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 Brianne'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

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

13thirty
cancer connect
Teens and Young Adults Get it Together
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.

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

RSVP to Steve Esposito
Program Director
stephen@13thirty.org
(585) 507-8076
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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megan@13thirty.org
(315) 297-3553

Steve Esposito
Program Director
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(585) 507-8376

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?

3/4 - 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).

3/9 - 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.

3/15 - 6:30p.m.

13THIRTY FIT!: AYAS
Michelle helped us with our #Goals, now it's time to get moving and take action!

3/24 - 6:30p.m.

Glow up: AYAs
Jackbox Game Night: Parents
#Goals: AYAs
13thirty Fit!: AYAs
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.

April is...
AYA Cancer Awareness Month

CONTACT & RSVP

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(585) 507-8376

13TEA: AYAS

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

GAME NIGHT: AYAS

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

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.

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.

4/7 - 6:30p.m.

4/12 - 6:30p.m.

4/22 - 6:30p.m.

4/27 - 6:30p.m.
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.

13THIRTY FIT!: PARENTS

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

5/12 - 6:30p.m.

DROP-IN: AYAS

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

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

TIE-DYE NIGHT: AYAS

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

5/26 - 6:30p.m.

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
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.

6/1 - 6:30p.m.
DISCOVER YOUR SPIRIT ANIMAL: AYAS

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

6/7 - 6:30p.m.
JOURNEYS PREP: AYAS

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

6/17 - 6:30p.m.
TIE-DYE NIGHT: AYAS SYRACUSE

Get creative and tie-dye your own 13thirty t-shirt!

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
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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!

GAME NIGHT: SYR AYAS
7/8 - 6:30p.m.
Hang out, enjoy some food at the Center, and get ready for Family Feud - 13thirty style!

RED WINGS BASEBALL: ROC AYAS
7/30 - 6:45p.m.
Come to Frontier Field and root, root, root for the Red Wings! It’s fireworks night!

ANNUAL FAMILY PICNIC: ROC & SYR FAMILIES
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!

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

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

GAME NIGHT: SYR AYAS
7/8 - 6:30p.m.
Hang out, enjoy some food at the Center, and get ready for Family Feud - 13thirty style!

RED WINGS BASEBALL: ROC AYAS
7/30 - 6:45p.m.
Come to Frontier Field and root, root, root for the Red Wings! It’s fireworks night!

ANNUAL FAMILY PICNIC: ROC & SYR FAMILIES
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

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!

13thirty Cancer Connect
@13thirtyCancerConnect

SAVE THE DATE!

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

JOURNEYS PREP:
ROC AND SYR AYAS

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

8/9 - 6:30p.m.

FAMILY PICNIC:
ROC AND SYR FAMILIES

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

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

BREAKFAST FOR DINNER:
ROC AYAS

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

8/16 - 6:00p.m.

GET READY FOR THE BLUE CARPET:
ROC AYAS

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

8/25 - 5:30p.m.
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!

JOURNEYS PREP:
ROC AND SYR AYAS
Journeys is just around the corner, and it’s time to prepare!

MINUTE TO WIN IT:
ROC AYAS
Ready for a little competition? Back by popular demand!

MINUTE TO WIN IT:
SYR AYAS
Cuse’s turn to try out these 60-second challenges!

MEET AND GREET:
ROC PARENTS
New & Old Parents: Visit the Center to connect with others who understand.

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
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

CONTACT & RSVP ROCHESTER
Steve Esposito, Program Director
steve@13thirty.org
(585) 507-6076
1600 Elmwood Ave, Rochester, NY 14620

CONTACT & RSVP SYRACUSE
Amy Bobbette, Syracuse Center Manager
amy@13thirty.org
(315) 288-0671
1035 7th St, Liverpool NY 13088

SAVE THE DATE
Saturday, November 13, 2021
Journeys, 20th Annual Celebration of Living
Join us for a special virtual evening!
13thirty.org
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, Brianne!

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

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

PAINTING A MASTERPIECE

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

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

SWEET FIXER-UPPER