

MAY 2020

CALENDAR OF EVENTS

Virtual Programs

5th

Mother's Day Craft - AYAs

—Tuesday 3 p.m. on Zoom

Let's make our moms a Mother's Day card together virtually. Use any supplies available and we'll help with ideas.



13th

Happy Hour - Parents

—Wednesday 5 p.m. on Zoom

Grab your drink of choice and enjoy some much needed social time with other Rochester and Syracuse 13thirty parents.



21st

Workout with Michelle - Families

—Thursday 5 p.m. on Zoom

Our trainer, Michelle, will lead a half-hour workout to help with our home workout routines. Bring your sibling or parent!



27th

No Bake Nutrition - AYAs

—Wednesday 3 p.m. on Zoom

Steve teaches us two easy no-bake tutorials for simple protein packed snacks. Buy ingredients beforehand to follow along or just watch & chat



Virtual Events

13thirty Open Mic Night

May 11th, 2020

Open to the public

Free entry, donations accepted



We've gone virtual! Post your comedy, music, and poetry video performances on social media and tag 13thirty Cancer Connect.



Our 13thirty community will run, jog, and walk #TogetherApart on **Sunday, June 7th**. You determine your own course! Run, walk, or jog with family or friends (at a safe social distance) on a trail, around your neighborhood, or inside on a treadmill at any time of day on June 7th! **Register today at 13thirty.org under ROC events.**

RSVP to
Megan Scott
Program Leader
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(315) 297-3553

13thirty
cancer connect

Teens and Young Adults Get it Together



RSVP to
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