DECEMBER

ROCHESTER PROGRAMS

2026

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

COOKIES, COCOA, AND CONVOS

WEDS 9

Warm up with hot cocoa and sweet treats as we chat about what's next! We'll look back at our favorite moments from the past year and brainstorm programs you want to see in the year ahead.

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

COMEDY CLUB

TUES 15

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

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

SAVE THE DATE: NYE BRUNCH

JAN 10

Let's kick off 2027 TOGETHER! Grab the family as we celebrate the New Year with brunch and Minute-to-Win-it Family Face-Off!
Made possible by the generosity of the Hannah Metzler Fund

Veterans Memorial Park-Roberts Cabin| Families — 10:00-12:00 PM

SAVE THE DATE: 13THIRTY FIT!

JAN-FEB 13 & 17

Let's get moving, together! With guidance from our wonderful physical therapist, Brianne, we'll find movement that fits your abilities, set achievable goals, and celebrate progress along the way!
For AYAs done with treatment/in maintenance therapy.
Commit to 6 Wednesdays with us!

Rochester Center| In-Person |AYAs (13-39) — 6:00-7:00PM

Contact & RSVP: Michaela Deeg, Program Director - michaela@13thirty.org
(585) 563-6221 | 1000 Elmwood Ave., Rochester, NY 14620 | 13thirty.org

13thirty cancer connect — 25 Years Making A Difference!