



# Calendar of Events Kent County September 2019

For more information on programming, news, and events please visit us at:  
[www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)

*The mission of the Cancer Support Community Delaware is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. At CSCDE, all programs are offered at no charge to participants.*

## CSCDE is statewide! Visit us at any of our offices:

| <u>Kent County</u>  | <u>New Castle County</u>  | <u>Sussex County</u>  |
|---|---|---|
| 812 S. Bradford St.<br>Dover, DE 19904<br>Office: (302)734-0898 | 4810 Lancaster Pike<br>Wilmington, DE 19807<br>Office: (302) 995-2850 | 18947 John J. Williams Hwy,<br>Suite 312<br>Rehoboth Beach, DE19971<br>Office: (302) 645-9150 |

### Middletown Location

*Open during program hours only.*  
811 N. Broad St. Suite 213, Middletown, DE 19709

## Dover Weekly Programs

### **Dancercise**

*Held every Tuesday, 11:30 am*

Join Certified Fitness Instructor, Jessica Moyer as she leads the group in Dancercise! This fun, easy to follow class includes low impact dance with toning and balance exercises. Class is open to anyone at any fitness level and will be instructed to fit your ability and needs.

### **Cancer Support Group**

*Held every Tuesday, 12:30 @ CSCDE Kent Office,  
& every other Mon. @ Bayhealth Hospital Sussex Campus, Room 3007, 5:30pm*

This group is open to anyone that has been diagnosed with cancer and their caregiver. The group allows you to connect with others who maybe experiencing similar issues and gives you valuable information as you navigate through your cancer journey.

### Sussex Campus on September 9th and 23th

Facilitated by Courtney Costello LCSW, who was previously with CSCDE in 2009. Her clinical experience is vast, having not only worked with clients and families, but also as a hospital administrator. Due to hospital wide training, the Community room will not be available to the support group this month. We have moved the group to room 3007. If you take the main elevator to the 3rd floor, the Conference Room is directly in front of the elevator.

### **Yoga**

*Held every Wednesday, 5:30 pm*

Join facilitator Deb Lloyd every Wednesday evening for a restorative light stretching and relaxing yoga. Wear comfortable clothing. All supplies are provided.

### **Meditation**

*Held every Wednesday, 3:00pm*

Join facilitator Josephine Diagonale every Wednesday for this guided meditation class that is perfect for beginners and particularly beneficial during a cancer diagnosis.

### **Chair Fitness**

*Held every Thursday, 10:00 am*

Personal trainer Mary Bruno will lead participants in a chair fitness program using forms of light stretching, lifting and breathing. Stretch bands and light hand weights will be incorporated. This program is graciously funded by the Palmer Home Foundation. All supplies are provided.

### **Tai Chi**

*Held Mondays @ Harrington Senior Center 4:30pm &  
Thursday @ CSCDE Kent Office 4:30pm*

Join facilitator Ran Greim for an hour long session of Tai Chi, a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, is a noncompetitive, self-paced system of gentle physical movements and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

## APPLICATIONS AVAILABLE FOR INCYTE CANCER CARE ASSISTANCE FUND

We are pleased to announce that we are now accepting applications for the Incyte Cancer Care Assistance Fund. Administered entirely by Cancer Support Community Delaware, this emergency fund was established for the sole purpose of providing emergency financial assistance to people with cancer who reside in Delaware. The fund will cover medical expenses and/or basic living expenses. Application forms are available on our website.

## **BAYHEALTH CANCER MEETINGS**

### **Free Mammogram Screenings**

**September 11, 2019** Dover & Milford

Dover address: 540 S. Governor's Ave, Suite 200, Dover, DE 19904  
Milford address: 1016 Mattlind Way, Milford, DE 19963

**September 10, 2019** Smyrna & Middletown

Smyrna Medical Services, 401 N. Carter Rd, Smyrna, DE 19977  
Middletown Medical Services, 209 E. Main St, Middletown, DE 19709

*Registration required, call*

*Harriet Pinkston at 302-744-6752*

### **Pink Ribbon Journey**

**September 12, 2019** held at Kent Campus 5 pm

### **Prostate Support Group**

**September 18, 2019** held at Kent Campus, 7 pm



## Middletown Weekly Programs

### **Yoga -Every Tuesdays - 12:00 pm to 1:00 pm**





Join Middletown's new yoga instructor Lisa Reagan and discover the proven health benefits of yoga to reduce stress and enhance focus and relaxation. This is a restorative yoga that focuses on breathing and light stretching poses.

### **Tai Chi - Every Tuesdays - 1:30 pm to 2:30 pm**

Facilitated by Ran Greim. Tai Chi began as a martial art and as it developed took on the purpose of enhancing physical and mental health. Tai Chi is known to strengthen balance improve the flow of energy through the body, leading to greater awareness, calmness and an overall sense of wellness.

### **Meditation - Every Tuesdays - 2:45 pm to 3:45 pm**

This guided meditation class is facilitated by Josephine Diagonale and is perfect for beginners and particularly beneficial during a cancer diagnosis.

Be sure to like and follow us on:    

# Cancer Support Community Kent September 2019 Calendar

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <p>2<br/>Closed for the Holiday!</p>  | <p>3<br/>Dancerise 11:30am<br/>Cancer Support Group 12:30pm</p>   | <p>4<br/>Yoga 5:30pm</p>   | <p>5<br/>Chair Fitness 10:00am<br/>Tai Chi 4:30pm</p>  | <p>6<br/>Meditation 1:00pm</p>  |
| <p>9<br/><b>Tai Chi 4:30pm</b><br/>held at Harrington Senior Center<br/>102 Fleming St, Harrington, DE 19952</p> <p><b>Cancer Support Group 5:30pm</b><br/>held at Bayhealth Hospital Campus in<br/>Sussex 100 Wellness Way Room 3007,<br/>Milford, DE 19963</p>  | <p>10<br/>Dancerise 11:30am<br/>Cancer Support Group 12:30pm</p>  | <p>11<br/>Yoga 5:30pm</p>  | <p>12<br/>Chair Fitness 10:00am<br/>Tai Chi 4:30pm<br/><b>Pink Ribbon Journey @ 5pm</b><br/>held at Bayhealth Kent Campus<br/><b>Young Adult Survivors Group</b><br/>6:30pm<br/>held at the New Castle County Location</p> | <p>13<br/>Meditation 1:00pm</p>   |
| <p>16<br/><b>Tai Chi 4:30pm</b><br/>held at Harrington Senior Center<br/>102 Fleming St, Harrington, DE 19952</p>   | <p>17<br/>Dancerise 11:30am<br/>Cancer Support Group 12:30pm</p>  | <p>18<br/>Meditation 3:00pm<br/>Yoga 5:30pm<br/><b>Prostate Support Group 7:00pm</b><br/>held at Bayhealth Kent Campus</p> | <p>19<br/>Chair Fitness 10:00am<br/>Tai Chi 4:30pm<br/><b>Cancer Support Group 6:30pm</b><br/>held at the Middletown location</p>  | <p>20</p>   |
| <p>23<br/><b>Tai Chi 4:30pm</b><br/>held at Harrington Senior Center<br/>102 Fleming St, Harrington, DE 19952</p> <p><b>Cancer Support Group 5:30pm</b><br/>held at Bayhealth Hospital Campus in<br/>Sussex 100 Wellness Way Room 3007,<br/>Milford, DE 19963</p> | <p>24<br/>Dancerise 11:30am<br/>Cancer Support Group 12:30pm</p>  | <p>25<br/>Meditation 3:00pm<br/>Yoga 5:30pm</p>  | <p>26<br/>Chair Fitness 10:00am<br/>Tai Chi 4:30pm<br/><b>Young Adult Survivors Group</b><br/>6:30pm<br/>held at the New Castle County Location</p>  | <p>27</p>   |
| <p>29<br/><b>Tai Chi 4:30pm</b><br/>held at Harrington Senior Center<br/>102 Fleming St, Harrington, DE 19952</p>   | <div style="text-align: center;">  <p><b>Red Balloon Bash</b></p> <p>September 8, 2019 at 11am - 2pm</p> <p>Maple Dale Country Club<br/>180 Mapledale Rd, Dover, DE</p> <p>Tickets &amp; Balloons<br/>are available at<br/><a href="http://cancersupportdelaware.org/event/rbb19">cancersupportdelaware.org/event/rbb19</a></p> </div> |  |  |   |
|   |   |  |  | <div style="text-align: center;">  <p><b>5K Run/Walk</b></p> <p>for <b>Cindy</b></p> <p>September 21, 2019 at 9am</p> <p>Buffalo Wild Wings<br/>680 Bay Road, Dover, DE</p> <p>Registration at<br/><a href="http://cancersupportdelaware.org/event/cindy5k">cancersupportdelaware.org/event/cindy5k</a></p> </div> |