

Monday	Tuesday	Wednesday	Thursday	Friday
 July 2025 Program Calendar Sussex County	1 1:30pm Poetry of Wellness (Zoom)	2 8am Walking Warriors (Rehoboth) 5pm The New You (In-person & Zoom)	3 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5:00pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	4 Offices Closed
7 Offices Closed 10:30a Expressive Art (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)	8 1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 6:30pm - The Next Step	9 8am Walking Warriors (Rehoboth) 11am Tai Chi with Linda (In-person) 12n Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga with Rita (FB Live) 5pm Lymphedema & Cancer Workshop with AquaCare (In-person at South Coastal)	10 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)	11
14 5pm Caregiver Support Group (In-person & Zoom)	15 1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)	16 8am Walking Warriors (Rehoboth) 9am Coffee & Conversation: Men's Group (In-person) 12n T'ai Chi Chih with Jessica (FB Live) 5pm The New You (In-person & Zoom)	17 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation with Clare (Zoom) 6:30pm Lung Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	18
21 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle) 7:00pm Welcome Meeting (Zoom)	22 1pm Metastatic Breast Cancer Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom)	23 8am Walking Warriors (Rehoboth) 11am Tai Chi with Linda (In-person) 12:30pm Crafting: Kindness Rocks (In-person) 2pm Chair Yoga with Rita (FB Live)	24 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (FB Live & Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)	25 10am READ Book Club (Hybrid - New Castle) <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 Sussex County (will specify if virtual option is also available) </div>
28 10am The Next Step (In-person) 3pm Lymphedema & Cancer Education Session (Zoom & FB Live) 4:30pm Nutrition with Elena (Zoom) 5pm Caregiver Support Group (In-person & Zoom) 6pm Blood Cancer Support Group (Zoom)	29 1:30pm Poetry of Wellness (Zoom)	30 8am Walking Warriors (Rehoboth)	31 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (In-person at Metta Studio)	 302-645-9150 18947 John J Williams Hwy Ste 312 Rehoboth Beach, DE 19971