



Calendar of Events Kent County October 2019

For more information on programming, news, and events please visit us at:
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. Dover, DE 19904 Office: (302)734-0898	4810 Lancaster Pike Wilmington, DE 19807 Office: (302) 995-2850	18947 John J. Williams Hwy, Suite 312 Rehoboth Beach, DE19971 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 Community Room, 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 October 7th and 21st

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.

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

October 9, 2019 Dover & Milford

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

October 8, 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

October 10, 2019 held at Sussex Campus 5 pm

Prostate Support Group

October 16, 2019 held at Sussex 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 County October 2019 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Dancercise 11:30am Cancer Support Group 12:30pm	2 Meditation 3:00pm Yoga 5:30pm	3 Chair Fitness 10:00am Tai Chi 4:30pm	4
Tai Chi 4:30pm <i>held at Harrington Senior Center 102 Fleming St, Harrington, DE 19952</i>	8 Dancercise 11:30am Cancer Support Group 12:30pm	9 Meditation 3:00pm Yoga 5:30pm	10 Chair Fitness 10:00am Tai Chi 4:30pm Pink Ribbon Journey @ 5pm <i>held at Bayhealth Sussex Campus</i>	11
Cancer Support Group 5:30pm <i>held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Community Room, Milford, DE 19963</i>	15 Dancercise 11:30am Cancer Support Group 12:30pm	16 Meditation 3:00pm Yoga 5:30pm Prostate Support Group 7:00pm <i>held at Bayhealth Sussex Campus</i>	17 Chair Fitness 10:00am Sound Meditation 3:00pm Tai Chi 4:30pm Cancer Support Group 6:30pm <i>held at the Middletown location</i>	18
Office Closed for the Holiday	22 Dancercise 11:30am Cancer Support Group 12:30pm	23 Meditation 3:00pm Yoga 5:30pm	24 Chair Fitness 10:00am Tai Chi 4:30pm Young Adult Survivors Group 6:30pm <i>held at the New Castle County Location</i>	25
Tai Chi 4:30pm <i>held at Harrington Senior Center 102 Fleming St, Harrington, DE 19952</i>	29 Dancercise 11:30am Cancer Support Group 12:30pm	30 Meditation 3:00pm Yoga 5:30pm	31 Chair Fitness 10:00am Tai Chi 4:30pm	
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