



SEPTEMBER 2025

## SYRACUSE 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)

SEPT  
10

### Serves Up: Pickleball Night

**Onondaga Lake Park (In-Person) | 6:00PM | AYAs (13-39)**  
**6700 Onondaga Lake Pkwy, Liverpool, NY 13088**

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

SEPT  
25

### Taco 'Bout It!

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

Join us as we carve out space to talk about the unique challenges AYAs face when diagnosed with cancer, over tacos of course! Facilitated by 13thirty Executive Director Lauren Spiker.

OCT  
4

### SAVE THE DATE: Fall AYA Cancer Retreat

**Saturday October 4, 2025**

**Onanda Park (In-Person) | 10:00 AM-7:00PM | AYAs (13-39)**

Join us for a day of connection, creativity, and nature for teens and young adults (13-39) with cancer and a plus one (spouse, partner, friend). Enjoy a cozy fall day with others who truly get it!

**Scan the QR Code to Register!**

