

Monday

Tuesday

Wednesday

Thursday

Friday



# CANCER SUPPORT COMMUNITY DELAWARE

www.cancersupportdelaware.org

## August 2025 Program Calendar—New Castle County

302-995-2850

4810 Lancaster Pike Wilmington DE 19807

### 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 New Castle County (will specify if virtual option is also available)

10am Walking Warriors (In-person at Winterthur) <sup>1</sup>



Scan QR code to view calendar on website

<p>4</p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4:30pm - Strength Training (In-person)</p> <p>6:30pm - Colorectal Cancer Support Group (Zoom)</p>	<p>5</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1pm - Sound Meditation with Liana (In-person)</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>6</p> <p>12n T'ai Chi Chih with Jessica (In-person)</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>7</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 Breast Cancer Support Group (Zoom)</p>	<p>8</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>11</p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4:30pm - Strength Training (In-person)</p>	<p>12</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1p <b>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 (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p> <p>6:30pm - The Next Step (In-person)</p>	<p>13</p> <p>12n Cooking with Chef Dave (Hybrid - Sussex)</p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga (In-person only &amp; FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p>14</p> <p>10am <b>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>4pm Sound Meditation with Mary (Zoom &amp; FB Live)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>15</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>18</p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>1pm Zentangle with Vanessa (In-person)</p> <p>4:30pm - Strength Training (In-person)</p> <p>6:30pm Prostate Cancer Support Group (In-person &amp; Zoom)</p>	<p>19</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1pm - Sound Meditation with Liana (In-person)</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 (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>20</p> <p>12n T'ai Chi Chih with Jessica (In-person &amp; FB Live)</p> <p>2pm Chair Yoga w/ Rita (In-person)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6pm <b>Zen &amp; Connect YA Event (In-person)</b></p> <p>6:30pm Participant Support Group (Zoom)</p>	<p>21</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>22</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>25</p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4:30pm Nutrition with Elena (Zoom)</p> <p>4:30pm Strength Training (In-person)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p> <p>7:00pm <b>Welcome Meeting (Zoom)</b></p>	<p>26</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1pm Metastatic Breast Cancer Support Group (In-person &amp; Zoom)</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>27</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>28</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>29</p> <p>10am Walking Warriors (In-person at Winterthur)</p> <p>10am READ Book Club (In-person &amp; Zoom)</p> <p><b>Save the Date:</b> 9/3/25 3pm Benefits of Palliative Care (Zoom &amp; FB Live)</p>