

AUGUST

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

WEDS
5

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!

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

🕒 6:00 PM

TUES
11

LIFERS & LANDSCAPES

Get ready to add some new lifers to your list as we enjoy the summer weather with a night of hiking and birding at Mendon Ponds Park. Don't forget your binoculars!

📍 Mendon Ponds Park | In-Person | AYAs (13-39)

🕒 6:00 PM

TUES
18

SEOUL FOOD

We'll spend the evening with Chef Robert Younger, who will teach us how to cook ramen, come hungry and add a new recipe to your repertoire!

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

🕒 6:00 PM

SAVE THE DATE

NEXT PROGRAM: Comedy Club

Come laugh with others who truly understand! Once a quarter we'll laugh in the face of cancer through improv games, creative writing, and enjoying comedy together.

📅 September 1

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

IN THE COMMUNITY

FUNDRAISER: Best Life Concert

Local bands are coming together for a day of community and incredible music at Water Street Music Hall.

Scan the QR Code to purchase tickets.

📅 August 1 • 4:00 PM

📍 Water Street Music Hall, Rochester, NY

