

Monday	Tuesday	Wednesday	Thursday	Friday
1 Offices Closed	2 1:30pm Poetry of Wellness (Zoom)	3 8am Walking Warriors (Rehoboth) 3pm The Benefits of Palliative Care (Zoom & FB Live) 5pm The New You (In-person & Zoom)	4 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 Breast Cancer Support Group (Zoom)	5
8 10:30a Expressive Art (In-person) 5pm Caregiver Support Group (In-person & Zoom) 6:30pm - Colorectal Cancer Support Group (Zoom)	9 1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom)	10 8am Walking Warriors (Rehoboth) 11am Tai Chi with Linda (In-person) 2p Chair Yoga with Rita (FB Live) 5pm Kindness Rocks Painting Workshop (In-person at Beebe South Coastal)	11 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 Grp (In-person & Zoom) 4pm Sound Meditation with Mary (In-person at Metta Studio) 6pm Spirituality, Uncertainty and Cancer (Zoom)	12
15 5pm Caregiver Support Group (In-person & Zoom)	16 1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)	17 8am Walking Warriors (Rehoboth) 12n T'ai Chi Chih with Jessica (FB Live) 5pm The New You (In-person & Zoom)	18 10am Chair Yoga with Lisa (In-person & Zoom) 11am Yoga with Lisa (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)	19 10am READ Book Club (Hybrid - New Castle)
22 4:30pm Nutrition with Elena (Zoom & FB Live) 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle) 7:00pm Welcome Meeting (Zoom)	23 1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom)	24 8am Walking Warriors (Rehoboth) 9am Coffee & Conversation: Men's Group (In-person) 11am Tai Chi with Linda (In-person) 12n Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga with Rita (FB Live) 3pm Patty's Projects (In-person)	25 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 (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom)	26
29 5pm Caregiver Support Group (In-person & Zoom) 6:00pm Blood Cancer Support Group (Zoom)	30 1:30pm Poetry of Wellness (Zoom)	<div> <h2>September 2025</h2> <h3>Program Calendar—Sussex County</h3> <p>302-645-9150 18947 John J Williams Ste 312 Rehoboth DE 19971</p> <div> <p><u>Types of Programs:</u></p> <p>Zoom/FB Live: Program is fully virtual</p> <p>Hybrid: Program is at another location but you can join virtually</p> <p>In-Person: Program is happening in-person in Sussex County (will specify if virtual option is also available)</p> </div> </div>		