

Monday

Tuesday

Wednesday

Thursday

Friday



January 2026

Program Calendar—Kent County

812 S Bradford St
Dover DE 19904

302-645-9150

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