



AUGUST 2025

## 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](https://13thirty.org)

AUG  
6

### Serves Up: Pickleball Night

**Rochester Center (In-person) | 6:00PM | AYAs (13-39)**

Come out and learn the basics of the fastest-growing sport in the U.S., Pickleball. Whether you're brand new to the game or a seasoned veteran join us for a night of friendly fitness competition!

AUG  
13

### Beaded Vibes

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

Experience scanxiety? You're not alone. Join us as we learn different grounding techniques while making beaded keychains and bracelets to help challenge those feelings of scanxiety.

AUG  
19

### Berry Good Bowls

**Rochester Center (In-person) | 6:00PM | AYAs(13-39)**

Summer brings a bounty of fresh produce, so let's celebrate the season! Join us as we swirl-up tasty smoothie bowls and discover the perks of eating in-season.