

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <b>1</b><br>10am Tai Chi with Ran (In-person)<br>11:30am Chair Yoga with Elena (In-person)<br>5pm Caregiver Support Group (Zoom)<br>6:30pm Colorectal Cancer Support Group (Zoom)   | <b>2</b><br>12:30pm Gentle Yoga with Lisa (In-person in Middletown)<br>12:30pm Cancer Support Group (In-person & Zoom)<br>1:30pm Poetry of Wellness (Zoom)<br>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)  | <b>3</b><br>12n T'ai Chi Chih with Jessica (FB Live)<br>5pm The New You (Hybrid - Sussex)  | <b>4</b><br>10am Chair Yoga with Reber (Hybrid - Sussex)<br>11am Yoga with Reber (Hybrid - Sussex)<br>5pm Meditation with Clare (Zoom)<br>6:30pm Breast Cancer Support Group (Zoom)  | <b>5</b><br><br>Scan QR code to view calendar on website |
| <b>8</b><br>10am Tai Chi with Ran (In-person)<br>11:30am Chair Yoga with Elena (In-person)<br>4:30pm Nutrition with Elena (Zoom & FB Live)<br>5pm Caregiver Support Group (Zoom)<br>5:30pm Coaching Corner (Zoom)           | <b>9</b><br>12:30pm Gentle Yoga with Lisa (In-person in Middletown)<br>12:30pm Cancer Support Group (In-person & Zoom)<br>1p Stage 4 Couch Support Group (Hybrid - New Castle)<br>1:30pm Poetry of Wellness (Zoom)<br>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)                                      | <b>10</b><br>2p Chair Yoga with Rita (FB Live)   | <b>11</b><br><b>10am Welcome Meeting (Zoom)</b><br>10am Chair Yoga with Lisa (Hybrid - Sussex)<br>11am Gentle Yoga with Lisa (Hybrid - Sussex)<br>6pm Spirituality, Uncertainty and Cancer (Zoom)<br>7pm Young Adult Cancer Support Group (Zoom) | <b>12</b>   |
| <b>15</b><br>10am Tai Chi with Ran (In-person)<br>11:30am Chair Yoga with Elena<br>5pm Caregiver Support Group (Zoom)<br>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)<br><b>7:00pm Welcome Meeting (Zoom)</b> | <b>16</b><br><b>11am - 2pm Holiday Brunch Open House (In-person)</b><br>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)<br>12:30pm Cancer Support Group (In-person)<br>1:30pm Poetry of Wellness (Zoom)<br>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)<br>2:30pm GYN Cancer Support Group (Zoom) | <b>17</b><br>12n T'ai Chi Chih with Jessica (FB Live)<br>5pm The New You (Hybrid - Sussex) | <b>18</b><br>10am Chair Yoga with Reber (Hybrid - Sussex)<br>11am Yoga with Reber (Hybrid - Sussex)<br>5pm Meditation with Clare (Zoom)<br>6:30pm Lung Cancer Support Group (Zoom)<br>6:30pm Breast Cancer Support Group (Zoom)                  | <b>19</b>   |
| <b>22</b><br>10am Tai Chi with Ran (In-person)<br>11:30am Chair Yoga with Elena (In-person)<br>5pm Caregiver Support Group (Zoom)<br>6:00pm Blood Cancer Support Group (Zoom)   | <b>23</b><br>12:30pm Gentle Yoga with Lisa (In-person in Middletown)<br>12:30pm Cancer Support Group (In-person & Zoom)<br>1p Stage 4 Couch Support Group (Hybrid - New Castle)<br>1:30pm Poetry of Wellness (Zoom)<br>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)                                     | <b>24</b>  | <b>25</b> <b>26</b><br>Offices Closed for Programs until Friday, January 2nd.  |   |



## December 2025

Program Calendar—Kent County

812 S Bradford St  
Dover DE 19904  
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 Kent County (will specify if virtual option is also available)

