Time Donors! The Value of Volunteering (PG. 3)

Pinch of Hope: Vegetable Puree Soup Recipe (PG. 5)

Volunteering Is Where the Heart Is (PG. 8)

Flagstaff Location Now Open! (PG. 10)

CALENDAR OF FREE PROGRAMS For Anyone Impacted by Cancer (PG. 14–19)

WE’RE HERE FOR YOU! VISIT WWW.CSCAZ.ORG FOR UP-TO-DATE INFORMATION ON OUR PROGRAMS IN RESPONSE TO COVID-19
Welcome Newcomers

**YOU’RE INVITED TO BECOME A PART OF OUR COMMUNITY.**

If you or someone you know has been impacted by cancer, we invite you to join us for a “Newcomer Orientation” information session. Getting started with our programs is as easy as 1-2-3.

1. Find a date and time that works for you on pages 14–19.
2. Sign up at [www.cscaz.org](http://www.cscaz.org) or call us at (602) 712-1006.
3. Make a note in your calendar so you don’t forget!

**Nuestra Misión**

Asegurar que todo individuo impactado por el cáncer recupere su poder por medio del conocimiento, reforzado por acción, y sostenido por la comunidad.

**ESTÁ INVITADO A FORMAR PARTE DE NUESTRA COMUNIDAD.**

Si usted o alguien que conoce ha sido impactado por el cáncer, lo invitamos a la “Orientación de Bienvenida.” Comenzar con nuestros programas es tan fácil como 1-2-3.

1. Elija una fecha y hora que mejor le acomode.
2. Llamanenos al (602) 358-0289 para agregar su cita.
3. ¡Haga una nota en su calendario para que no se olvide!

Now in Northern Arizona!

LEARN MORE ABOUT OUR PROGRAMS IN FLAGSTAFF!

Visit [www.cscaz.org/NorthernArizona](http://www.cscaz.org/NorthernArizona) for details.
Time Donors!
THE VALUE OF VOLUNTEERING

Ed, Kyle, and Richard, as shown on the cover, are three of Cancer Support Community Arizona’s (CSCAZ) most dedicated volunteers. These gentlemen have supported everything from administrative duties, special events, programs for cancer survivors, and, in the case of Kyle, holds a leadership position on CSCAZ’s Young Professionals Council.

No task is too small, and they will do whatever it takes to ensure anyone impacted by cancer that walks through our doors receives the best first impression. As Richard explains, “Sometimes it’s the small tasks, like cleaning the front porch or rain gutters that get overlooked and they’re important for the day-to-day appearance.”

—continued on page 6

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   Finding Meaning in Survivorship (7-Week Series)

5  • Volunteer Appreciation Luncheon (Save-the-Date)
   Pinch of Hope! Vegetable Puree Soup Recipe

6  • Primavera Picnic with Us!
   Time Donors! The Value of Volunteering (cont.)

7  • Banner University Medical Center – Phoenix Programs

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Our Programs
ARE ALWAYS...

• Provided at no cost to you, in a comfortable environment
• For anyone impacted by cancer
• Led by licensed professionals
• Available in-person
• Or, online 24/7

AND INCLUDE...

• Support Groups
• Educational Workshops
• Expressive Arts Classes
• Mind/Body Fitness Sessions
• Family Programs
• Children & Teen Programs
• Social Activities
• Additional Cancer Resources
• Programas en Español

TO BECOME PART OF OUR COMMUNITY:

• Call us: (602) 712-1006
  Monday – Thursday: 9 am – 5 pm
  Friday: 9 am – 4 pm
• Visit www.cscaz.org

FOLLOW US!

@CSCArizona
@CSCArizona
@cscaz360
Volunteering Gives Meaning!

**ACTIONS SPEAK LOUDER THAN WORDS**

We’ve all heard the famous phrase, “actions speak louder than words,” and nothing speaks louder than the act of doing something willingly with no expectation of being compensated in return.

For some of us, volunteerism is our way of making a greater impact. Many people wonder how Cancer Support Community Arizona (CSCAZ) is able to put together and deliver the enormous amount of events every single month.

Well, because CSCAZ has some of the most selfless, dedicated, and amazing volunteers! But why do people choose to volunteer their time at organizations like CSCAZ? Because being a volunteer brings value to an organization, they help make a difference in the lives of the cancer survivors and caregivers they are helping serve, and most importantly, volunteers find meaning in their own life by giving back to their community.

One of our volunteers mentioned…

“Volunteering is the way I choose to give back to a community that offered me so much when I needed it the most. Knowing that I am helping make a difference in other people’s lives not only makes me feel happy, but it also makes me feel like I mean something to this community.”

---

**Finding Meaning in Survivorship**

**SIGN-UP TODAY!**

**TUESDAYS | MAY 5 – JUNE 16, 2020 | 10:30 am–12 pm**

At Cancer Support Community Arizona
360 East Palm Lane, Phoenix, AZ 85004

Sign-up at [www.cscaz.org/Register](http://www.cscaz.org/Register).

This 7-week group, inspired by the work of Viktor Frankl explores creating, experiencing and choosing meaning after cancer treatment.

Through group discussion and personal reflection, the group will explore how history, choices, work, and experiences give meaning to life after cancer treatments.

For the best experience, please commit to 6 out of 7 sessions. **Eligibility: these sessions are for people who have completed active treatment within the last 5 years and are 21+.**
Volunteer Appreciation Luncheon

ANNUAL SPIRIT OF 360 VOLUNTEER APPRECIATION LUNCHEON!

FRIDAY | APRIL 24, 2020
12–1 pm

At Cancer Support Community Arizona
360 East Palm Lane
Phoenix, AZ 85004

Are you one of the 455 people who volunteered with Cancer Support Community Arizona in 2019? If so, you’re invited to have some fun and complimentary lunch at our 2020 Volunteer Appreciation Luncheon.

We will announce the Spirit of 360:
• Corporate Volunteer of the Year Award
• Harold Benjamin Leadership Award
• Individual Volunteer of the Year Award In Honor of Linda Benes

REGISTER BY
Tuesday, April 21, 2020
Please register to Karl Wein, Manager of Facilities Outreach & Volunteers at KWein@cscaz.org or (602) 358-0265

Pinch of Hope: VEGETABLE PUREE SOUP RECIPE

Recipe by Chef: David Taylor, Volunteer, Cancer Support Community Arizona

INGREDIENTS:
• 1 gallon water
• 8 vegetable (or chicken) bouillon cubes or 8 teaspoons vegetable bouillon powder
• 4 carrots
• 1 small red beet
• 1 small onion or ½ large onion
• 1 zucchini
• 1 potato
• 1 tomato or ½ cup tomato paste
• 1 cup fresh or frozen spinach
• 2 stalks celery
• ½ head of cauliflower
• 1 tsp oregano
• 1 tsp chili powder
• 1 tsp black pepper
• Garlic, thyme (optional)
• 1 tbl corn starch

DIRECTIONS: Clean, peel and chop vegetables into large chunks. Add all ingredients to a large stock pot, bring to a boil then turn to low and simmer for 8 hours, stirring every 30 minutes. Bring back to boil and simmer 2 more hours, adding spices to taste. Cool soup and strain liquid into large pot and save. Put liquid back on the stove and bring to a simmer. Make a cream in separate container by adding 1 cup of the liquid and 1 tbl of cornstarch — stir with a whip until smooth. Gradually add cream to liquid stirring the whole time. This will serve as the thickener for the soup. Puree vegetables in a blender and add back to stock. Enjoy! Serves 10. Keeps in refrigerator for up to 2 weeks or freezer 2 months.

Would you like to learn more healthy and delicious recipes? Register for our healthy cooking classes via www.cscaz.org/Register
Primavera Picnic with Us!

SATURDAY  |  APRIL 18, 2020  |  9:30 – 11:30 AM

At Cancer Support Community Arizona
360 East Palm Lane, Phoenix, AZ 85004

Register today at www.cscaz.org/Register.

Take me out on a picnic.
Take me outside to play.

We’ll take a blanket and food to eat.
‘Cause eating outside is a special treat.

It’s fun to eat when you’re outside.
We’ll skip, we’ll laugh, we’ll play.
‘Cause it’s so much fun to be out – on a sunny day!

Come celebrate Spring with picnic fun for the whole family at our main campus! We will provide breakfast, face painting, relay games, and huge smiles.

Time Donors!

CONTINUED FROM PAGE 3

For Ed, volunteering is personal. “CSCAZ was a great help to my wife and me when I was diagnosed with cancer.” Whether it’s setting up for Bingo or helping take attendance before our social events, Ed takes pride in his work and enjoys giving back to an organization that’s done so much for him and his family. He always arrives with a smile and a grateful attitude.

As the Chair of our Young Professionals Council, volunteering was one of the easiest and best decisions Kyle’s ever made. In his words, “My favorite thing about CSCAZ is the sense of community displayed every day by staff coupled with the care and reach the volunteers can provide. This makes volunteering at Cancer Support Community Arizona an honor.”

WE’RE HITTING THE ROAD!
GROUNDBREAKING NEW PROGRAM FOR CANCER SURVIVORS AND CAREGIVERS

SURVIVORSHIP ON THE GO coming soon!

Stay connected!
LIKE Cancer Support Community Arizona on @CSCArizona

CANCER SUPPORT COMMUNITY ARIZONA
WWW.CSCAZ.ORG  I  (602) 712-1006
Lunch & Learn Series

Each month, we invite you to join oncology experts to learn about a topic related to cancer care and survivorship. Lunch is provided; advance registration is preferred.

Location: Sandstone Conference Room, First Floor

1. **ESOPHAGEAL CANCER**
   - Wednesday | April 29, 2020 | 12–1 pm
   - Featuring:
     - Drs. Teodor Pitea and Rachit Kumar

2. **MELANOMA**
   - Friday | May 29, 2020 | 12–1 pm
   - Featuring:
     - Dr. Mark Gimbel and Kristin Lesniak

3. **PSYCHOSOCIAL ONCOLOGY**
   - Friday | June 19, 2020 | 12–1 pm
   - Featuring:
     - Dr. Kris Cooper and Dr. Joel Marcus

**Yoga for Relaxation & Restoration**

**Fridays | 10–11 am**

April 10 & 24, May 8 & 22, June 12 & 26, 2020

Location: Sandstone Conference Room, First Floor

Come experience deep peace through connection with the breath, gentle movement and relaxation techniques. This class can be enjoyed either sitting in a chair or on a yoga mat.
Volunteering is Where the Heart Is

FOR 21 YEARS, THE CAMPUS AT 360 E. PALM LANE, THAT WE CALL CANCER SUPPORT COMMUNITY ARIZONA, HAS STOOD TALL IN THE FACE OF CANCER.

At the heart of our existence and ability to provide 100+ monthly programs, free of charge to anyone impacted by cancer, are our incredible volunteers. In 2019 we provided emotional, social, educational, and nutritional support to nearly 4,000 men, women, children and teens impacted by cancer. Nearly 500 volunteers donated their time so that no one faces cancer alone.

How Do You Become a Volunteer for Cancer Support Community Arizona?

STEP 1: Are you 16 years of age or older?

STEP 2: Yes! Sign-up to attend a Volunteer Orientation held monthly on the 2nd Tuesday of each month via www.cscaz.org/Register.

STEP 3: Consider inviting a friend to volunteer too!

STEP 4: Share on Facebook that you are excited to volunteer for Cancer Support Community Arizona or add Cancer Support Community Arizona on your LinkedIn profile under Volunteer Experience.

Areas of Need for Time Donors to Support:
• Creative and crafty minds to lead our adult social events.
• Facilities volunteer to help us maintain our historic 112-year-old campus.
• Receptionist volunteer, 2–4 hours per week.
• Greta's Garden Gardener.

Do you work for a corporation that supports employee volunteerism? Gather a group of your fellow employees and volunteer together.

Questions? Contact Karl Wein, Manager of Facilities, Outreach & Volunteers at (602) 358-0265 or KWein@cscaz.org.
Our Fundraising Events Ensure Our Programs Are Always 100% FREE TO YOU!

4 Ways You Can Give

1. Become a monthly donor with an amount that is meaningful to you.

2. Donate your Qualified Charitable Tax Credit of $400 (individual), $800 (married). QCO Code 20821

3. Designate Cancer Support Community Arizona as a beneficiary in your estate or will to leave your legacy.

4. Host a Facebook fundraiser and choose Cancer Support Community Arizona! Get started at www.facebook.com/fundraisers

JUNE – AUGUST 2020

BECOME A MONTHLY DONOR!

Become a monthly donor today for $20 a month or any amount that is meaningful to you.

Setup your monthly donation today at www.cscaz.org/HOPE

Summertime is pool parties, ice cream socials, and BBQ! For some, it’s road trips and family reunions. As you plan your summer, it’s easy to overlook charitable giving. Yet, for most nonprofits, summertime is our greatest time of financial need.

Your support can make a huge difference in the lives of people dealing with cancer.

Sign-up today!

FINANCIAL FRIDAYS

FRIDAY | MAY 15, 2020 | 12–1 PM

At Cancer Support Community Arizona
360 East Palm Lane, Phoenix, AZ 85004

Register Today! Email McKenzie Simmons, Director of Strategic Communications at MSimmons@cscaz.org.

Has cancer impacted your life and you would like to learn how to give back? Join us for a complimentary lunch and presentation to learn how you can make a charitable donation to Cancer Support Community Arizona by:

- Making a gift through your mandatory IRA distribution
- Designating CSCAZ as a beneficiary of your 401K, 403B or life insurance policy
- Making a gift of stock or real estate
- Including CSCAZ in your will

Donate today, visit www.cscaz.org/HOPE

For questions, contact McKenzie Simmons at MSimmons@cscaz.org or (602) 712-1006.
Do You Know . . .
We’re Here for You, Wherever You Are

Flagstaff Location Now Open

914 N. SAN FRANCISCO STREET, SUITE G

Do you live in Flagstaff or maybe are just visiting? Come by and see us!

February marked the opening of our Flagstaff location. This is the first satellite office for Cancer Support Community Arizona. It’s in downtown Flagstaff, high on hospital hill, and conveniently located near Flagstaff Medical Center, Northern Arizona Radiology, and the Cancer Center of Northern Arizona. We’re on the ground floor of Liberty Square, a colonial, two story, red brick building with white columns, and open M–Th, 10 am–6 pm and Friday by appointment.

Our Flagstaff location will remind you of home. It’s light, warm, and welcoming with multiple spacious program areas that allow us to provide our support groups, healthy lifestyle programs, and host more educational and social events.

A special thanks to our community partners who graciously supported us with space during our first months in town. We could not have done it without you!

• Native Americans for Community Action
• North Country HealthCare
• Arizona Community Foundation Flagstaff
• United Way of Northern Arizona

SIGN-UP today for programs in Flagstaff at www.cscaz.org/NorthernArizona. Questions? Contact Sandi Ernst Perez, VP of Northern Arizona at (928) 286-3745.
¿Qué significa ser voluntario?

Ser voluntario es poder dar un poquito de ti a aquellos que lo necesitan. Un voluntario es esa persona que ofrece lo más valioso que tiene su tiempo y esto es entregado sin esperar recibir nada a cambio. Sin embargo, el voluntariar trae muchos beneficios como: disminuir el estrés, aumenta la confianza propia, ganar experiencia, y expandir tus conexiones entre otros.

Una de nuestras voluntarias para el programa en español de Cancer Support Community Arizona es la artista Julia Morey. Ella es dueña de Julia’s designs, LLC. y el enfoque de su organización es de poder servir a la comunidad. Ella a ofrecido sus talentos en nuestros eventos de noche de

—continúa en la página 13

Nuestros Programas

SIEMPRE SON . . .
- Proveídos sin costo a usted, en un ambiente hogareño
- Para cualquier persona impactada por el cáncer
- Facilitados por profesionales con su licenciatura

E INCLUYEN . . .
- Grupos de Apoyo
- Talleres Educativos
- Clases de Artes Expresivas
- Integrando Mente y Cuerpo (Yoga)
- Programas Familiares
- Programas para niños y jóvenes
- Actividades sociales
- Recursos e Información

PARA FORMAR PARTE DE NUESTRA COMUNIDAD!
- Llámenos al (602) 358-0289
  Lunes – Jueves: 9 am – 5 pm
  Viernes: 9 am – 4 pm
- Visite www.cscaz.org

¿Cómo puedo ayudar a la comunidad?

TODOS TENEMOS ALGO QUE DAR

Si crees que necesitas tener super poderes para poder ayudar a la comunidad, pues estas equivocado. Todos tenemos algo que podemos dar y un talento escondido que aquí en Cancer Support Community Arizona puedes desarrollar. Aquí te daré unos tips de cómo puedes voluntariar tu tiempo y talento:

- **Participa en un evento social:** Nosotros sabemos que estás ocupado, por eso puedes ayudar un fin de semana a organizar un evento.

- **Promueve nuestra organización:** algo tan simple como dejar volantes de nuestra organización en tu lugar de trabajo y participar en eventos de la comunidad explicando nuestra misión puede servir de nuestra ayuda.

- **Enseña una clase:** ¿tienes algún talento que quieras compartir? Pues aquí nuestros participantes se pueden beneficiar de él.

- **Patrocina un evento:** Algo tan pequeño como preparar comida o crear arte puede traer alegría a otros.

Utilizando Los Grupos De Apoyo Para Combatir El Cáncer

En algún momento de nuestras vidas hemos tenido la dicha de sentir el apoyo de una persona que nos brindó su tiempo o consejos cuando más los necesitábamos. El simple acto de que alguien valide nuestras experiencias nos hace sentir como que no estamos solos. La ciencia de utilizar consejería y grupos de apoyo facilitados por terapeutas licenciadas para combatir síntomas de depresión, ansiedad, y trauma durante un diagnóstico de cáncer no son técnicas nuevas. De hecho, grupos de apoyo han tomado un papel muy importante en combatir no solo los síntomas emocionales, pero también físicos del cáncer. Estudios psicológicos demuestran que participar en un grupo de apoyo profesional reducen sentimientos de soledad, empoderan a las personas tomar mejores decisiones en su tratamiento, y aumentan las esperanzas para una vida de calidad.

ORIENTACIÓN DE BIENVENIDA

Si usted o un ser querido ha sido recientemente diagnosticado con Cáncer, es posible que sienta incertidumbre y miedo. Pero queremos que sepan que no estás solo y que hay muchas personas más pasando por esto. Por eso, aquí en Cancer Support Community Arizona estamos para ayudarlo con nuestros grupos de apoyo, con nuestras clases de ejercicios y nutrición, a conéctalo con otros como usted, a proveerle recursos y a educarlo con nuestros seminarios. También tenemos programas para sus niños y adolescentes. Lo mejor, es que puede recibir todos estos servicios 100% GRATIS en su propio idioma. Si está interesado en aprender más de nuestros servicios, lo invitamos a una orientación de bienvenida a usted y su ser querido. Para más información llame a Lisbeth Arescurenaga al (602) 358-0289.

TALLERS DE SANACIÓN FAMILIAR

¿Cómo te sentiste después de escuchar que tu o tu ser querido fue diagnosticado con cáncer? ¿Con quién hablaste?

Aquí en Cancer Support Community Arizona te traemos una serie de tres talleres que, por medio de literarios, teatro y contando nuestras historias nos ayudaran a sanar el dolor y miedo traído por esta enfermedad. Aquí aprenderemos a organizarnos como mujeres latinas, abriremos nuestros espacios culturales y crearemos lazos de unión entre nosotras.

Estos tres talleres se llevarán a cabo los últimos jueves del mes y después seguiremos con una clase de yoga (integrando mente y cuerpo).

Estos talleres son de espacio limitado, así que no pierda su cupo y llama al (602) 358-0289 para hablar con Lisbeth Arescurenaga.
¿QUÉ SIGNIFICA SER VOLUNTARIO?
—continúa en la página 11

vino y pintura, ensenándonos a crear impresionantes obras de arte. Julia a expresado que estas sesiones ayudan a dar rienda suelta a la creatividad de los asistentes y facilita el enriquecimiento de la vida y las oportunidades de recreación. Con la ayuda de Julia, los participantes pueden crear su propio lienzo a partir de un ejemplo de arte seleccionado por nuestra artista.

“Disfruto dando de mi tiempo y talento. Cancer Support Community Arizona ofrece un conjunto de oportunidades para la comunidad latina que encaja perfectamente con mi experiencia y pasión.”
– Julia Morey

Picnic de Primavera

Primer verdor, también conocido como La Primavera, es la estación del año en la que los arboles comienzan a florecer y los campos cambian de colores.

Si quieres festejar la llegada de la primavera, únete a nosotros el sábado 18 de abril de 9:30–11:30 am en nuestra casa.

Aquí te dejamos un poema para inspirarte en esta estación del año.

Para registrarse llame al Lisbeth a (602) 358-0289.

Primavera
Abril, sin tu asistencia clara, fuera invierno de caídos esplendores; más aunque abril no te abra a ti sus flores, tú siempre exaltarás la primavera.
Eres la primavera verdadera; rosa de los caminos interiores, brisa de los secretos corredores, lumbre de la recóndita ladera.
¿Qué paz, cuando en la tarde misteriosa, abrazados los dos, sea tu risa el surtidor de nuestra sola fuente!
Mi corazón recojera tu rosa, sobre mis ojos se echará tu brisa, tu luz se dormirá sobre mi frente...
— Juan Ramón Jiménez
### April Program Calendar

**Notes:**

- **proGrAM CAlEnDAr**
- April
- *Cancer Resources and Information at Adelaide Goodyear* 9:30–11:30 am
- L&S: Multiple Myeloma 10 am–12 pm
- Next Step Yoga 10:30–11:30 am
- Newcomer Clay Class 11:30 am–1:30 pm
- Tai Chi 12–1:00 pm
- Tibetan Singing Bowl Meditation 1:30–2:30 pm
- Cooking Counts with Cancer at ASU Downtown 5–6:30 pm

#### MON | TUE | WED | THU | FRI | SAT/SUN

1. **Cancer Support Group** at Ottawa University 10–11:30 am
   - Newcomer Orientation 10 am
   - *Oriental de Bienvenida* 10–11 am
   - Strength & Balance 11 am–12 pm
   - Gentle Yoga 12:15–1:15 pm
   - Friends & Family Support Group 6–7:30 pm
   - Participant Support Group 6–7:30 pm

2. **Cancer Resources and Information at Adelaide Goodyear** 9:30–11:30 am
   - L&S: Multiple Myeloma 10 am–12 pm
   - Next Step Yoga 10:30–11:30 am
   - Newcomer Clay Class 11:30 am–1:30 pm
   - Tai Chi 12–1:00 pm
   - Tibetan Singing Bowl Meditation 1:30–2:30 pm
   - Cooking Counts with Cancer at ASU Downtown 5–6:30 pm

3. **NO CENTRAL PHOENIX CAMPUS PROGRAMMING**

4. **NO CENTRAL PHOENIX CAMPUS PROGRAMMING**

10. **NO CENTRAL PHOENIX CAMPUS PROGRAMMING**

11. **Learn & Support Groups:**
   - Pancreatic 10–11:30 am
   - Lung 12:30–2 pm
   - Neuroendocrine 12:30–2:30 pm

18. **SAT**

19. **SAT**

23. **NO CENTRAL PHOENIX CAMPUS PROGRAMMING**

25. **Teen/Family Art Time:**

#### Notes:

- **Programs Location Color Guide:**
  - Main Campus
  - Offsite
  - Virtual Support Services

For in-depth program descriptions and to register for our free programs, please visit [www.cscaz.org/register](http://www.cscaz.org/register).
At Cancer Support Community Arizona, you will often hear me say, "every family deserves 360 degrees back to wellness." Do you know what completes that circle? VOlUNTEERING! Survivor volunteers make our community special and we are so grateful. The health rewards are huge! Recent research found volunteering linked to longer life, lower rates of depression and increased health and happiness! Come volunteer with us and just see what awaits you! — Debbie DiCarlo, CEO

Notes:

For in-depth program descriptions and to register for our free programs, please visit www.cscaz.org/register

Programs Location Color Guide:

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Programs Location Color Guide:
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| 1   | Strength & Balance 12–1 pm  
Participant Support Group 1–2:30 pm  
Sound Healing Meditation 5:45–6:45 pm  
Cocinando Contra el Cancer 6–7 pm | 2   | Participant Support Group 10–11:30 am  
Finding Meaning in Survivorship 10:30 am–12 pm  
Kidney Smart Meeting 10:30 am–12 pm  
Qi Gong 2–3 pm  
Gentle Yoga 6–7 pm  
Newcomer Orientation 6 pm | 3   | Orientacion de Bienvenida 10–11 am  
Cancer Support Group at Ottawa University 10–11:30 am  
Strength & Balance 11 am–12 pm  
Gentle Yoga 12:15–1:15 pm  
Friends & Family Support Group 6–7:30 pm  
Participant Support Group 6–7:30 pm | 4   | L&S: Multiple Myeloma 10 am–12 pm  
Next Step Yoga 10:30–11:30 am  
Expressive Arts: Photography with Vicky Sweeney 11:30 am–1:30 pm  
T'ai Chi 12–1 pm  
Tibetan Singing Bowl Meditation 1:30–2:30 pm  
Cancer Resources and Information at Adelante Goodstay, 1:30–3:30 pm  
Cooking Counts with Cancer at ASU Downtown, 5–6:30 pm | 5   | NO CENTRAL PHOENIX CAMPUS PROGRAMMING |
|     |     |     |     |     |         |
| 8   | Strength & Balance 12–1 pm  
Participant Support Group 9–10:30 am  
Yoga Nidra 3:45–4:45 pm  
Mindfulness 5:6 pm  
Drumming from the Heart at Via Linda Senior Center 6–7:15 pm | 9   | Participant Support Group 10–11:30 am  
Finding Meaning in Survivorship 10:30 am–12 pm  
Jin Shin Jyutsu 11:45 am–1:45 pm  
Adult Game Hour 1:30–3 pm  
Qi Gong 2–3 pm  
Gentle Yoga 6–7 pm  
Volunteer Orientation 10 am–12 pm | 10  | Cancer Support Group at Ottawa University 10–11:30 am  
Newcomer Orientation 10 am  
Strength & Balance 11 am–12 pm  
Gentle Yoga 12:15–1:15 pm  
Friends & Family Support Group 6–7:30 pm  
Participant Support Group 6–7:30 pm | 11  | Cancer Resources and Information at Adelante Goodstay, 9:30–11:30 am  
Next Step Yoga 10:30–11:30 am  
Expressive Arts: Newcomer Clay 11:30 am–1:30 pm  
T’ai Chi 12–1 pm  
Grief & Loss Support Group 1–2:30 pm  
Feel Good Foods for Cancer 10:30–5:30 pm  
Noche de Karaoke Con Papá 6–7 pm | 12  | NO CENTRAL PHOENIX CAMPUS PROGRAMMING  
Yoga for Relaxation & Restoration at Banner—University Medical Center Phoenix 10–11 am | 13  | A Guide to Pancreatic Cancer Survivorship 10–11:30 am  
Learn & Support Groups:  
• Lung 12–2 pm  
• Neuroendocrine 12:30–2:30 pm |
|     |     |     |     |     |         |
| 15  | Clay Class 10 am–12 pm  
Strength & Balance 12–1 pm  
Participant Support Group 1–2:30 pm  
Tarde de Bento Con Joy 3:30–5:30 pm  
Cocinando Contra el Cancer 6–7 pm | 16  | Participant Support Group 10–11:30 am  
Finding Meaning in Survivorship 10:30 am–12 pm  
Book Club 12–1:30 pm  
Qi Gong 2–3 pm  
Gentle Yoga 6–7 pm  
Newcomer Orientation 6 pm | 17  | Cancer Support Group at Ottawa University 10–11:30 am  
Newcomer Orientation 10 am  
Strength & Balance 11 am–12 pm  
Gentle Yoga 12:15–1:15 pm  
Orientalizacion de Bienvenida 6–7 pm  
Friends & Family Support Group 6–7:30 pm  
Participant Support Group 6–7:30 pm | 18  | Next Step Yoga 10:30–11:30 am  
Expressive Arts: Newcomer Clay 11:30 am–1:30 pm  
T’ai Chi 12–1 pm  
Cancer Resources and Information at Adelante Goodstay, 1:30–3:30 pm  
Cooking Counts with Cancer at ASU Downtown, 5–6:30 pm  
Expressive Arts: Drawing and Painting 6–8 pm | 19  | NO CENTRAL PHOENIX CAMPUS PROGRAMMING  
Lunch and Learn: Psychosocial Oncology at Banner—University Medical Center Phoenix 12–1 pm | 20  | SAT & Support Groups:  
• Ovarian 10–11:30 am  
NOCC Meeting 11 am–1 pm  
Teen/Family Art Time at The Walters Hive 1–3 pm |
|     |     |     |     |     |         |
| 21  | SUN | CBBC Meeting 3–5 pm |     |     |         |
| 22  | Strength & Balance 12–1 pm  
Participant Support Group 1–2:30 pm  
Yoga Nidra 3:45–4:45 pm | 23  | Participant Support Group 10–11:30 am  
Adult Game Hour 1:30–1 pm  
Qi Gong 2–3 pm  
Gentle Yoga 6–7 pm | 24  | Cancer Support Group at Ottawa University 10–11:30 am  
Newcomer Orientation 10 am  
Strength & Balance 11 am–12 pm  
Gentle Yoga 12:15–1:15 pm  
Friends & Family Support Group 6–7:30 pm  
Participant Support Group 6–7:30 pm | 25  | Cancer Resources and Information at Adelante Goodstay, 9:30–11:30 am  
Next Step Yoga 10:30–11:30 am  
Expressive Arts at Walter Hive 11:30 am–1:30 pm  
T’ai Chi 12–1 pm  
Grief & Loss Support Group 1–2:30 pm  
Cooking for Cancer 1:30–2:30 pm  
Taller de Sanacion Emocional 6–8 pm  
Integrando Mente y Cuerpo 6–7 pm |
|     |     |     |     |     |         |
| 26  |    |     |     |     |         |
| 27  | SAT | Teens & Money Obstacles, Communication & Savings 1–2:30 pm |     |     |         |
| 28  | SUN | Men’s Social Outing: The Blues Brothers (1980) at AMC Esplanade 14 12:30–3:30 pm |     |     |         |
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FOR MORE INFORMATION:
call (602) 712-1006 for Central Phoenix, (928) 236-2333 for Flagstaff or visit www.cscaz.org.

Location Guide

CENTRAL PHOENIX CAMPUS: 360 East Palm Lane, Phoenix, AZ 85004
FLAGSTAFF CAMPUS: 914 North San Francisco Street, Suite G, Flagstaff, AZ 86001

OFF-SITE PROGRAMING:

AMC Esplanade 14
2515 E. Camelback Road
Phoenix, AZ 85016

ASU Downtown
550 North Third Street
Phoenix, AZ 85004

Adelante Goodyear
13471 W. Cornerstone Blvd.
Goodyear, AZ 85395

Amanda Hope Rainbow Angels
340 E. Corondo Road
Suite 100
Phoenix, AZ 85004

Central Christian Church – Glendale
8600 W. Glendale Avenue
Glendale, AZ 85305

Desert Botanical Garden
1201 N. Galvin Parkway
Phoenix, AZ 85008

Flor de Calabaza
705 N. First Street, Unit 110
Phoenix, AZ 85004

Banner-University Medical Center Phoenix
1111 E. McDowell Road
Phoenix, AZ 85006

Ottawa University in Surprise
15950 N. Civic Center Plaza
Surprise, AZ 85374

Phoenix Center for the Arts
1202 N. Third Street
Phoenix, AZ 85004

Scottsdale Fashion Square
7014 E. Camelback Road
Scottsdale, AZ 85251

The Walter Hive
6435 E. Thomas Road
Scottsdale, AZ 85251