

JANUARY 2020

SYRACUSE CALENDAR OF EVENTS

Upcoming Programs

8th

Parent Quick Fit - Parents
—Wednesday 6:30 p.m. at the Center
Parents are invited to kick off the new year with a preview of the 8 week 13thirty Fit program. Wear your workout clothes!



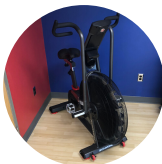
15th

Parent Fit- Parents
—Wednesday 6:30 p.m. at the Center
Join us for our 8 week fitness program every Wednesday with our Personal Trainer from Elevate Fitness, Michelle. Meet other parents and workout in our private fitness room. If you have any physical limitations, Michelle can modify the workout program so that it fits your individual needs.



29th

Bring Your Kid to Fit Night- Parents & AYAs
—Wednesday 6:30 p.m. at the Center
Teens and young adults are encouraged to come with their parent to this featured night of our 8 week Parent Fit program. This is the third consecutive week of the Parent Fit program, so see if you can keep up with your parents!



RSVP to
Megan Scott
Program Leader
megan@13thirty.org
(315) 883-1862

What's New



Elevate Fitness and the Community Foundation have generously added to our workout equipment supplies including: balance trainers, exercise balls, slam balls, stepper platforms, resistance bands, barbells, a sound system and a new TV!

13thirty presents its first Open Mic Night!

January 13th, 2020

7 PM - 9PM

Open to the public

1035 7th North St., Liverpool

Free entry, donations accepted



Musicians, poets, comedians, and spectators are welcome to join us for a night of celebration of local Syracuse talent. Indulge in our refreshments and make sure to stay for our featured artist of the night, Bob Lewis, from the Syracuse Guitar League!

13thirty
cancer connect

Teens and Young Adults Get it Together



FEBRUARY 2020

SYRACUSE CALENDAR OF EVENTS

Upcoming Programs

6th



Comedy Workshop - AYAs
—Wednesday 6:30 p.m. at the Center
Listen to Ryan Clark's stand up routine about his cancer experience followed by a workshop with Ryan on how to share your cancer journey with a twist of humor.

18th



'Cuse Camp - AYAs & Parents
—Tuesday 6:30 p.m. at Cuse Camp
7421 Oswego Rd, Liverpool
'Cuse Camp workouts use a combination of High Intensity Interval Training (HIIT) & active rest to get you twice the results in only 30 minutes. They've invited 13thirty members and their parents to join for a unique workout. Reserve your spot today!

12th

19th

26th



13thirty Parent Fit - Parents
—Wednesday 6:30 p.m. at the Center
It's not too late to join us for 13thirty Fit where we learn creative ways to work out at home and at the gym. Spouses and partners are welcome to join.

RSVP to
Megan Scott
Program Leader
megan@13thirty.org
(315) 883-1862

Visit Us Soon!

13thirty Open Mic Night

February 10th, 2020

7 PM - 9PM

Open to the public

1035 7th North St., Liverpool

Free entry, donations accepted



Comedy, music, poetry and more! If you have a talent you want to share, join us for open mic night! Groups or individuals welcome.



13thirty members are welcome to bring a guest and work out in the center during office hours. Give us a call in advance and don't forget to bring your signed medical form.

13thirty
cancer connect

Teens and Young Adults Get it Together



MARCH 2020

SYRACUSE CALENDAR OF EVENTS

Upcoming Programs

3rd

'Cuse Camp - AYAs & Parents
—Tuesday 6:30 p.m. at Cuse Camp
7421 Oswego Rd, Liverpool

'Cuse Camp workouts use High Intensity Interval Training (HIIT) & active rest to get twice the results - in only 30 minutes! 13thirty members and parents are invited to join for a unique workout. Reserve your spot today!

4th

11th

13thirty Parent Fit - Parents
—Wednesday 6:30 p.m. at the Center

We're almost done with our 8 week Parent Fit program! Our trainer, Michelle, will help us finish strong these last two weeks. Spouses and partners welcome!

18th

Noodle Night - AYAs
—Wednesday 6:30 p.m. at the Center

Dr. Kaushal Nanavati, medical director of integrative therapy at Upstate Medical University, will show us how to make delicious and healthy ramen noodle soup with fresh ingredients. Come hungry to eat at the 13thirty kitchen!

RSVP to
Megan Scott
Program Leader
megan@13thirty.org
(315) 883-1862

Visit Us Soon!

13thirty Open Mic Night

March 9th, 2020

7 PM - 9PM

Open to the public

1035 7th North St., Liverpool

Free entry, donations accepted



Comedy, music, poetry and more! If you have a talent you want to share, join us for open mic night! Groups or individuals welcome.



13thirty members are invited to bring a guest and work out in the center during office hours. Give us a call in advance and don't forget to bring your signed medical form.

13thirty
cancer connect

Teens and Young Adults Get it Together



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.

Bandana BOT

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

13thirty
cancer connect

Teens and Young Adults Get it Together



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.

Bandana BOT

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

13thirty
cancer connect

Teens and Young Adults Get it Together



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

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

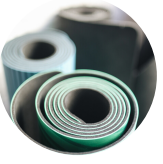
Let's make a Father's Day craft together virtually. Come prepared with a few pieces of paper and colored pencils.



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



Teens and Young Adults Get it Together



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

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

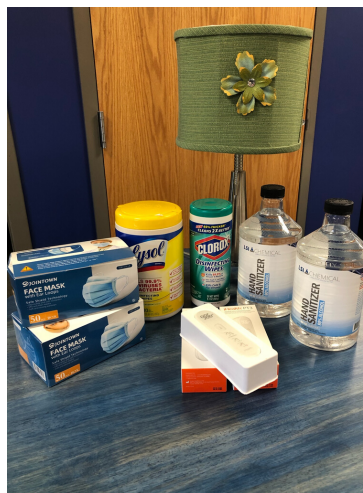
Parent Fit - Parents
—Monday 6:30 p.m. on Zoom

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

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

13thirty
cancer connect

Teens and Young Adults Get it Together



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

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

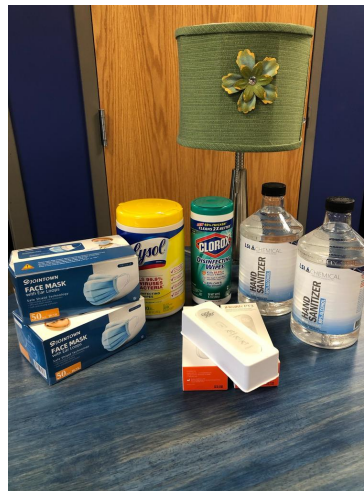
Parent Fit - Parents
—Monday 6:30 p.m. on Zoom

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
- 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

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

13thirty
cancer connect

Teens and Young Adults Get it Together



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

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!

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

13thirty
cancer connect

Teens and Young Adults Get it Together



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

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.**

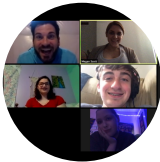
Ready for a quick workout with SYR trainer, Michelle? No equipment required, all you need is an open space. Friends and siblings welcome.



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

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

13thirty
cancer connect

Teens and Young Adults Get it Together



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

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"

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

13thirty
cancer connect

Teens and Young Adults Get it Together

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

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.



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