

Monday

Tuesday

Wednesday

Thursday

Friday



January 2026

Program Calendar—New Castle County

4810 Lancaster Pike
Wilmington DE 19807

302-995-2850

www.cancersupportdelaware.org

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)

2

Offices Closed
for Programs
1/1 & 1/2.



Scan QR code to view
calendar on website

10am Living with Cancer Support Group (In-person & Zoom) 4:30pm Strength Training with Renee (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)	5	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 Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	6	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 Living with Cancer Support Group (Zoom)	7	10am Welcome Meeting (Zoom) 10am Chair Yoga w/ Reber (Hybrid - Sussex) 11am Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	8	10am Walking Warriors (In-person at Winterthur)	9
10am Living with Cancer Support Group (In-person & Zoom) 4:30pm - Strength Training with Renee (In-person) 5:30pm Coaching Corner (Zoom)	12	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 Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom) 6:30pm The Next Step (In-person)	13	12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga with Rita (In-person & FB Live) 6:30pm Living with Cancer Support Group (Zoom)	14	10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am Creative Writing Workshop (In-person & Zoom) 11am Yoga w/ Reber (Hybrid - SX) 1:30pm Meditation with Nicole (In-person) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	15	10am Walking Warriors (In-person at Winterthur)	16
Offices Closed	19	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 Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	20	12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga with Rita (In-person) 2pm Advanced Healthcare Directives Updates with Rev. Goheen (Zoom & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Living with Cancer Support Group (Zoom)	21	10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 4:00pm Sound Meditation with Mary (Zoom & FB Live) 5pm Meditation with Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)	22	10am Walking Warriors (In-person at Winterthur)	23
10am Living with Cancer Support Group (In-person & Zoom) 3pm Nutrition with Elena (Zoom & FB Live) 4:30pm - Strength Training with Renee (In-person) 6pm Blood Cancer Support Group (Zoom) 7:00pm Welcome Meeting (Zoom)	26	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 Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	27	12n T'ai Chi Chih with Jessica (In-person) 12n Cooking with Chef Dave (Zoom) 2pm Chair Yoga with Rita (In-person & FB Live) 3pm Gynecologic Cancer Education (Zoom & FB Live) 6:30pm Living with Cancer Support Group (Zoom)	28	10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga w/ Reber (Hybrid - SX) 1:30pm Meditation with Nicole (In-person) 6:30pm Breast Cancer Support Group (Zoom)	29	10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)	30