

Monday

Tuesday

Wednesday

Thursday

Friday

June 2022

Program Calendar—New Castle County



302-995-2850

4810 Lancaster Pike, Wilmington DE 19807

www.cancersupportdelaware.org

<p>10am Participant Support Group (Hybrid–New Castle) 6</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Please call or visit our website for more information and to register for programs.</p> </div>	<p>10:30am KnitWits (In-Person) 7</p> <p>1pm Poetry of Wellness (Zoom)</p> <p>2:30pm Gentle Yoga with Lisa (Zoom)</p> <p>6:15pm Participant Support Group (Hybrid–New Castle)</p> <p>6:15pm Caregiver Support Group (In-Person)</p>	<p>12pm Reiki Group Session (In-Person) 1</p> <p>2pm Chair Yoga with Rita (In-Person and FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 2</p> <p>11am Beginner’s Yoga with Reber (Hybrid - Sussex)</p> <p>12:30pm Stiff Men’s Yoga with Reber (Hybrid - Sussex)</p> <p>5pm Meditation (Zoom)</p> <p>6:30pm Breast Cancer Support Group (via Zoom)</p>	<p>10am Walking Warriors (In-Person at Winterthur) 3</p> <p>5pm Skin Cancer 101 (FB Live)</p>
<p>10am Participant Support Group (Hybrid–New Castle) 13</p> <p>6:30pm The Next Step (Hybrid– New Castle)</p>	<p>1pm Poetry of Wellness (Zoom) 14</p> <p>2:30pm Gentle Yoga with Lisa (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>12n Tai Chi (In-Person and FB Live) 8</p> <p>2pm Chair Yoga with Rita (In-Person and FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>10am Wellness Workshop: Neuropathy (Zoom) 9</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner’s Yoga with Reber (Hybrid - Sussex)</p> <p>12:30pm Stiff Men’s Yoga w/ Reber (Hybrid - Sussex)</p> <p>4pm Sound Meditation (FB Live and Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Young Adult Survivors Support Group (Zoom)</p>	<p>10am Walking Warriors (In-Person at Winterthur) 10</p> <div style="text-align: center; margin-top: 20px;">  <p>Scan code to visit program calendar</p> </div>
<p>10am Participant Support Group (Hybrid–New Castle) 20</p> <p>10am Embodiment Drawing (Hybrid– New Castle)</p> <p>4:30pm In the Kitchen w/ Chef Jen: Plant Based Meals (Zoom and FB Live)</p> <p>6:30pm Prostate Cancer Support Group (Hybrid–New Castle)</p>	<p>10:30am KnitWits (In-Person) 21</p> <p>1pm Poetry of Wellness (Zoom)</p> <p>2:30pm Gentle Yoga with Lisa (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>2pm Chair Yoga with Rita (In-Person and FB Live) 15</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 16</p> <p>11am Beginner’s Yoga w/ Reber (Hybrid - Sussex)</p> <p>12:30pm Stiff Men’s Yoga with Reber (Hybrid - Sussex)</p> <p>5pm Meditation (Zoom)</p> <p>6pm Metastatic Breast Cancer Support Group (Zoom)</p>	<p>10am Walking Warriors (In-Person at Winterthur) 17</p> <p>10am READ Book Club (Zoom)</p> <p>10am Walking Warriors (In-Person at Winterthur)</p>
<p>10am Participant Support Group (Hybrid–New Castle) 27</p> <p>6pm Blood Cancer Support Group (Zoom)</p> <p>7pm Welcome Meeting (Zoom)</p>	<p>1pm Poetry of Wellness (Zoom) 28</p> <p>2:30pm Gentle Yoga with Lisa (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>10am Expressive Art Journaling (Hybrid - Sussex) 22</p> <p>12:30pm Cooking w/ Chef Dave (Hybrid - Sussex)</p> <p>12n Tai Chi (In-Person and FB Live)</p> <p>2pm Chair Yoga with Rita (In-Person and FB Live)</p> <p>3:30pm Out & About with our PD (FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 23</p> <p>11am Beginner’s Yoga w/ Reber (Hybrid - Sussex)</p> <p>12:30pm Stiff Men’s Yoga with Reber (Hybrid - Sussex)</p> <p>3pm The Next Step (Hybrid–New Castle)</p> <p>4pm Sound Meditation (FB Live and Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>24</p> <p><u>Types of Programs:</u></p> <p>Zoom or FB Live: this is a virtual activity you can access from home</p> <p>Hybrid: this program is happening in-person in the location specified and an option to attend via Zoom.</p> <p>In-Person: this program is happening in-person only</p>