


Monday	Tuesday	Wednesday	Thursday	Friday
<div><p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p><p>18947 John J Williams Ste 312 Rehoboth Beach DE 19971</p></div> <div><h1>October 2025</h1><h2>Program Calendar—Sussex County</h2><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>		<div>1</div> <div>8am Walking Warriors (Rehoboth)</div> <div>12n T'ai Chi Chih with Jessica (FB Live)</div> <div>5pm The New You (In-person &amp; Zoom)</div>	<div>2</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>5pm Meditation with Clare (Zoom)</div> <div>6:30pm Breast Cancer Support Group (Zoom)</div>	<div>3</div> <div>Please visit our website or call 302-645-9150 to register for any programs.</div>
<div>6</div> <div>10am Living with Loss (In-person)</div> <div>10:30a Expressive Art (In-person)</div> <div>5pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>6:30pm - Colorectal Cancer Support Group (Zoom)</div>	<div>7</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>7pm Young Adult Cancer Support Group (Zoom)</div>	<div>8</div> <div>8am Walking Warriors (Rehoboth)</div> <div>11am Tai Chi with Linda (In-person)</div> <div>2p Chair Yoga with Rita (FB Live)</div> <div>3pm Patty’s Projects (In-person)</div>	<div>9</div> <div>10am Welcome Meeting (Zoom)</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Grp (In-person &amp; Zoom)</div> <div>4pm Sound Meditation with Mary (In-person at Metta Studio)</div> <div>6pm Spirituality, Uncertainty and Cancer (Zoom)</div>	<div>10</div>
<div>13</div> <div>Offices Closed</div> <div>10am Living with Loss (In-person)</div> <div>5:30pm Coaches Corner (Zoom)</div>	<div>14</div> <div>1pm Stage 4 Couch Support Group (Hybrid - New Castle)</div> <div>1:30pm Poetry of Wellness (Zoom)</div>	<div>15</div> <div>8am Walking Warriors (Rehoboth)</div> <div>12n T'ai Chi Chih with Jessica (FB Live)</div> <div>5pm The New You (In-person &amp; Zoom)</div>	<div>16</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</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>17</div>
<div>20</div> <div>10am Living with Loss (In-person)</div> <div>5pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</div>	<div>21</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>2:30pm GYN Support Group (Zoom)</div> <div>4pm Oncology Rehab Series (Hybrid - New Castle)</div>	<div>22</div> <div>8am Walking Warriors (Rehoboth)</div> <div>11am Tai Chi with Linda (In-person)</div> <div>12n Cooking with Chef Dave (Hybrid - Sussex)</div> <div>2pm Chair Yoga with Rita (FB Live)</div> <div>3pm Patty’s Projects (In-person)</div>	<div>23</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>4pm Sound Meditation with Mary (Zoom &amp; FB Live)</div> <div>6pm Spirituality, Uncertainty and Cancer (Zoom)</div>	<div>24</div>
<div>27</div> <div>10am Living with Loss (In-person)</div> <div>4:30pm Nutrition with Elena (Zoom &amp; FB Live)</div> <div>5pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>6:00pm Blood Cancer Support Group (Zoom)</div> <div>7:00pm Welcome Meeting (Zoom)</div>	<div>28</div> <div>1pm Stage 4 Couch Support Group (Hybrid - New Castle)</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>4pm Oncology Rehab Series (Hybrid - New Castle)</div>	<div>29</div> <div>8am Walking Warriors (Rehoboth)</div> <div>9am Coffee &amp; Conversation: Men’s Group (In-person)</div>	<div>30</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</div>	<div>31</div> <div>10am READ Book Club (Hybrid - New Castle)</div>