

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p> <p><b>July 2025</b></p> <p><b>Program Calendar New Castle County</b></p>	<p>11am Gentle Yoga with Shannon (In-person) <b>1</b></p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p><b>1pm Sound Meditation with Liana (In-person)</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p><b>2</b></p> <p>2pm Chair Yoga with Rita (In-person)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>3</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Yoga with Reber (Hybrid - Sussex)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>4</b></p> <p><b>Offices Closed</b></p>
<p><b>7</b></p> <p><b>Offices Closed</b></p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>11am Gentle Yoga with Shannon (In-person) <b>8</b></p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p><b>1pm Stage 4 Couch Support Group (In-person &amp; Zoom)</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>6:15pm Participant Support Group &amp; Caregiver Grp (Zoom)</p> <p><b>6:30pm The Next Step (In-person &amp; Zoom)</b></p>	<p><b>9</b></p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>12n Cooking with Chef Dave (Hybrid - Sussex)</p> <p>2pm Chair Yoga (In-person &amp; FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>10</b></p> <p><b>10am Welcome Meeting (Zoom)</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Yoga with Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p><b>11</b></p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p><b>14</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p><b>1pm Painting Workshop with Monica (In-person)</b></p> <p>4pm Restorative Yoga with Shannon (In-person)</p>	<p>11am Gentle Yoga with Shannon (In-person) <b>15</b></p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p><b>1pm Sound Meditation with Liana (In-person)</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p> <p>6:15pm Participant Support Group</p> <p>6:15pm Caregiver Support Group</p>	<p><b>16</b></p> <p>12n T'ai Chi Chih with Jessica (In-person &amp; FB Live)</p> <p>2pm Chair Yoga with Rita (In-person)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>17</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Yoga with Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>18</b></p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p><b>21</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4pm Restorative Yoga with Shannon (In-person)</p> <p>6:30pm Prostate Cancer Support Group (In-person &amp; Zoom)</p> <p><b>7:00pm Welcome Meeting (Zoom)</b></p>	<p>11am Gentle Yoga with Shannon (In-person) <b>22</b></p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p><b>1pm Metastatic Breast Cancer Support Grp (In-person &amp; Zoom)</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p><b>23</b></p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga (In-person &amp; FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>24</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Yoga with Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>4pm Sound Meditation w/ Mary (Zoom &amp; FB Live)</p> <p>6pm Spirituality, Uncertainty Cancer (Zoom)</p>	<p><b>25</b></p> <p>10am Walking Warriors (In-person at Winterthur)</p> <p>10am READ Book Club (In-person &amp; Zoom)</p>
<p><b>28</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p><b>3pm Lymphedema &amp; Cancer Education Session (Zoom &amp; FB Live)</b></p> <p><b>4:30pm Strength Training (In-person)</b></p> <p>4:30pm Nutrition with Elena (Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p>	<p>11am Gentle Yoga with Shannon (In-person) <b>29</b></p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p><b>30</b></p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga with Rita (In-person)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>31</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Yoga with Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p>	<p><b>Types of Programs:</b> 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 New Castle County (will specify if virtual option is also available)</p>
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