

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

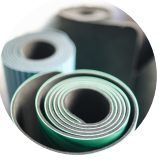
Let's make a Father's Day craft together virtually. Come prepared with a few pieces of paper and colored pencils.



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

Bandana BOIT

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

13thirty
cancer connect

Teens and Young Adults Get it Together



RSVP to
Steve Esposito
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