

NOVEMBER 2019

ROCHESTER CALENDAR OF EVENTS

Upcoming Programs

15th Euchre Tournament -
Open to the public
—Friday 6:00 p.m.
at Nox Cocktail Lounge



Find a partner and play your hand at our inaugural, single elimination, Euchre Tournament fundraiser! Register your team of two for \$60 on 13thirty.org.

22nd Friendsgiving - AYAs
—Thursday 6:00 p.m.
at the Center



Enjoy a pre-Thanksgiving feast with the 13thirty family. We provide the turkey, you bring a side. RSVP to Steve by November 21st with your dish to pass.

RSVP to
Steve Esposito
Program Leader
stephen@13thirty.org
(585) 563-6221

Featured Event

Journeys

The 18th Annual Celebration of Living

Saturday, November 2
6:00 p.m. at
Temple B'rith Kodesh

Silent Auction, Raffles, Wine Pull, Cocktails,
Dinner, Dessert & More!



Cancer opens new doors and closes others. Some by choice, others without permission. What lies between the known and unknown? Come find out as our teens and young adults perform original poetry and verse - to their own beat!

Visit 13thirty.org for more details!

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DECEMBER 2019

ROCHESTER CALENDAR OF EVENTS

Upcoming Programs

8th

Annual Holiday Party - Families
—Sunday 1-4 p.m. at the Sunnyside
Lodge at Black Creek Park
3883 Union St, North Chili, NY 14620

Join us for food, drink, and merriment at our annual holiday part at the lodge. Bring your favorite cookies or treats to share for dessert!

18th

**Home Cooked Meals to Help
Hearts Heal - AYAs**
—Wednesday 5 p.m. at the Ronald
McDonald House

Warm hearts this holiday season with a homemade meal. Gather at the Ronald McDonald House as part of the 13thirty team to give back to your community.

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This holiday season...

Holiday Gift Extravaganza

Looking for the perfect gift?
13thirty has locally hand-crafted
jewelry, quilts, and knit hats
available for purchase this
holiday season!

Browse for the perfect gift on
www.facebook.com/13thirtyCancerConnect



Amazon Smile

Choose 13thirty Cancer Connect on Amazon Smile for this year's online holiday shopping and 0.5% of your purchase will go to support teens and young adults living with cancer.

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JANUARY 2020

ROCHESTER CALENDAR OF EVENTS

Upcoming Programs

9th

**Dinner with Derek - AYAs
—Thursday 6:00 p.m. at the Center**

Chef Derek Pino will be doing a cooking demo for our teens and young adults, and serving up some delicious eats! You don't want to miss this - feel free to bring a friend!



20th

**Pancake Breakfast - AYAs
—Monday 10:00 a.m. at the Center**

Come hang out at the center on Martin Luther King Day for our annual Pancake Breakfast. Friends welcome, syrup provided!



23rd

**Parent Quick Fit - Parents
—Thursday 6:00 p.m. at the Center**

Parents are invited to kick off the new year with a preview of our 8-week 13thirty Fitness program with Brianne Young, PT, DPT. Wear your workout clothes!



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Celebrating 20 Years!



13thirty Cancer Connect is celebrating 20 years of supporting teens and young adults with cancer in 2020! Stay tuned for exciting events and updates!

Benefit Concert - *Confluence*



13thirty member, Nadine, and her mother, Barbara, will be performing live at Lovin' Cup Bistro & Brews on Saturday, February 8th! Don't miss out on this special night!



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FEBRUARY 2020

ROCHESTER CALENDAR OF EVENTS

Upcoming Programs

- 5th** 13thirty Fit! - AYAs
— 6:00-7:15 p.m. at the Center
- 12th** Cancer got you feelin' off your game?
Fitness Coach, Brianne Young (PT, DPT),
will lead us in this 8-week program
(Feb 5 - March 25). 13thirty Fit is specially
designed to retrain and empower teens &
young adults with cancer.
- 20th**
- 26th**
- 
- Exercise basics and custom fitness plan
 - Strength and balance drills
 - Healthy eating tips
 - Set - and reach - your own goals!

- 18th** Let's TACO 'Bout It - AYAs
—Tuesday, 6:00 p.m. at the Center
- 
- Tuesdays aren't complete without tacos!
"Let's Taco 'Bout It" will feature a
complete taco bar for tacos made your
way. Join us for some great food and
company!

RSVP to
Steve Esposito
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Special Event

- 8th** Benefit Concert - *Confluence*
— 2:00 p.m. at Lovin' Cup



13thirty member, Nadine, and
her mother, Barbara, will be
performing live at Lovin' Cup
Bistro & Brews on Saturday,
February 8th! Don't miss out on
this special night!

lovin'cup
bistro & brews

What's New



13thirty Cancer Connect celebrated 20 years of
supporting teens and young adults on January
20th at the annual Pancake Breakfast!



MARCH 2020

ROCHESTER CALENDAR OF EVENTS

Upcoming Programs

4th • 11th 13thirty Fit! - AYAs
17th • 25th – 6:00-7:15 p.m. at the Center



Continuing our 8-week fitness program and getting strong together!

12th Home Cooked Meals to Help Hearts Heal - Parents
– 5:00 p.m. at the Ronald McDonald House



Join us for another evening of cooking for the Ronald McDonald House families! All supplies included. Just bring your smile and helping hands!

13th Amerks Hockey Game - AYAs
– 6:30 p.m. at the Blue Cross Arena



Don't miss out as we watch the Rochester Americans hockey team take on their rival, the Syracuse Crunch!

23th Serving Others - AYAs
– 6:30 p.m. at the Center



We will team up with the Dorothy Day House to volunteer and serve dinner at the St. Joseph's House of Hospitality.



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Cornhole Tournament!

PRESENTED BY THE
13THIRTY CANCER CONNECT
ASSOCIATE BOARD

CORNHOLE

FOR A CAUSE

TO BENEFIT
13thirty
20 Years Making A Difference!

HELPING TEENS & YOUNG ADULTS WITH CANCER LIVE
THEIR VERY BEST LIVES - TODAY!

JOIN US FOR A FRIENDLY-COMPETITION CORNHOLE TOURNAMENT!
EACH TEAM PLAYS FOUR 15-MINUTE ROUNDS.
THE FOUR TEAMS WITH THE HIGHEST CUMULATIVE SCORES ADVANCE TO THE PLAYOFFS.

SUNDAY, MARCH 29 | 12-3PM @ RADIO SOCIAL
REGISTER ONLINE: [13THIRTY.ORG/ROCHESTER-EVENTS/](https://13thirty.org/rochester-events/)
\$30 PER TEAM (2 PEOPLE)
RAFFLES • 50/50 • DRINK SPECIALS • 1ST & 2ND PLACE TEAM PRIZES

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APRIL 2020

CALENDAR OF EVENTS

Upcoming Programs

8th

Family Feud - AYAs

—Wednesday 3 p.m. on Zoom

Join us for a virtual game of Family Feud on Zoom and catch up with Rochester and Syracuse 13thirty members.



16th

Happy Hour - Young Adults 21+

—Thursday 5 p.m. on Zoom

Grab your drink of choice and get the chance to socialize with others 13thirty members 21 and up in this time of social distancing.



21st

Workout with Michelle - Families

—Tuesday 3 p.m. on Zoom

Our personal trainer, Michelle, will lead a half hour workout on Zoom to help us with our home workout routines. Bring your sibling or parent to the video chat!



27th

Netflix Party - AYAs

—Monday 5 p.m. on Chrome

Attend a viewing party of a Netflix movie on Google Chrome. You can chat and react during the movie and join us for a Zoom meeting afterwards.



Virtual Events

13thirty Open Mic Night

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



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

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.**

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JUNE 2020

CALENDAR OF EVENTS

Virtual Programs

9th

Game Night - AYAs
—Tuesday 7 p.m. on Zoom

Catch up with fellow 13thirty members at the next game night. Let's have another night full of laughs!



11th

Parent Fit - Parents
—Thursday 6:30 p.m. on Zoom

Our Rochester trainer, Brianne, will guide 13thirty parents through a session of Parent Fit. Workout at home or join us from your backyard.



17th

Father's Day Craft - AYAs
—Wednesday 7 p.m. on Zoom

Let's make a Father's Day craft together virtually. Come prepared with a few pieces of paper and colored pencils.



25th

Yoga - Families
—Thursday 6 p.m. on Zoom

Join us for a relaxing guided yoga session to reduce stress. Follow along at home while our instructor helps us through different poses.



Virtual Events



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.**

13thirty Open Mic Night

June 8th, 2020
Open to the public
Free entry, donations accepted



We've gone virtual! Post your performances on social media and tag 13thirty Cancer Connect or join us live on Zoom on June 8th at 7pm!

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



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JULY 2020

CALENDAR OF EVENTS

Virtual Programs

6th

Game Night - AYAs
—Monday 7:00 p.m. on Zoom

Make new connection with 13thirty members at the next game night. Let's have another night full of laughs!



15th

13thirty Fit! - AYAs
—Wednesday 6:30 p.m. on Zoom

Our Rochester trainer, Brianne, will lead 13thirty AYAs through a workout session of 13thirty Fit! Workout at home or join us from your backyard.



21st

Message Stick - AYAs
—Tuesday 7:00 p.m. on Zoom

Make a message stick with supplies around the house like: a stick from outside, string, pipe cleaners, spare change, paint, or beads. The list goes on!



27th

Parent Fit - Parents
—Monday 6:30 p.m. on Zoom

We loved bringing 13thirty Parents together for Parent Fit last month. Stay active and join us again this month with Syracuse trainer, Michelle.



How We're Keeping Safe

- Appropriate social distance and face covering guidelines will be followed
- All shared hard-surfaces will be wiped with disinfectant before and after every use
- Temperature and wellness checks will be required daily for staff and offered to visitors
- Visitor logs will be maintained should there be a need for contact tracing
- Frequent hand washing will be encouraged
- Before resuming contact with 13thirty members, staff will be tested and show negative results



New 13thirty Center Hours

Mon	9 AM - 5 PM
Tues	9 AM - 5 PM
Wed	9 AM - 1 PM

Available for appointments and programs outside of standard hours

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AUGUST 2020

CALENDAR OF EVENTS

Virtual Programs

4th

Name That Tune - AYAs
—Tuesday 6:30 p.m. on Zoom

Join us for a game of *Name That Tune*! AYAs will team up and try to be the fastest to recognize songs of all genres.



10th

13thirty Fit! - AYAs
—Monday 6:30 p.m. on Zoom

Ready for a quick workout with our ROC trainer, Brienne? No equipment required, all you need is an open space. Friends & family are welcome to join in!



18th

Refocus the Lens - AYAs
—Tuesday 6:30 p.m. on Zoom

Take a photo of something/someone that reminds you of your diagnosis and share it with other AYAs. *Refocus the Lens* is a program designed around photographs and your cancer experience.



24th

Parent Fit - Parents
—Monday 6:30 p.m. on Zoom

Michelle, our SYR trainer, is back to lead our 13thirty Parents in another workout session of Parent Fit. Get ready to sweat!



How We're Keeping Safe

- Appropriate social distance and face covering guidelines will be followed
- All shared hard-surfaces will be wiped with disinfectant before and after every use
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SEPTEMBER 2020

CALENDAR OF EVENTS

Virtual Programs

1st

Name That Tune - AYAs

—Tuesday 6:30 p.m.

Back by popular demand! Join us for another round of *Name That Tune: Decades Edition*.



15th

13thirty Fit! - AYAs & Family

—Tuesday 6:30 p.m.

Ready for a quick workout with ROC trainer, Brianne? No equipment required, all you need is an open space. Friends & family are welcome to join in!



21st

Refocus the Lens - AYAs

—Monday 6:30 p.m.

Take a photo of something/someone that reminds you of your treatment and share it with other AYAs. *Refocus the Lens* is a program designed around photographs and your cancer experience.



29th

Parent Game Night - Parents

—Tuesday 6:30 p.m.

Face off in a happy hour game of *Name that Tune!* Our AYAs loved it so much, we thought parents should have a chance to play too!



Upcoming Events

13THIRTY CANCER CONNECT
SYRACUSE

Bandana BOT

2020 VIRTUAL RACE

OCTOBER 3-4, 2020

Registration is open at 13thirty.org
Run or walk anywhere at any time on October 3-4, 2020!

Journeys 2020

Saturday, November 7

Save the date for our virtual celebration!

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OCTOBER 2020

CALENDAR OF EVENTS

Virtual Programs

6th

Refocus the Lens - AYAs

– Tuesday 6:30 p.m.

Take a photo of something/someone that reminds you of where you are right now in your cancer journey and share it with other AYAs.



14th

13thirty Fit! - AYAs

– Wednesday 6:30 p.m.

Ready for a quick workout with SYR trainer, Michelle? No equipment required, all you need is an open space. Friends and siblings welcome.

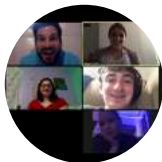


21th

Celebrity Game Night - AYAs

– Wednesday 6:30 p.m.

Get ready for Celebrity Game Night! Team up with other AYAs for a fun and fast-paced twist on charades.



27th

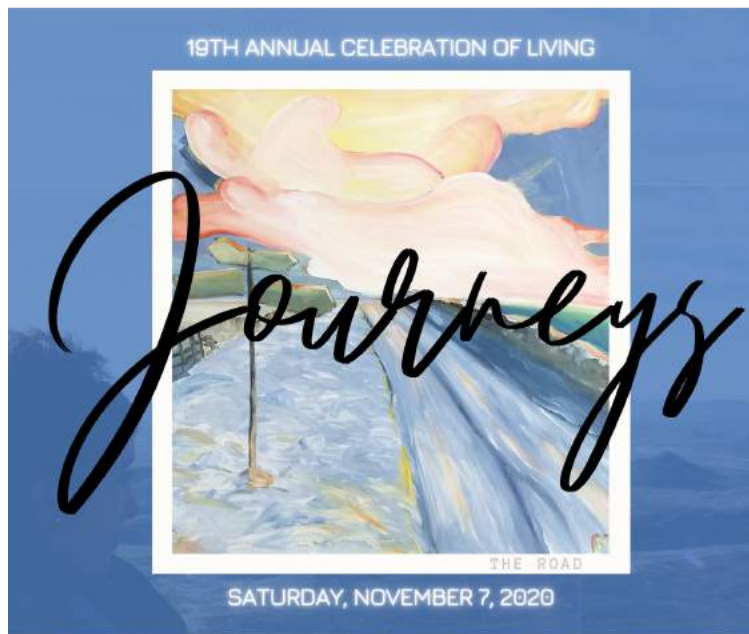
Parent Fit! - Parents

– Tuesday 6:30 p.m.

Join other parents and SYR trainer, Michelle, in this quick strength training workout. No equipment required, but you can use weights for a harder challenge!



Upcoming Events



PLEASE JOIN US VIRTUALLY!

RSVP by October 30th at 13thirty.org

Complimentary tickets for all guests;
donations welcomed

"Sips & Starters for 6" package available
for purchase

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NOVEMBER 2020

CALENDAR OF EVENTS

Virtual Programs

11th 13thirty Fit! - AYAs — Wednesday 6:30 p.m.



Get your pre-holiday workout in with ROC trainer, Brianne. Remember, no equipment is needed to participate. Invite a friend or family member to exercise with!

17th Friendsgiving - Families — Tuesday 6:30 p.m.



Reconnect with 13thirty members in ROC and SYR over dinner at home. Share your holiday recipes and traditions while we eat together!



Featured Event



Facebook Live & YouTube Live
6:30pm - 8:00pm

Online Auction, Candle Lighting
Ceremony, & More!

2020 Honorees

Corporate Salute: Blaes'i's Automotive, Inc.
Make a Difference Award: Douglas Spiker

**Special Performance by
13thirty Members, "Memories"**

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DECEMBER 2020

CALENDAR OF EVENTS

Virtual Programs

1st

Sound Waves - AYAs

– Tuesday 6:30 p.m.

Relationships change throughout and after cancer treatment. Is there a song that makes you think of your relationship with a family member? Share your story with other 13thirty members.



7th

Yoga - Families

– Monday 6:30 p.m.

Fit in one more workout before the new year with this restorative yoga sequence. No yoga experience needed.



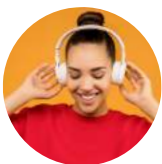
15th

Name That Show-Tune

- Families

– Tuesday 6:30 p.m.

Study up on your Disney songs and Broadway musicals for this Parents vs. AYAs game night. Let's see who can recognize the most songs from some of our favorite movies and theater productions!



Announcements



Introducing the CNY Cancer Alliance

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 caretakers along your cancer journey.



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