

Monday

Tuesday

Wednesday

Thursday

Friday



November 2025

Program Calendar—New Castle County

4810 Lancaster Pike
Wilmington DE 19807

302-995-2850

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 New Castle County (will specify if virtual option is also available)

Sat 10/1

9a-4p Mindfulness-Based Stress Reduction Retreat (In-person)

10am Participant Support Group (In-person & Zoom) 3 1:30pm Navigating Health Insurance & Finances (Zoom & FB Live) 4:30pm Strength Training with Renee (In-person) 6:30pm Living with Loss (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)	11am Gentle Yoga with Shannon (In-person) 4 12:30pm Gentle Yoga with Lisa (Middletown) 1pm Sound Meditation with Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown) 4pm Oncology Rehab Series (In-person & Zoom) 6pm MBSR Seminar (In-person) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	5 12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga with Rita (In-person) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom)	6 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6pm Remembrance Gathering (In-person) 6:30pm Breast Cancer Support Group (Zoom)	7 10am Walking Warriors (In-person at Winterthur)
10am Participant Support Group (In-person & Zoom) 10 4:30pm - Strength Training with Renee (In-person) 5:30pm Coaching Corner (Zoom) 6:30pm Living with Loss (In-person)	11am Gentle Yoga with Shannon (In-person) 11 12:30pm Gentle Yoga with Lisa (Middletown) 1p Stage 4 Couch Support Group (In-person/Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown) 4pm Oncology Rehab Series (In-person & Zoom) 6pm MBSR Seminar (In-person) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom) 6:30pm The Next Step (In-person)	12 12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga with Rita (In-person & FB Live) 6:30pm Participant Support Group (Zoom)	13 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	14 10am Walking Warriors (In-person at Winterthur)
10am Participant Support Group (In-person & Zoom) 17 1pm Inspired by Nature with Rebecca (In-person) 4:30pm Nutrition with Elena (Zoom & FB Live) 4:30pm - Strength Training with Renee (In-person) 6:30pm Prostate Cancer Support Group (In-person & Zoom) 7:00p Welcome Meeting (Zoom)	11am Gentle Yoga with Shannon (In-person) 18 12:30pm Gentle Yoga with Lisa (Middletown) 1pm Sound Meditation with Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown) 2:30pm GYN Cancer Support Group (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	19 12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga with Rita (In-person) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom)	20 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 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 Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)
10am Participant Support Group (In-person & Zoom) 24 4:30pm Strength Training with Renee (In-person) 6pm Centerpieces with Elle (In-person) 6:00pm Blood Cancer Support Group (Zoom)	11am Gentle Yoga with Shannon (In-person) 25 12:30pm Gentle Yoga with Lisa (Middletown) 1p Stage 4 Couch Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	26 12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga with Rita (In-person & FB Live)	27 Offices Closed <i>thankful</i>	28 Save the Date: 12/12/25 Holiday Brunch