

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, Brianna? 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

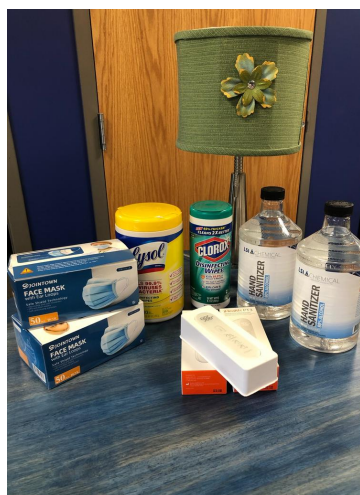
Parent Fit - Parents
–Monday 6:30 p.m. on Zoom

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