



DECEMBER 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

DEC
11

Mindfully Salty

Stasis Float Center Salt Room (In-Person) | 6:00PM | AYAs (13-39)

Take a break from the end-of-year hustle and bustle with a blend of guided meditation, contemplative sound, and other mindfulness practices led by Allison Graff. Whether you're new to meditation, practice regularly, or just want to take a moment to relax and breathe, this program is for you!

Space is limited. Please RSVP to Cassidy to reserve your spot!

DEC
18

Cookies & Cocoa

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

Ugly sweater party, anyone? Get ready to sip some cocoa and enjoy some treats while we reflect back on 2025 and look ahead to 2026!

JAN
10

SAVE THE DATE: Hello 2026! Family Party

Syracuse Center (In-person) | 11:00AM - 1:00PM | AYAs & Families

Let's kick off 2026 right- TOGETHER! Grab your family or friends as we celebrate the New Year with brunch and Minute-to-Win-It games!

JAN 13
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FEB 17

SAVE THE DATE: 13thirty Fit!

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

Sweat your way to a healthier life with others who understand. With the guidance of our wonderful physical therapist, Mary Kate Ordway, let's get Fit together!

**For AYAs done with treatment or in maintenance therapy.
All abilities welcome! *Please commit to 6 Tuesdays with us!**