










Dec 2019	Monday	Tuesday	Wednesday	Thursday	Friday
	2 All Cancers Support Journaling 101: Exploring your feelings through writing (supplies provided). 2:30 – 4 PM	3 Relaxation & Meditation 1 - 2 Kundalini Yoga 2:15-3:15 Exercise for Strength 5-5:45 Restorative Yoga 5:45-6:45 PM	4 SPECIAL EVENT Holiday Coffee, Cookies & A Craft, 1-3 PM Must RSVP 732-923-6090 (No regular Wednesday programs) YSC Young Survivors Coalition Support Group 6:30 – 8 PM (Long Branch)	5 Easy Zumba Gold 10:15-10:45 AM Qi-Gong/Tai Chi Easy 11 - 12 PM Beading Buddies 12 – 2 PM US Too Prostate Support Group 7 – 9 PM (Long Branch)	6 Game Day 11 – 1 PM Long Branch Kundalini Yoga 12 – 1 PM (Lakewood)
Programs listed in black held at Monmouth Medical Ctr., 300 2nd Ave., Suite ST-007 Maysie-Stroock Pavilion, Long Branch Programs marked with * held in other areas as indicated. Please call for additional info 732-923-6090	9 New Day Caregiver Support 11 - 12 PM MSC Ground Floor Patio Room Monmouth Southern Campus (Lakewood)	10 All GYN Cancers Support 11:30 AM, Fromkin Family Rm BBR-2, call for room location Relaxation & Meditation 1-2 Kundalini Yoga 2:15-3:15 Exercise for Strength 5-5:45 Restorative Yoga 5:45-6:45 PM	11 SPECIAL EVENT Frankly Speaking About Immunotherapy w/Dr. Talwar Monmouth Southern Campus, Lkwd, 1:00-2:30 PM See page 2 for details (No regular Wednesday programs) Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)	12 Easy Zumba Gold 10:15-10:45 AM Qi-Gong/Tai Chi Easy 11 - 12 PM Yoga 12:30 – 1:30 PM SPOHNC Oral Head/Neck Support Group 6- 7:30 PM Diamond Pavilion (Long Branch)	13 Kundalini Yoga 12 – 1 PM (Lakewood) 
Programs in red held at Cancer Support Community 199 Prospect Street Lakewood, NJ or, if indicated, at MSC - Monmouth Southern Campus (MSC) Hospital 600 River Avenue Lakewood	16 Living with Loss 2:30 – 3:30 PM Labyrinth Meditation 3:30 – 4 PM	17 SPECIAL EVENT Winter Solstice Meditation Regenerate, renew, reflect 1-2 PM Kundalini Yoga 2:15-3:15 Exercise for Strength 5-5:45 Restorative Yoga 5:45-6:45 PM	18 What's In Your Toolkit? Topic: The Gift of Self Love 12:30–1:30 PM Exercise for Strength 1:30 – 2:30 PM (Lakewood) Yoga 2:30 – 3:30 PM (Lakewood) All Cancers Support 5:30 – 7 PM (Long Branch)	19 SPECIAL EVENT Holiday Potluck Luncheon Join us for a special holiday luncheon, 12 – 2 PM. Let us know what you will bring! 732-923-6090 Bereavement Support Group Support group for anyone living with loss, 3 - 4 PM (Long Branch)	20 Kundalini Yoga 12 – 1 PM (Lakewood)
REGISTRATION IS REQUIRED FOR ALL PROGRAMS In addition, first time members must attend a new member orientation session. Please call 732-923-6090 to schedule an appointment.	23 	24 CSC WILL BE CLOSED FOR WINTER BREAK Beginning Tuesday Dec 24, 2019 AND WILL RE-OPEN on Monday Jan 6, 2020	25 	26  	27 
If you are currently in active treatment, medical clearance will be required from your doctor for any <u>physical activity</u> class. Please call 732-923-6090 For further information.	30 	31 	As we close out programming for 2019 and begin to update information for 2020, please let us know if you would like to be removed from our email distribution list. Simply email your <u>full name</u> to joan.hogan@rwjbh.org		<i>Support, Education & Hope... Free programs for those impacted by cancer</i>

Registration required for all programs, 732-923-6090 or email: joan.hogan@rwjbh.org. Special event workshops highlighted in **yellow**.