

# Calendar of Events Kent County November 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:

### **Kent County**

812 S. Bradford St. Dover, DE 19904

Office: (302)734-0898

### **New Castle County**

4810 Lancaster Pike Wilmington, DE 19807

Office: (302) 995-2850

### Sussex County

18947 John J. Williams Hwy, Suite 312 Rehaboth Beach, DE19971

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**

### **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 November 4th and 18th

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 every Thursday, 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

November 13, 2019 Dover & Milford

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

November 12, 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

November 14, 2019 held at Kent Campus 5 pm

Prostate Support Group

November 20, 2019 held at Kent Campus, 7 pm



### Middletown Weekly Programs

### Yoga -Every Tuesday - 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 Tuesday - 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 Tuesday - 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.









# Cancer Support Community Kent County November 2019 Calendar

	Monday	TI
Cancer Support Comm	Tuesday	
Cancer Support Community App	Wednesday	١`
	Thursday	
1	Friday	

HOLIDAYS	Thursdesgiving	Yoga 5:30pm		
CLOSED FOR THE	CLOSED FOR THE HOLIDAYS	Meditation 3:00pm	NO Cancer Support Group	
	26	27	26	25
		Prostate Support Group 7:00pm  Iteld at Bayhealth Kent Campus		100 Wellness Way, Community Koom, Milford, DE 19963
	Tai Chi 4:30pm	Yoga 5:30pm		held at Bayhealth Hospital Campus in Sussex
	Chair Fitness 10:00am	Meditation 3:00pm	Cancer Support Group 12:30pm	Cancer Support Crown 5:30pm
	21	20	19	18
	Young Adult Survivors Group 6:30pm held at the New Castle County Location			
	Pink Ribbon Journey @ 5pm held at Bayhealth Kent Campus	Yoga 5:30pm		
	Tai Chi 4:30pm	Meditation 3:00pm	Cancer Support Group 12:30pm	
	Chair Fitness 10:00am 14	13	12	11
	Chair Fitness 10:00am Tai Chi 4:30pm	Meditation 3:00pm Yoga 5:30pm	Cancer Support Group 12:30pm	Cancer Support Group 5:30pm held at Baykealth Hospital Campus in Sussex 100 Wellness Way, Community Room, Milford, DE 19963
	7	6	5	4
	Download on the App Store	has its own app available for iPhone rch "Cancer Support Community Yay. It's free and allows you one clic luding our daily program calendar	Cancer Support Community DE now has its own app available for iPhone and Android. Download today! Search "Cancer Support Community Delaware" in the App Store or Google Play. It's free and allows you one click access to all that we have to offer including our daily program calendar	Google play  Car  Car  Car  Car  ANDROID APP ON  A  A  A  A  A  A  A  A  A  A  A  A
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