

Monday

Tuesday

Wednesday

Thursday

Friday



November 2025

Program Calendar—Kent County

812 S Bradford St
Dover DE 19904

302-645-9150

Types of Programs:

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 Kent County (will specify if virtual option is also available)

Please visit our website or call 302-645-9150 to register for any programs.

10am Tai Chi with Ran (In-person) 3 1:30pm Navigating Health Insurance & Finances (Zoom & FB Live) 5pm Caregiver Support Group (Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	11:15am Chair Yoga with Elena (In-person) 4 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 4pm Oncology Rehab Series (Hybrid - New Castle)	5 12n T'ai Chi Chih with Jessica (FB Live) 5pm The New You (Hybrid - Sussex)	6 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	7
10am Tai Chi with Ran (In-person) 10 5pm Caregiver Support Group (Zoom) 5:30pm Coaching Corner (Zoom)	11:15am Chair Yoga with Elena (In-person) 11 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1p Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 4pm Oncology Rehab Series (Hybrid - New Castle)	12 2p Chair Yoga with Rita (FB Live)	13 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)	14
10am Tai Chi with Ran (In-person) 17 4:30pm Nutrition with Elena (Zoom & FB Live) 5pm Caregiver Support Group (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle) 7:00pm Welcome Meeting (Zoom)	11:15am Chair Yoga with Elena (In-person) 18 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 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)	19 12n T'ai Chi Chih with Jessica (FB Live) 5pm The New You (Hybrid - Sussex)	20 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 4pm Sound Meditation with Mary (Zoom & FB Live) 5pm Meditation with Clare (Zoom) 6:30pm Lung Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	21 10am READ Book Club (Hybrid - New Castle)
24 10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (In-person & Zoom) 6:00pm Blood Cancer Support Group (Zoom)	25 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1p Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)	26 2p Chair Yoga with Rita (FB Live)	27 Offices Closed 28  Save the Date: 12/16/25 Holiday Celebration	