

Monday	Tuesday	Wednesday	Thursday	Friday
1 10am Participant Support Group (In-person & Zoom) 4:30pm Strength Training with Renee (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)	2 11am Gentle Yoga with Shannon (In-person) 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) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	3 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)	4 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) 6:30pm Breast Cancer Support Group (Zoom)	5 10am Walking Warriors (In-person at Winterthur)  Scan QR code to view calendar on website
8 10am Participant Support Group (In-person & Zoom) 4:30pm - Strength Training with Renee (In-person) 4:30pm Nutrition with Elena (Zoom & FB Live) 5:30pm Coaching Corner (Zoom)	9 11am Gentle Yoga with Shannon (In-person) 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) 6:30pm The Next Step (In-person)	10 12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga with Rita (In-person & FB Live) 6:30pm Participant Support Group (Zoom)	11 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)	12 10a-12n Holiday Brunch (In-person)
15 10am Participant Support Group (In-person & Zoom) 4:30pm - Strength Training with Renee (In-person) 6:30pm Prostate Cancer Support Group (In-person & Zoom) 7:00p Welcome Meeting (Zoom)	16 11am Gentle Yoga with Shannon (In-person) 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)	17 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)	18 10am Centerpieces with Elle (In-person) 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) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	19 10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)
22 10am Participant Support Group (In-person & Zoom) 4:30pm Strength Training with Renee (In-person) 6:00pm Blood Cancer Support Group (Zoom)	23 11am Gentle Yoga with Shannon (In-person) 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)	24	25 26 Offices Closed for Programs until Friday, January 2nd.	



December 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)

