


Monday		Tuesday		Wednesday		Thursday		Friday	
Offices Closed	1	2	3	4	5				
		11am Gentle Yoga with Shannon (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 1pm Sound Meditation w/ Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga with Rita (In-person) 3pm The Benefits of Palliative Care (Zoom & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom)	10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Yoga with Reber (Hybrid - Sussex) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	10am Walking Warriors (In-person at Winterthur)				
	8	9	10	11	12				
	10am Participant Support Group (In-person & Zoom) 4:30pm - Strength Training with Renee (In-person) 6:30pm - Colorectal Cancer Support Group (Zoom)	11am Gentle Yoga with Shannon (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 1p Stage 4 Couch Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom) 6:30pm - The Next Step (In-person)	12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga (In-person & FB Live) 6:30pm Participant Support Group (Zoom)	10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	10am Walking Warriors (In-person at Winterthur)				
	15	16	17	18	19				
10am Participant Support Group (In-person & Zoom) 1pm Nature Painting with Rachel (In-person) 4:30pm - Strength Training with Renee (In-person)	11am Gentle Yoga with Shannon (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 1pm Sound Meditation with Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 2:30pm GYN Cancer Support Group (Zoom) 6pm Mindfulness Based Stress Reduction Seminar (In-person) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga with Rita (In-person) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom)	10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Yoga with Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Lung Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)					
					Sat 20				
					1pm Cooking with Nicole (In-person)				
22	23	24	25	26					
10am Participant Support Group (In-person & Zoom) 4:30pm - Strength Training with Renee (In-person) 4:30pm Nutrition with Elena (Zoom & FB Live) 6:30pm Prostate Cancer Support Group (In-person & Zoom) 7:00pm Welcome Meeting (Zoom)	11am Gentle Yoga with Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1p Stage 4 Couch Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 6pm Mindfulness Based Stress Reduction Seminar (In-person) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	12n T'ai Chi Chih with Jessica (In-person) 12n Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga (In-person & FB Live) 6:30pm Participant Support Group (Zoom)	10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 4pm Sound Meditation with Mary (Zoom & FB Live) 6pm Spirituality, Uncertainty Cancer (Zoom)	10am Walking Warriors (In-person at Winterthur)  Save the Date: 10/2/25 6pm Remembrance Gathering (In-person)					
29	30								
10am Participant Support Group (In-person & Zoom) 4:30pm Strength Training with Renee (In-person) 6:00pm Blood Cancer Support Group (Zoom)	11am Gentle Yoga with Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 6pm Mindfulness Based Stress Reduction Seminar (In-person) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)								
		<h1>September 2025</h1> <h2>Program Calendar—New Castle County</h2> <p>302-995-2850   4810 Lancaster Pike Wilmington DE 19807</p> <div><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)</div>					 <h1>CANCER SUPPORT COMMUNITY DELAWARE</h1> <p>www.cancersupportdelaware.org</p>		