

Monday

Tuesday

Wednesday

Thursday

Friday



# January 2026

## Program Calendar—New Castle County

4810 Lancaster Pike  
Wilmington DE 19807

302-995-2850

[www.cancersupportdelaware.org](http://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)

1

2

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



Scan QR code to view  
calendar on website

<p>10am Living with Cancer Support Group (In-person &amp; Zoom)</p> <p>4:30pm Strength Training with Renee (In-person)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	5	<p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (<b>Middletown</b>)</p> <p>1pm Sound Meditation with Liana (In-person)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (<b>Middletown</b>)</p> <p>6:15pm Living with Cancer Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	6	<p>12n T'ai Chi Chih with Jessica (In-person &amp; FB Live)</p> <p>2pm Chair Yoga with Rita (In-person)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Living with Cancer Support Group (Zoom)</p>	7	<p><b>10am Welcome Meeting (Zoom)</b></p> <p>10am Chair Yoga w/ Reber (Hybrid - Sussex)</p> <p>11am Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>7pm Young Adult Cancer Support Group (Zoom)</p>	8	<p>10am Walking Warriors (In-person at Winterthur)</p>	9
<p>10am Living with Cancer Support Group (In-person &amp; Zoom)</p> <p>4:30pm - Strength Training with Renee (In-person)</p> <p>5:30pm Coaching Corner (Zoom)</p>	12	<p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (<b>Middletown</b>)</p> <p>1p Stage 4 Couch Support Group (In-person &amp; Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (<b>Middletown</b>)</p> <p>6:15pm Living with Cancer Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p> <p>6:30pm The Next Step (In-person)</p>	13	<p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga with Rita (In-person &amp; FB Live)</p> <p>6:30pm Living with Cancer Support Group (Zoom)</p>	14	<p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p><b>10:30am Creative Writing Workshop (In-person &amp; Zoom)</b></p> <p>11am Yoga w/ Reber (Hybrid - SX)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p>	15	<p>10am Walking Warriors (In-person at Winterthur)</p>	16
<p>Offices Closed</p>	19	<p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (<b>Middletown</b>)</p> <p>1pm Sound Meditation with Liana (In-person)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (<b>Middletown</b>)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p> <p>6:15pm Living with Cancer Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	20	<p>12n T'ai Chi Chih with Jessica (In-person &amp; FB Live)</p> <p>2pm Chair Yoga with Rita (In-person)</p> <p><b>2pm Advanced Healthcare Directives Updates with Rev. Goheen (Zoom &amp; FB Live)</b></p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Living with Cancer Support Group (Zoom)</p>	21	<p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>4:00pm Sound Meditation with Mary (Zoom &amp; FB Live)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	22	<p>10am Walking Warriors (In-person at Winterthur)</p>	23
<p>10am Living with Cancer Support Group (In-person &amp; Zoom)</p> <p>3pm Nutrition with Elena (Zoom &amp; FB Live)</p> <p>4:30pm - Strength Training with Renee (In-person)</p> <p>6pm Blood Cancer Support Group (Zoom)</p> <p><b>7:00pm Welcome Meeting (Zoom)</b></p>	26	<p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (<b>Middletown</b>)</p> <p>1p Stage 4 Couch Support Group (In-person &amp; Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (<b>Middletown</b>)</p> <p>6:15pm Living with Cancer Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	27	<p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>12n Cooking with Chef Dave (Zoom)</p> <p>2pm Chair Yoga with Rita (In-person &amp; FB Live)</p> <p><b>3pm Gynecologic Cancer Education (Zoom &amp; FB Live)</b></p> <p>6:30pm Living with Cancer Support Group (Zoom)</p>	28	<p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Yoga w/ Reber (Hybrid - SX)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	29	<p>10am Walking Warriors (In-person at Winterthur)</p> <p>10am READ Book Club (In-person &amp; Zoom)</p>	30