

JULY

ROCHESTER PROGRAMS

Are you a teen or young adult (~13-39) dealing with cancer, now or in the past? Come connect with others who get it!

2026

TUES
7, 14, 21

ROW, ROW, ROW YOUR BOAT

Come learn a new skill or refresh an old one at our annual summer rowing program! Join us for a **three week series** of inclusive rowing with ROC Community Inclusive Rowing.

📍 Black Creek Park | In-Person | AYAs (13-39) ⌚ 6:00 PM

SUN
19

ANNUAL FAMILY PICNIC

Grab the family and join us for our Annual Family Picnic! It'll be an afternoon of good food and even better company. Don't forget your lawn chairs! **Scan the QR Code to RSVP!**



📍 Lauren's House | In-Person | Families ⌚ 1:00 PM

FRI
31

SURVIVORS NIGHT

SPACE IS LIMITED!
RSVP TO SAVE YOUR SPOT!

We're taking you out to the ball game as we head to Wilmot Cancer Institute Survivors Night with the Rochester Red Wings.

📍 ESL Ballpark | In-Person | AYAs (13-39) ⌚ 6:00 PM

SAVE THE DATE

NEXT PROGRAM: Junk Journal Night

Join us for a night of scrapbooking and journaling as we reflect back on the many adventures and connections we've made during your time at 13thirty!

📅 August 5 • 6:00 PM

📍 Rochester Center | In-Person | AYAs (13-39)

IN THE COMMUNITY

FUNDRAISER: Sometimes, You Just Gotta Laugh! Festival Edition

Scan the QR Code to purchase tickets

📅 July 18 • Show 4:00 PM

📍 The Carlson, Rochester, NY



Contact & RSVP: Michaela Deeg, Program Director - michaela@13thirty.org
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