



# Calendar of Events

## Kent County

### March 2020



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. 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
<u>Middletown Location</u> <i>Open during program hours only.</i> 811 N. Broad St. Suite 213, Middletown, DE 19709		

#### Dover Weekly Programs

##### **Move n' Groove**

*Held every Tuesday, 11:15am*

Join certified Senior Exercise Specialist, Betsy Gustafson, as she leads a fun filled class filled with good music and light aerobic exercises. This 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 March 9th and 23rd

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, 2:00pm*

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

##### **Sound Meditation**

*Friday, March 6th & 20th, 12:00pm*

With over 20 years of experience, Certified Sound Therapist, Mary Lampert, uses the therapeutic application of sound by incorporating instruments such as Himalayan bowls, bells, chimes, and tuning fork, as a holistic approach to combat stressors and provides a serene setting for relaxation and healing.

##### **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 4:00pm & Thursday @ CSCDE Kent Office 4:00pm*

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**

**March 10, 2020** Dover & Milford

Dover address: 540 S. Governor's Ave, Suite 200, Dover, DE 19904

Milford address: 1016 Mattlind Way, Milford, DE 19963

**March 17, 2020** 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*

*Katie Killen 302-744-6562*

##### **Pink Ribbon Journey**

**March 12, 2020** held at Kent Campus, 5 pm

##### **Prostate Support Group**

**March 18, 2020** held at Kent Campus, 6 pm



#### Middletown Weekly Programs

##### **Yoga -Every Tuesdays - 11:45 pm to 12:45 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 - 1:15 pm to 2:15 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 - 2:30 to 3:15 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 March 2020 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tai Chi 4:00pm held at Harrington Senior Center 102 Fleming St, Harrington, DE 19952</p> <p>2</p>	<p>Move n' Groove 11:15am Cancer Support Group 12:30pm</p> <p>3</p>	<p>Meditation 2:00pm Yoga 5:30pm</p> <p>4</p>	<p>Chair Fitness 10:00am Tai Chi 4:00pm</p> <p>5</p>	<p>Sound Meditation 12:00pm</p> <p>6</p>
<p>Tai Chi 4:00pm held at Harrington Senior Center 102 Fleming St, Harrington, DE 19952</p> <p>9</p>	<p>Move n' Groove 11:15am Cancer Support Group 12:30pm</p> <p>10</p>	<p>Meditation 2:00pm Yoga 5:30pm</p> <p>11</p>	<p>Chair Fitness 10:00am Tai Chi 4:00pm</p> <p>12</p>	<p>13</p>
<p>Cancer Support Group 5:30pm held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Community Room, Milford, DE 19963</p> <p>16</p>	<p>Move n' Groove 11:15am Cancer Support Group 12:30pm</p> <p>17</p>	<p>Meditation 2:00pm Yoga 5:30pm</p> <p>18</p>	<p>Chair Fitness 10:00am Tai Chi 4:30pm</p> <p>19</p>	<p>Sound Meditation 12:00pm</p> <p>20</p>
<p>Tai Chi 4:00pm held at Harrington Senior Center 102 Fleming St, Harrington, DE 19952</p> <p>23</p>	<p>Move n' Groove 11:15am Cancer Support Group 12:30pm</p> <p>24</p>	<p>Prostate Support Group 6:00pm held at Bayhealth Kent Campus</p> <p>25</p>	<p>Cancer Support Group 6:30pm held at the Middletown location</p> <p>26</p>	<p>27</p>
<p>Cancer Support Group 5:30pm held at Bayhealth Hospital Campus in Sussex 100 Wellness Way, Community Room, Milford, DE 19963</p> <p>30</p>	<p>Happy St. Patrick's Day</p> <p>31</p>	<p>Meditation 2:00pm Yoga 5:30pm</p> <p>25</p>	<p>Chair Fitness 10:00am Tai Chi 4:00pm</p> <p>26</p>	<p>27</p>
<p>Tai Chi 4:00pm held at Harrington Senior Center 102 Fleming St, Harrington, DE 19952</p> <p>30</p>	<p>Move n' Groove 11:15am Cancer Support Group 12:30pm</p> <p>31</p>	<p>25</p>	<p>Chair Fitness 10:00am Tai Chi 4:00pm</p> <p>26</p>	<p>27</p>



*Save the Date!*  
April 26, 2020 11am - 2pm

A Central Delaware Luncheon Supporting Strength & Survivors  
Mopple Dale Country Club, 180 Moppledale Rd, Dover, DE  
Tickets & Balloons at [www.cancersupportdelaware.org/event/rbb2020](http://www.cancersupportdelaware.org/event/rbb2020)