

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30am Expressive Arts (In-person) 5pm Caregiver Support Group (Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	4 1:30pm Poetry of Wellness (Zoom)	5 8am Walking Warriors (Rehoboth) 5pm The New You (Zoom)	6 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1pm T'ai Chi Chih with Jessica (FB Live) 1:30pm Caregiver Support Group (In-person & Zoom) 1:30pm Living with Cancer Support Group (In-person & Zoom) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	7
10 5pm Caregiver Support Group (Zoom)	11 1pm Stage 4 Couch Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom)	12 8am Walking Warriors (Rehoboth) 11am Tai Chi with Linda (In-person)	13 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 11am The Next Step (In-person) 1:30pm Caregiver Support Group (In-person & Zoom) 1:30pm Living with Cancer Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (In-person at Metta Studio) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	14
17 3pm Nutrition with Elena (Zoom & FB Live) 5pm Caregiver Support Group (Zoom) 5:30pm Coaching Corner (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)	18 1:30pm Poetry of Wellness (Zoom)	19 8am Walking Warriors (Rehoboth) 10am GYN Cancer Support Group (Zoom) 5pm The New You (Zoom)	20 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1pm T'ai Chi Chih with Jessica (FB Live) 1:30pm Caregiver Support Group (In-person & Zoom) 1:30pm Living with Cancer Support Group (In-person & Zoom) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	21
24 5pm Caregiver Support Group (Zoom) 6:30pm Blood Cancer Support Group (Zoom)	25 1pm Stage 4 Couch Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom)	26 8am Walking Warriors (Rehoboth) 9am Coffee & Conversation (In-person) 11am Tai Chi with Linda (In-person)	27 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 1:30pm Living with Cancer Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (In-person at Metta Studio & Zoom/FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom)	28 10am READ Book Club (Hybrid - New Castle)
31 5pm Caregiver Support Group (Zoom) 7pm Welcome Meeting (Zoom)	 August 2026 Program Calendar Sussex County 302-645-9150 18947 John J Williams Hwy Suite 312 Rehoboth Beach DE 19971 www.cancersupportdelaware.org			<u>Types of Programs:</u> Zoom: Join program virtually FB Live: Watch program live Hybrid: Program is in-person at another location and you can join virtually via Zoom In-person: Join in-person at the Sussex office  Scan QR code to view calendar on website