

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY DELAWARE</p> <p>4810 Lancaster Pike Wilmington DE 19807</p>		<p>October 2025</p> <p>Program Calendar—New Castle County 302-995-2850</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 New Castle County (will specify if virtual option is also available)</p> </div>		
		<p>1</p> <p>12n T'ai Chi Chih with Jessica (In-person & FB Live)</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>2</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>5pm Meditation with Clare (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>3</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>6</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>4:30pm Strength Training with Renee (In-person)</p> <p>6:30pm Living with Loss (In-person)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>7</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (Middletown)</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 (Middletown)</p> <p>6pm MBSR Seminar (In-person)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p> <p>7pm Young Adult Cancer Support Group (Zoom)</p>	<p>8</p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga with Rita (In-person & FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p>9</p> <p>10am Welcome Meeting (Zoom)</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>10</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>13</p> <p>Offices Closed</p> <p>5:30pm Coaches Corner (Zoom)</p> <p>6:30pm Living with Loss (In-person)</p>	<p>14</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (Middletown)</p> <p>1p Stage 4 Couch Support Group (In-person / Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (Middletown)</p> <p>6pm MBSR Seminar (In-person)</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>15</p> <p>12n T'ai Chi Chih with Jessica (In-person & FB Live)</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>16</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation w/ Nicole (In-person)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>5:30pm Navigating Life After Breast Cancer (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>17</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>20</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>1pm Inspired by Nature with Rebecca (In-person)</p> <p>4:30pm - Strength Training with Renee (In-person)</p> <p>6:30pm Prostate Cancer Support Group (In-person & Zoom)</p> <p>6:30pm Living with Loss (In-person)</p>	<p>21</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (Middletown)</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 (Middletown)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p> <p>4pm Oncology Rehab Series (In-person & Zoom)</p> <p>6pm MBSR Seminar (In-person)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>22</p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>12n Cooking with Chef Dave (Hybrid - Sussex)</p> <p>2pm Chair Yoga with Rita (In-person & FB Live)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p>23</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 & FB Live)</p> <p>6pm Spirituality, Uncertainty Cancer (Zoom)</p>	<p>24</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>27</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>4:30pm Nutrition with Elena (Zoom & FB Live)</p> <p>4:30pm Strength Training with Renee (In-person)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p> <p>6:30pm Living with Loss (In-person)</p> <p>7:00pm Welcome Meeting (Zoom)</p>	<p>28</p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (Middletown)</p> <p>1p Stage 4 Couch Support Group (In-person & Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (Middletown)</p> <p>4pm Oncology Rehab Series (In-person & Zoom)</p> <p>6pm MBSR Seminar (In-person)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>29</p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga with Rita (In-person)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p>30</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>31</p> <p>10am Walking Warriors (In-person at Winterthur)</p> <p>10am READ Book Club (In-person & Zoom)</p> <p>Save the Date:</p> <p>11/6/25 Remembrance Gathering</p> <p>12/12/25 Holiday Brunch</p>