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
Teens and Young Adults Get it Together

CANCER ALLIANCE
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

13thirty Threads
Vicki Ties It Together
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
Program Leader
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
Program Specialist
megan@13thirty.org
(315) 297-3553

Steve Esposito
Program Director
stephen@13thirty.org
(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.
13thirty Cancer Connect offers a variety of free, virtual programs for all our members, including our parents in 3 categories: arts, wellness & social activities.

**April is...**
**AYA Cancer Awareness Month**

**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.

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

**Steve Esposito**
Program Director  
stephen@13thirty.org  
(585) 507-8376

**April Program Calendar**

- **4/7 - 6:30p.m.**
  **13TEA: AYAS**
  It's tea time! Explore the benefits of teas while enjoying new flavors.

- **4/12 - 6:30p.m.**
  **GAME NIGHT: AYAS**
  Connect with other AYAs while playing a new game. Let's have another night full of laughs!

- **4/22 - 6:30p.m.**
  **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.

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

**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.**
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.

DROP-IN: AYAS

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

TIE-DYE NIGHT: AYAS

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

CONTACT & RSVP

Megan Scott - SYR
Program Specialist
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.

DISCOVER YOUR SPIRIT ANIMAL: AYAS

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

TIE-DYE NIGHT: AYAS SYRACUSE

*Rescheduled from May

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

JOURNEYS PREP: AYAS

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

13THIRTY FIT!: AYAS ROCHESTER

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

CONTACT & RSVP

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

Megan Scott - SYR
Program Specialist
megan@13thirty.org
(315) 297-3553

Virtual Program on Zoom
Safe, In-Person Program
JULY 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!
More engagement on our posts will spread our messages across communities!

13thirty Cancer Connect
@13thirtyCancerConnect
13thirty Cancer Connect
@13thirtyCancer
13thirty Cancer Connect

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
Good food, fun, and friends!
Hosted by Lauren and Doug Spiker
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!

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
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13thirty Cancer Connect
@13thirtyCancer
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.
SEPTMBER 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!

9/7 - 6:00 p.m.

MINUTE TO WIN IT:
ROC AYAS

Ready for a little competition? Back by popular demand!

9/16 - 6:00 p.m.

MINUTE TO WIN IT:
SYR AYAS

Cuse's turn to try out these 60-second challenges!

9/22 - 6:00 p.m.

MEET AND GREET:
ROC PARENTS

New & Old Parents: Visit the Center to connect with others who understand.

9/28 - 6:00 p.m.

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!
OCTOBER 2021 PROGRAMS
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
stephen@13thirty.org
(585) 507-6076
1600 Elmwood Ave, Rochester, NY 14620

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

CONTACT & RSVP SYRACUSE
Amy Bobbette, Syracuse Center Manager
amy@13thirty.org
(315) 288-0671
1035 7th St, Liverpool NY 13088
Our wellness, arts, and social programs help our AYAs live their very best lives!

20th Annual Celebration of Living!
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.

Saturday, Nov. 13 | 6:30 p.m.

JOIN US!

JOURNEYS
20th Annual Celebration of Living!

Saturday, Nov. 13 | 6:30 p.m.

Pour It Out
Local artist, Eva Hunter, will teach us the trendy acrylic pour painting method!

Wednesday, Nov. 10 | 6:00 p.m.

Friendsgiving
The 13thirty tradition continues! Let’s give thanks with good food and great company!

Wednesday, Nov. 17 | 6:00 p.m.
Grief through the holiday season
with Brigid Boyle, GC-C, CTP, M. DIV.

This program will focus on the challenges of engaging both the events and the people that come with the holiday season. With a combination of strategy sharing and companionship, we hope to provide a place of resource and comfort to bereaved parents.

TENDING HOPE AND HURT

Tuesday, Dec. 7 | 6:00 p.m.

YOU'RE "THE BOMB"

Wednesday, Dec. 15 | 6:00 p.m.

Need a holiday gift idea? Join us as we create bath bombs to give to the special people in our lives! After, we'll enjoy a holiday dinner together!
Our wellness, arts, and social programs help our AYAs live their very best lives!

**20th Annual Celebration of Living!**

Join us for a special virtual evening with a thoughtful performance, Together We Rise, by 13thirty members!

**RSVP at 13thirty.org/journeys-2021.**

**Saturday, Nov. 13 | 6:30 p.m.**

**POUR IT OUT**

Local artist, Eva Hunter, will teach us the trendy acrylic pour painting method!

**Wednesday, Nov. 10 | 6:00 p.m.**

**FRIENDSGIVING**

The 13thirty tradition continues! Let’s give thanks with good food and great company!

**Wednesday, Nov. 17 | 6:00 p.m.**

**JOIN US!**

**JOURNEYS**

20th Annual Celebration of Living!

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.**

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