


Monday	Tuesday	Wednesday	Thursday	Friday	
<div>Offices Closed</div> <div>1</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</div>	<div>3pm The Benefits of Palliative Care (Zoom & FB Live)</div> <div>5pm The New You (Hybrid - Sussex)</div> <div>3</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>4</div>	<div>5</div>	
<div>10am Tai Chi with Ran (In-person)</div> <div>5pm Caregiver Support Group (Zoom)</div> <div>6:30pm Colorectal Cancer Support Group (Zoom)</div> <div>8</div>	<div>11:15am Chair Yoga with Elena (In-person)</div> <div>12:30pm Gentle Yoga with Lisa (In-person in Middletown)</div> <div>1p Stage 4 Couch 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>9</div>	<div>2p Chair Yoga with Rita (FB Live)</div> <div>10</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>11</div>	<div>12</div>	
<div>10am Tai Chi with Ran (In-person)</div> <div>5pm Caregiver Support Group (Zoom)</div> <div>15</div>	<div>11:15am Chair Yoga with Elena (In-person)</div> <div>12:30pm Gentle Yoga w/ 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>16</div>	<div>12n T'ai Chi Chih with Jessica (FB Live)</div> <div>5pm The New You (Hybrid - Sussex)</div> <div>17</div>	<div>10am Chair Yoga with Lisa (Hybrid - Sussex)</div> <div>11am Gentle Yoga with Lisa (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>18</div>	<div>10am READ Book Club (Hybrid - New Castle)</div> <div>19</div>	
<div>10am Tai Chi with Ran (In-person)</div> <div>4:30pm Nutrition with Elena (Zoom & FB Live)</div> <div>5pm Caregiver Support Group (Zoom)</div> <div>6:00pm Prostate Cancer Support Group (Hybrid - New Castle)</div> <div>7:00pm Welcome Meeting (Zoom)</div> <div>22</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>1p Stage 4 Couch 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>23</div>	<div>12n Cooking with Chef Dave (Hybrid - Sussex)</div> <div>2pm Chair Yoga with Rita (FB Live)</div> <div>24</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>25</div>	<div>26</div>	
<div>10am Tai Chi with Ran (In-person)</div> <div>5pm Caregiver Support Group (Zoom)</div> <div>6:30pm Blood Cancer Support Group (Zoom)</div> <div>29</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>30</div>	<div>September 2025</div> <div>Program Calendar—Kent County</div> <div>302-645-9150 812 S Bradford St Dover DE 19904</div> <div>Types of Programs:</div> <div>Zoom/FB Live: Program is fully virtual</div> <div>Hybrid: Program is at another location but you can join virtually</div> <div>In-Person: Program is happening in-person in Kent County (will specify if virtual option is also available)</div>			<div></div> <div>CANCER SUPPORT COMMUNITY DELAWARE</div> <div>www.cancersupportdelaware.org</div>