



AUGUST 2024

SYRACUSE PROGRAMS

13thirty Cancer Connect offers free peer support programs to our members and parents with focus on expressive arts, physical and emotional wellness, and social interaction.

13thirty.org

AUG
1

Refocus the Lens

Green Lakes State Park (in-person) | 6:00PM | AYAs (13-39)
7900 Green Lakes Rd, Fayetteville, NY 13066

Join us on a stroll through Green Lakes State Park as we snap photos that remind us of different points from our cancer journey.

AUG
13

This is How We Roll: Sushi Night

Syracuse Center (in-person) | 6:00PM | AYAs (13-39)

In collaboration with Upstate Pediatric Oncology former Syracuse University Culinary Professor, Chef Chris Uyehara, will teach us the basics of sushi creation. Come hungry!

AUG
14 & 28

Row, Row, Row Your Boat!

ROC Community Inclusive Rowing (in-person) | 6:00PM | AYAs (13-39)
20 Black Creek Rd. Rochester, NY 14623

Come learn a new skill or refresh an old one as we row our way to our best lives! Rowing and sculling have so many incredible benefits - join us for a three week series of inclusive rowing! All abilities welcome!



AUGUST 2024

ROCHESTER PROGRAMS

13thirty Cancer Connect offers free peer support programs to our members and parents with focus on expressive arts, physical and emotional wellness, and social interaction.

13thirty.org

AUG
6

We Got The Beat: Music Therapy

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

In collaboration with The Keys music therapy program, we will be connecting with nature while also connecting with ourselves through instrumental exploration - using a drum circle! No musical experience necessary!

AUG
14 & 28

Row, Row, Row Your Boat!

**ROC Community Inclusive Rowing (in-person) | 6:00PM | AYAs (13-39)
20 Black Creek Rd. Rochester, NY 14623**

Come learn a new skill or refresh an old one as we row our way to our best lives! Rowing and sculling have so many incredible benefits - join us for a three week series of inclusive rowing! All abilities welcome!

AUG
19

This is How We Roll: Sushi Night

Rochester Center (in-person) | 6:00PM | AYAs (13-39)

Former Syracuse University Culinary Professor, Chef Chris Uyehara, will teach us the basics of sushi creation. Come hungry!