

Monday	Tuesday	Wednesday	Thursday	Friday	
<div> CANCER SUPPORT COMMUNITY DELAWARE</div> <div>July 2025 Program Calendar Kent County</div>	<div>11:15am Chair Yoga with Elena (In-person)</div> <div>12:30pm Gentle Yoga with Lisa (In-person in Middletown)</div> <div>12:30pm Cancer Support Group (In-person & Zoom)</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</div> <div>1</div>	<div>5pm The New You (Hybrid - Sussex)</div> <div>2</div>	<div>10am Chair Yoga with Reber (Hybrid - Sussex)</div> <div>11am Yoga with Reber (Hybrid - Sussex)</div> <div>5pm Meditation with Clare (Zoom)</div> <div>6:30pm Breast Cancer Support Group (Zoom)</div> <div>3</div>	<div>Offices Closed</div> <div>4</div>	
	<div>10am Tai Chi with Ran (In-person)</div> <div>6:30pm Colorectal Cancer Support Group (Zoom)</div> <div>7</div>	<div>11:15am Chair Yoga with Elena (In-person)</div> <div>12:30pm Gentle Yoga with Lisa (In-person in Middletown)</div> <div>12:30pm Cancer Support Group (In-person & Zoom)</div> <div>1pm Stage 4 Couch Support Group (Hybrid - New Castle)</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</div> <div>6:30pm The Next Step (Hybrid - New Castle)</div> <div>8</div>	<div>2pm Chair Yoga with Rita (FB Live)</div> <div>9</div>	<div>10am Welcome Meeting (Zoom)</div> <div>10am Chair Yoga with Reber (Hybrid - Sussex)</div> <div>11am Yoga with Reber (Hybrid - Sussex)</div> <div>6pm Spirituality, Uncertainty and Cancer (Zoom)</div> <div>7pm Young Adult Survivors Support Group (Zoom)</div> <div>10</div>	<div>11</div>
	<div>10am Tai Chi with Ran (In-person)</div> <div>5pm Caregiver Support Group (Zoom)</div> <div>14</div>	<div>11:15am Chair Yoga with Elena (In-person)</div> <div>12:30pm Gentle Yoga with Lisa (In-person in Middletown)</div> <div>12:30pm Cancer Support Group (In-person & Zoom)</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</div> <div>2:30pm GYN Cancer Support Group (Zoom)</div> <div>15</div>	<div>12n T'ai Chi Chih with Jessica (FB Live)</div> <div>5pm The New You (Hybrid - Sussex)</div> <div>16</div>	<div>10am Chair Yoga with Reber (Hybrid - Sussex)</div> <div>11am Yoga with Reber (Hybrid - Sussex)</div> <div>5pm Meditation with Clare (Zoom)</div> <div>6:30pm Lung Cancer Support Group (Zoom)</div> <div>6:30pm Breast Cancer Support Group (Zoom)</div> <div>17</div>	<div>18</div>
	<div>10am Tai Chi with Ran (In-person)</div> <div>5pm Caregiver Support Group (Zoom)</div> <div>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</div> <div>7pm Welcome Meeting (Zoom)</div> <div>21</div>	<div>11:15am Chair Yoga with Elena (In-person)</div> <div>12:30pm Gentle Yoga with Lisa (In-person in Middletown)</div> <div>12:30pm Cancer Support Group (In-person & Zoom)</div> <div>1pm Metastatic Breast Cancer Support Group (Hybrid - New Castle)</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</div> <div>22</div>	<div>2pm Chair Yoga with Rita (FB Live)</div> <div>23</div>	<div>10am Chair Yoga with Reber (Hybrid - Sussex)</div> <div>11am Yoga with Reber (Hybrid - Sussex)</div> <div>4pm Sound Meditation with Mary (Zoom & FB Live)</div> <div>6pm Spirituality, Uncertainty and Cancer (Zoom)</div> <div>24</div>	<div>10am READ Book Club (Hybrid - New Castle)</div> <div>25</div>
	<div>10am Tai Chi with Ran (In-person)</div> <div>3pm Lymphedema & Cancer Education Session (Zoom & FB Live)</div> <div>4:30pm Nutrition with Elena (Zoom)</div> <div>5pm Caregiver Support Group (Zoom)</div> <div>6pm Blood Cancer Support Group (Zoom)</div> <div>28</div>	<div>11:15am Chair Yoga with Elena (In-person)</div> <div>12:30pm Gentle Yoga with Lisa (In-person in Middletown)</div> <div>12:30pm Cancer Support Group (In-person & Zoom)</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</div> <div>29</div>	<div>30</div>	<div>10am Chair Yoga with Reber (Hybrid - Sussex)</div> <div>11am Yoga with Reber (Hybrid - Sussex)</div> <div>31</div>	<div>Types of Programs: Zoom/FB Live: Program is fully virtual Hybrid: Program is at another location but you can join virtually In-Person: Program is happening in-person in Kent County (will specify if virtual option is also available)</div>
<div>302-645-9150 812 S Bradford Street Dover DE 19904</div>					