



DECEMBER 2024

ROCHESTER PROGRAMS

13thirty Cancer Connect offers free peer support programs to our members and parents with focus on expressive arts, physical and emotional wellness, and social interaction.

13thirty.org

DEC
7

Meals that Heal

Ronald McDonald House (In-Person) | 3:00PM | AYAs (ages 13-39)
333 Westmoreland Drive, Rochester, NY 14620

Let's give back to an organization that does so much for our cancer community! Join us as we cook a delicious and nutritious meal for the residents at the Ronald McDonald House of Rochester.

DEC
11

Taco 'Bout It!

Rochester Center (In-Person) | 6:00PM | AYAs (ages 13-39)

We will be carving out space to talk about navigating the holidays, over tacos of course! Facilitated by 13thirty Program Director, Katelyn MacDougall.

JAN 8-
FEB 12

SAVE THE DATE: 13thirty Fit!

Rochester Center (In-Person) | 6:00PM | AYAs (ages 13-39)

Sweat your way to a healthier life with others who understand. With the guidance of our wonderful physical therapist, Brianne, let's get Fit together! For AYAs done with treatment or in maintenance therapy.

All abilities welcome.

*Commit to SIX Wednesdays with us!

JAN
12

SAVE THE DATE: Hello 2025! Family Party

Kings Bend Park, South Lodge (In-Person) | 11:00AM | AYAs & Families
170 W. Jefferson Road, Pittsford, NY 14534

Let's start 2025 off right - TOGETHER! Come have brunch and celebrate the the new year alongside other 13thirty families and friends. Back by popular demand: ROC Game Night Trivia with Jake!