





| Jan 2019 | Monday | Tuesday | Wednesday | Thursday | Friday |
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|  <p>CANCER SUPPORT COMMUNITY MONMOUTH MEDICAL CENTER MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS</p> | <p><i>Support, Education & Hope...</i></p> <p><i>Free programs for those impacted by cancer —</i></p> | <p>1 Happy New Year!</p>  | <p>2</p> <p>CLOSED</p> | <p>3</p> <p>mcCLOSED</p> | <p>4</p>  |
| <p>Programs listed in black held at Monmouth Medical Ctr., 300 2nd Ave., Suite ST-007 Maysie-Stroock Pavilion Long Branch</p> <p>Programs marked with * held in other areas as indicated. Please call for additional info 732-923-6090</p> | <p>7</p> <p>CLOSED</p> | <p>8</p> <p>CLOSED</p> | <p>9</p> <p>CLOSED</p> | <p>10</p> <p>CSC Re-opens today beginning with evening group:</p> <p>SPOHNC Oral Head/Neck Support Group 6 PM</p> <p>Diamond Pavilion Long Branch</p> | <p>11</p> <p>Game Day 11 – 1 PM Long Branch</p> |
| <p>Programs in red held at Cancer Support Community 199 Prospect Street Lakewood, NJ or, if indicated, at MSC - Monmouth Southern Campus Hospital 600 River Avenue Lakewood</p> | <p>14</p> <p>All Cancers Support 2:30 – 3:30 PM</p> <p>Guided Relaxation 3:30 – 4:30 PM</p> | <p>15</p> <p>Relaxation & Meditation 1 - 2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p> | <p>16</p> <p>Exercise for Strength 1:30 – 2:30</p> <p>Yoga 2:30 – 3:30 PM</p> <p>For January:</p> <p>Time to Talk... Breast Support Group 5:30 – 7 PM (Long Branch)</p> | <p>17</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p> <p>Caregiver Support 11 - 12 Monmouth Southern Campus Hospital, Ground Floor Patio Room (Lakewood)</p> <p>Bereavement Support Group Support group for anyone living with loss, 3 - 4 PM (Long Branch)</p> | <p>18</p> |
|  | <p>21</p> <p>Living with Loss 2:30 – 3:30 AM</p> <p>Guided Relaxation 3:30 – 4:30 PM</p> | <p>22</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p> | <p>23 Painting It Out -Express yourself through art & discussion, 12:30 – 1:30 with Yocheved Hauer, SW Intern. All supplies provided.</p> <p>Exercise for Strength 1:30 – 2:30</p> <p>Yoga 2:30 – 3:30 PM</p> <p>Caregiver Connect 7:30-8:30 PM – Call to register & for dial-in telephone number</p> | <p>24</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p> | <p>25</p>  |
| <p>If you are currently in active treatment, medical clearance will be required from your doctor for any physical activity class. Please call 732-923-6090 For further information.</p> | <p>28</p> <p>Circle of Caring Children's Program Snowflake Program Come and celebrate winter with friendship, fun & support! 4:00 – 5:00 PM</p> | <p>29</p> <p>Relaxation & Meditation 1-2</p> <p>Exercise for Strength 5-6 PM</p> <p>Restorative Yoga 6-7:15 PM</p> | <p>30</p> <p>What's In Your Toolkit? Focus on the Breath, 12:30 – 1:30</p> <p>Exercise for Strength 1:30 – 2:30 PM</p> <p>Yoga 2:30 – 3:30 PM</p> | <p>31</p> <p>Easy Zumba Gold 10:15-10:45</p> <p>Yoga 11-12 PM</p> <p>Qi-Gong/Tai Chi Easy 1-2 PM</p> | <p>REGISTRATION IS REQUIRED FOR ALL PROGRAMS</p> <p>In addition, first time members must attend a new member orientation session. Please call 732-923-6090 to schedule an appointment.</p> |

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