

JANUARY 2021

CALENDAR OF EVENTS

Virtual Programs

5th

Sound Waves - AYAs
– **Tuesday 6:30 p.m.**

Share a song that represents your relationship with your medical team.

13th

Quick-Bake Nutrition - AYAs
– **Wednesday 6:30 p.m.**

Make a tasty treat that's healthy, protein packed, and delicious! Check with Megan or Steve for ingredients.

21st

Parent Fit! - Parents
– **Thursday 6:30 p.m.**

Start the New Year off strong with one of Brienne's workouts along side other parents.

27th

Sound Waves - AYAs
– **Wednesday 6:30 p.m.**

Is there a song that represents your relationship with friends? Share it as we wrap up this expressive arts series.

Resources



Non-profit organizations in the greater CNY area have come together to support the local cancer community. 13thirty recognized the need to centralize resources and spearheaded this effort. Like and follow us on Facebook to learn about various services that support you and your caregivers.



RSVP to
Megan Scott
Program Leader
megan@13thirty.org
(315) 297-3553



Teens and Young Adults Get it Together

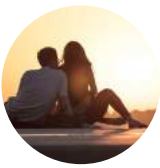
RSVP to
Steve Esposito
Program Director
stephen@13thirty.org
(585) 507-8076

FEBRUARY 2021

CALENDAR OF EVENTS

Virtual Programs

11th Relationship Challenges and Cancer - AYAs – Thursday 6:30 p.m.



Meet other couples and share the challenges of building strong relationships during and after treatment.

16th 13thirty Fit! - AYAs – Tuesday 6:30 p.m.



No equipment necessary for this cardio workout with Michelle. Join us!

24th Jackbox Game Night - AYAs – Wednesday 6:30 p.m.



Play your favorite Jackbox games with other AYAs right from your phone or computer!

Announcements



We've launched a new blog series, 13thirty Threads!

Vicki, a 2X Stage IV Hodgkin's Lymphoma thriver, will add her thoughts as shared experiences are stitched together and woven into the collective tapestry of 13thirty Cancer Connect.

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Megan Scott
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Teens and Young Adults Get it Together

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MARCH PROGRAM CALENDAR

13thirty Cancer Connect offers a variety of free, virtual programs for all our members, including our parents in 3 categories: arts, wellness & social activities.

ANNOUNCEMENTS

Save the date for the 9th Annual Bandana Bolt 5K Race and Fitness Walk on June 6th!



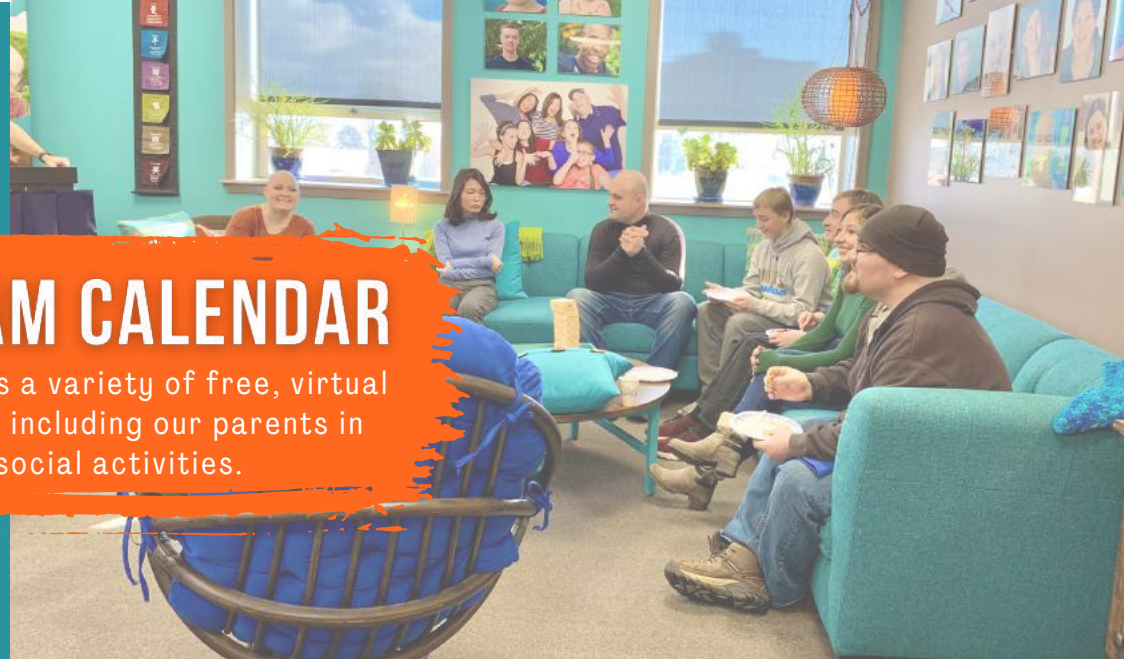
CONTACT & RSVP

Megan Scott

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(315) 297-3553

Steve Esposito

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(585) 507-8376



3/4 - 6:30p.m.

GLOW UP: AYAS

Has your cancer journey transformed you in some way? Bring a physical object that represents that transformation - a journal, your favorite candle, maybe running shoes?



3/9 - 6:30p.m.

JACKBOX GAME NIGHT: PARENTS

Join us for a happy hour game night that you can play right from your phone! Reminder, you will need a second device for Zoom (laptop, desktop, tablet).



3/15 - 6:30p.m.

#GOALS: AYAS

Do you have reservations about working out or don't know where to start? Our Syracuse trainer, Michelle, will give you personalized tips that fit your specific needs and fitness goals.



3/24 - 6:30p.m.

13THIRTY FIT!: AYAS

Michelle helped us with our #Goals, now it's time to get moving and take action!

APRIL PROGRAM CALENDAR

13thirty Cancer Connect offers a variety of free, virtual programs for all our members, including our parents in 3 categories: arts, wellness & social activities.

ANNOUNCEMENTS

We're dedicating the entire month of April as Adolescent and Young Adult Cancer Awareness Month! We're spreading the word on social media and with local businesses! Check out 13thirty.org for events and information.



CONTACT & RSVP

Megan Scott

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(315) 297-3553

Steve Esposito

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(585) 507-8376



4/7 - 6:30p.m.

13TEA: AYAS

It's tea time! Explore the benefits of teas while enjoying new flavors.



4/22 - 6:30p.m.

TANGLED: AYAS

Have you dealt or are dealing with hair loss? Starting your grow-out phase? Share how you express yourself with headbands, hats, and hairstyles.



4/12 - 6:30p.m.

GAME NIGHT: AYAS

Connect with other AYAs while playing a new game. Let's have another night full of laughs!



4/27 - 6:30p.m.

FITNESS CHECK IN

Are you sticking to your fitness goals? Check in with Michelle and see what adjustments you can make to stay on track.

MAY 2021 PROGRAMS

Our wellness, arts, and social programs help AYAs and their parents live their very best lives!

ANNOUNCEMENTS

The 9th Annual Bandana Bolt 5K is a live and virtual event this year! Join us for the in-person race at Seneca Park on Sunday, June 6. Create your own course and participate solo or with friends and family during the virtual race weekend!

Stay tuned on our social media and race website for important updates.



CONTACT & RSVP

Megan Scott - SYR

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megan@13thirty.org
(315) 297-3553

Steve Esposito - ROC

Program Director
stephen@13thirty.org
(585) 507-8076



Virtual Program on Zoom



Safe, In-Person Program



5/12 - 6:30p.m.

13THIRTY FIT!: PARENTS

Workout with other parents in this fitness session led by Rochester trainer, Brianne.



5/18 - 3:00p.m. - 8:00p.m.

DROP-IN: AYAS

AYAs are invited to visit the ROC and SYR Centers to get to know 13thirty staff and other members.



5/26 - 6:30p.m.

TIE-DYE NIGHT: AYAS

Tie-dye your own 13thirty t-shirt for the first in-person program of 2021 (weather permitting)!

JUNE 2021 PROGRAMS

Our wellness, arts, and social programs help AYAs and their parents live their very best lives!

ANNOUNCEMENTS

The 9th Annual Bandana Bolt 5K is a live and virtual event this year! Join us for the in-person race at Seneca Park on Sunday, June 6. Create your own course and participate solo or with friends and family during the virtual race weekend!

Stay tuned on our social media and race website for important updates.



CONTACT & RSVP

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stephen@13thirty.org
(585) 507-8076

Megan Scott - SYR

Program Specialist
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(315) 297-3553



Virtual Program on Zoom



Safe, In-Person Program



6/1 - 6:30p.m.

DISCOVER YOUR SPIRIT ANIMAL: AYAS

Interested to know your spirit animal? Talk to our expert, Mercedes, and find out!



6/17 - 6:30p.m.

TIE-DYE NIGHT: AYAS SYRACUSE

*Rescheduled from May
Get creative and tie-dye your own 13thirty t-shirt!



6/7 - 6:30p.m.

JOURNEYS PREP: AYAS

Join local poet Charlie Côté, and other AYAs as we get ready for another special night in November.



6/23 - 6:30p.m.

13THIRTY FIT!: AYAS ROCHESTER

Workout with other AYAs in this fitness session led by Rochester trainer, Brianne.

JULY 2021 PROGRAMS

Our wellness, arts, and social programs help AYAs and their parents live their very best lives!

CONTACT & RSVP

Steve Esposito

Program Director
stephen@13thirty.org
(585) 507-8076

LET'S GET SOCIAL!

Follow 13thirty on social media!
Check out all the great photos and videos from the Rochester and Syracuse Centers!

Like, comment, and share!
More engagement on our posts will spread our messages across communities!



13thirty Cancer Connect



@13thirtyCancerConnect



13thirty Cancer Connect



13thirty Cancer Connect



@13thirtyCancer



13thirtyCancerConnect

13THIRTY.ORG



7/8 - 6:30p.m.

GAME NIGHT: SYR AYAS

Hang out, enjoy some food at the Center, and get ready for Family Feud - 13thirty style!



7/30 - 6:45p.m.

RED WINGS BASEBALL: ROC AYAS

Come to Frontier Field and root, root, root for the Red Wings! It's fireworks night!



ANNUAL FAMILY PICNIC: ROC & SYR FAMILIES

Good food, fun, and friends!

Hosted by Lauren and Doug Spiker

Sunday, July 18 | 1-4p.m. | 245 Citation Drive, Henrietta, NY 14467

All food & beverages provided, just bring yourself and a lawn chair!

RSVP by July 15 to stephen@13thirty.org

AUGUST 2021 PROGRAMS

Our wellness, arts, and social programs help AYAs and their parents live their very best lives!

CONTACT & RSVP

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13thirty Cancer Connect



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SAVE THE DATE!

November 13, 2021: Journeys,
20th Annual Celebration of Living

13THIRTY.ORG



8/9 - 6:30p.m.

JOURNEYS PREP: ROC AND SYR AYAS

Journeys is just around the corner,
and it's time to prepare!



8/16 - 6:00p.m.

BREAKFAST FOR DINNER: ROC AYAS

Kim from Wellness Simplified
will share recipes to recreate
in your kitchen!



8/15 - 1:00p.m.-4:00p.m.

FAMILY PICNIC: ROC AND SYR FAMILIES

Good food, fun, and friends!
Join us at Lauren's house!



RYAN CALLAHAN
FOUNDATION

8/25 - 5:30p.m.

GET READY FOR THE BLUE CARPET: ROC AYAS

Come to the Center for a glam
night of music, makeovers,
and photoshoots!



SEPTEMBER 2021 PROGRAMS

Our wellness, arts, and social programs help AYAs and their parents live their very best lives!

CONTACT & RSVP

Steve Esposito

Program Director
stephen@13thirty.org
(585) 507-8076

SAVE THE DATE!

Sunday, October 3, 2021:
2nd Annual Syracuse Bandana
Bolt at Green Lakes State Park!



LET'S GET SOCIAL!

Follow 13thirty on social media!
Check out all the great photos
and videos from the Rochester
and Syracuse Centers!
Like, comment, and share!



13THIRTY.ORG



9/7 - 6:00p.m.

JOURNEYS PREP: ROC AND SYR AYAS

Journeys is just around the corner,
and it's time to prepare!



9/16 - 6:00p.m.

MINUTE TO WIN IT: ROC AYAS

Ready for a little competition?
Back by popular demand!



9/22 - 6:00p.m.

MINUTE TO WIN IT: SYR AYAS

'Cuse's turn to try out these
60-second challenges!



9/28 - 6:00p.m.

MEET AND GREET: ROC PARENTS

New & Old Parents: Visit the Center to
connect with others who understand.



OCTOBER 2021 PROGRAMS

Our wellness, arts, and social programs help our AYAs live their very best lives!



PUMPKIN CARVING



Put your jack-o'-lantern making skills on display for a fun night of friendly competition!

ROC AYAs: 10/6 – 6 p.m.
Rochester Center

SYR AYAs: 10/21 – 6 p.m.
Syracuse Center

CORN MAZE & FALL FUN



It's all about teamwork when navigating through the corn! Join us for an a-maze-ing day on the farm!

SYR AYAs: 10/9 – 1 p.m.
The Pumpkin Hollow
3735 W Seneca Turnpike, Syracuse, NY 13215

ROC AYAs: 10/23 – 1 p.m.
Long Acres Farm
1342 Eddy Rd, Macedon, NY 14502

ROCHESTER



NOVEMBER 2021 PROGRAMS

Our wellness, arts, and social programs help our AYAs live their very best lives!



QUICK FIT

Wednesday, Nov. 3 | 6:00 p.m.

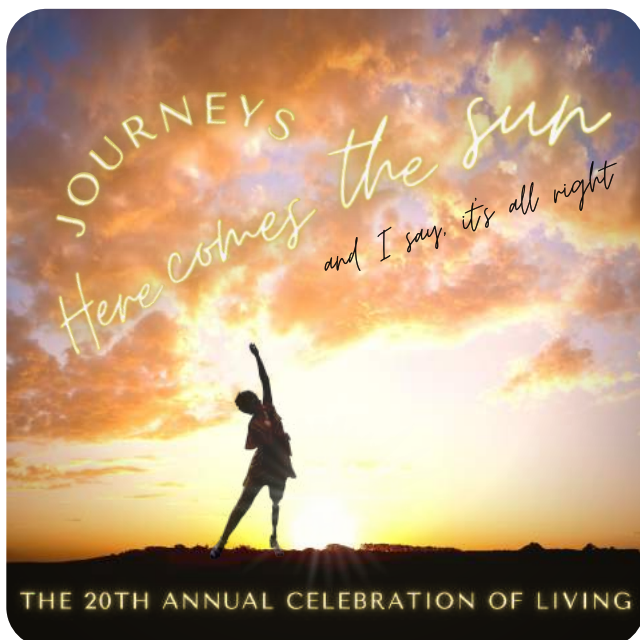
Cancer got you feeling off your game? Work out with other AYAs led by fitness coach, Brienne!



FRIENDSGIVING

Wednesday, Nov. 18 | 6:00 p.m.

Celebrate this special tradition of giving thanks in collaboration with the Ryan Callahan Foundation.



JOIN US! JOURNEYS

20th Annual Celebration of Living!

Saturday, Nov. 13 | 6:30 p.m.

We are so excited to share a special virtual evening with you! Don't miss the inspiring performance, Together We Rise, by 13thirty members!

RSVP at 13thirty.org/journeys-2021.

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Contact & RSVP: Steve Esposito, Program Director
stephen@13thirty.org | (585) 507-8076 | 1000 Elmwood Ave., Rochester, NY 14620

ROCHESTER



DECEMBER 2021 PROGRAMS

Our wellness, arts, and social programs help our AYAs live their very best lives!



SWEET FIXER-UPPER

Wednesday, Dec. 8 | 6:00 p.m.

Celebrate the holiday season with us! Enjoy hot chocolate, sweet treats, and a friendly gingerbread house-making competition!



PAINTING A MASTERPIECE

Thursday, Dec. 16 | 6:00 p.m.

Always wanted to paint, but didn't know how to start? URMCC's nationally-known artist-in-residence, Charmaine Wheatley, will help find the artist in you!