selection of simple appetizer recipes to snack on during the event. Dress up or down and join us to celebrate the work of our artists, when words are not enough.

*All submissions due by Friday, October 16.
Please submit to kdaly@cancersupportcenter.org*

2020 Annual Meeting

Tuesday, December 1

Stay Tuned for Details...

#GIVING TUESDAY™

Join this national day of giving and make your donation to The CSC Tuesday, December 1st, for **24** hours.

All gifts will be matched so your donation will raise even more!

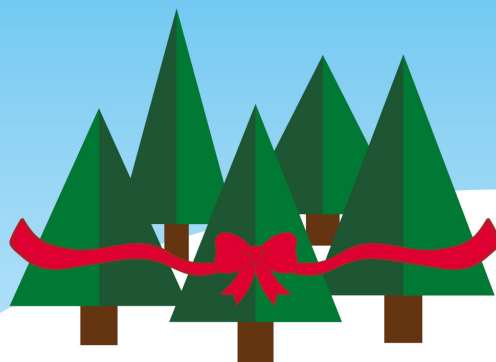
Watch for details about the match and other activities on that day.



Thanks in advance.



Christmas Tree & Wreath Sale



Friday, December 4

Plan on ordering your fresh Christmas tree, wreaths and garland from us - freshly cut and always beautiful.
Watch for details coming in mid-October

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: 2-3:30PM</p>	<p>3</p> <p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>4</p> <p>Open Studio: 2-3:30PM</p> <p>Metastatic Breast Cancer Networking Group: 5-6PM</p> <p>Breast Cancer Networking Group: 6-7:30PM</p>	<p>5</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>6</p> <p>Zumba on Demand: 7AM-12PM</p> <p>Feel Good Fridays: 11AM-12:15PM</p>
<p>9</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: 2-3:30PM</p> <p>Colorectal Group: 5:30-6:30PM</p>	<p>10</p> <p>Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>11</p> <p>Eating Well after a Cancer Diagnosis; Fight Fatigue w/ Food: 11AM-12:15PM</p> <p>Open Studio: 2-3:30PM</p>	<p>12</p> <p>Virtual Cooking/Healthy Practices Using Cancer-Fighting Recipes: 10:30AM-12PM</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Brain Tumor Networking: 6-7:30PM</p>	<p>13</p> <p>Zumba on Demand: 7AM-12PM</p>
<p>16</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Virtual Cooking w/ Chef Marcia: 10:30AM-12PM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: 2-3:30PM</p>	<p>17</p> <p>Survivor Support Group: 10-11AM</p> <p>Moves that Matter: 2:30-3:15PM</p> <p>Caregiver Support Group: 5-6PM</p>	<p>18</p> <p>How to Curb Your Sweet-Tooth Temptations During the Holidays: 11AM-12:15PM</p> <p>Open Studio: 2-3:30PM</p> <p>Gynecological Networking Group: 5-6PM</p> <p>Sista's of Hope Support Group: 6-8PM</p>	<p>19</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Grieving Through the Holidays: 5-6PM</p>	<p>20</p> <p>Zumba on Demand: 7AM-12PM</p>
<p>23</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: 2-3:30PM</p>	<p>24</p> <p>Survivor Support Group: 10-11AM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>25</p> <p>OFFICES CLOSED</p>	<p>26</p> <p>The CSC will be closed for Thanksgiving</p>	<p>27</p> <p>CLOSED</p>
<p>30</p> <p>Zumba Gold w/ Lori: 8-9AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: 2-3:30PM</p> <p>Virtual Art Show: 6-7PM</p>	<div>  <p>The Village Door</p> <p>consignment shop of "Fine Things"</p> </div> <div> <p>2019 RIDGE RD, HOMEWOOD, IL 60430</p> <p>We have missed you but we are now back with limited hours:</p> <p>Tuesday - Saturday 11:00 am until 4:00 pm</p> <p>All visitors MUST wear masks to enter the store.</p> </div>			