Monday	Tuesday	Wednesday	Thursday	Friday
1	11am Gentle Yoga with Shannon (In-person)	12n T'ai Chi Chih with Jessica (In-person)	10am Chair Yoga with Reber (Hybrid - Sussex)	5
Offices Closed	12:30pm Gentle Yoga with Lisa (In-person in Middletown)	2pm Chair Yoga with Rita (In-person)	10:30am KnitWits (In-person)	10am Walking Warriors
	1pm Sound Meditation w/ Liana (In-person)	3pm The Benefits of Palliative	11am Yoga with Reber (Hybrid - Sussex)	(In-person at Winterthur)
	1:30pm Poetry of Wellness (Zoom)	Care (Zoom & FB Live)	5pm Meditation with Clare	
	1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)	5pm The New You (Hybrid - Sussex)	(Zoom)	
	6:15pm Participant Support Group (Zoom)	6:30pm Participant Support	6:30pm Breast Cancer Support	
	6:15pm Caregiver Support Group (Zoom) 11am Gentle Yoga with Shannon (In-person)	Group (Zoom)	Group (Zoom)	
8	12:30pm Gentle Yoga with Lisa (In-person in	10	11 (Zoom) 10 10 10 11 10 11 11 11 11 11 11 11 11	12
10am Participant Support Group	Middletown	12n T'ai Chi Chih with Jessica	10am Chair Yoga with	10am Walking Warriors
(In-person & Zoom)	1p Stage 4 Couch Support Group (In-person & Zoom)	(In-person)	Reber (Hybrid - Sussex)	(In-person at Winterthur)
4:30pm - Strength Training with Renee (In-person)	1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in	2pm Chair Yoga (In-person & FB Live)	11am Yoga with Reber (Hybrid - Sussex)	(person as a most and ,
6:30pm - Colorectal Cancer	Middletown) 6:15pm Participant Support Group (Zoom)	6:30pm Participant Support Group (Zoom)	6pm Spirituality, Uncertainty and Cancer (Zoom)	
Support Group (Zoom)	6:15pm Caregiver Support Group (Zoom) 6:30pm - The Next Step (In-person)	Group (Essent)	7pm Young Adult Cancer Support Group (Zoom)	
15	11am Gentle Yoga with Shannon (In-person)	1	10am Chair Yoga with Reber	19
10am Participant Support	12:30pm Gentle Yoga with Lisa (In-person in Middletown)	12n T'ai Chi Chih with Jessica	(Hybrid - Sussex) 10:30am KnitWits (In-person)	Tuam walking warriors
Group (In-person & Zoom)	1pm Sound Meditation with Liana (In-person)	(In-person & FB Live)	11am Yoga with Reber (Hybrid -	(In-person at Winterthur)
1pm Nature Painting with	1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in	2pm Chair Yoga with Rita	Sussex) 1:30pm Meditation with Nicole	10am READ Book Club (In -person & Zoom)
Rachel (In-person)	Middletown)	(In-person)	(In-person)	
4:30pm - Strength Training with	2:30pm GYN Cancer Support Group (Zoom) 6pm Mindfulness Based Stress Reduction Seminar	5pm The New You (Hybrid - Sussex)	5pm Meditation with Clare (Zoom) 6:30pm Lung Cancer Support Group	Sat 20
Renee (In-person)	(In-person)	6:30pm Participant Support	(Zoom)	1pm Cooking with
	6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	Group (Zoom)	6:30pm Breast Cancer Support Group (Zoom)	Nicole (In-person)
10am Participant Support 22	11am Gentle Yoga with Shannon (In-person)	24	1 10am Chair Yoga with Reber 25	26
Group (In-person & Zoom)	12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)	12n T'ai Chi Chih with Jessica	(Hybrid - Sussex) 11am Yoga with Reber (Hybrid -	10am Walking Warriors
4:30pm - Strength Training with Renee (In-person)	1p Stage 4 Couch Support Group (In-person & Zoom)	(In-person)	Sussex)	(In-person at Winterthur)
4:30pm Nutrition with Elena	1:30pm Poetry of Wellness (Zoom)	12n Cooking with Chef Dave (Hybrid - Sussex)	1:30pm Meditation with Nicole	
(Zoom & FB Live)	1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)	2pm Chair Yoga (In-person & FB	(In-person)	Save the Date:
6:30pm Prostate Cancer Support Group (In-person & Zoom)	6pm Mindfulness Based Stress Reduction	Live)	4pm Sound Meditation with Mary (Zoom & FB Live)	10/2/25 6pm
7:00pm Welcome Meeting	Seminar (In-person)	6:30pm Participant Support	6pm Spirituality, Uncertainty	Remembrance
(Zoom)	6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	Group (Zoom)	Cancer (Zoom)	Gathering (In-person)
29	11am Gentle Yoga with Shannon (In-person) 30	Septembe	er 2025	11/1/
10am Participant Support	12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)	•		
Group (In-person & Zoom)	1:30pm Poetry of Wellness (Zoom)	Program Calendar—N	<u> </u>	
4:30pm Strength Training with	1:45pm Qi Gong/Tai Chi with Bill (In-person in	302-995-2850 4810 Lancaste	er Pike Wilmington DE 19807 CAN	ICER SUPPORT
	Middletown) 6pm Mindfulness Based Stress Reduction	<u>Types of Programs:</u> Zoom/FB Live: Program is fully virtua		MMUNITY
6:00pm Blood Cancer Support Group (Zoom)	Seminar (In-person)	Hybrid: Program is at another locatio	and the control of th	
5.5ap (20011)	6:15pm Participant Support Group (Zoom)	In-Person: Program is happening in-p	erson in New Castle	DELAWARE
	6:15pm Caregiver Support Group (Zoom)	County (will specify if virtual option is	s also available) www.car	ncersupportdelaware.org