

Monday	Tuesday	Wednesday	Thursday	Friday
3 10am Living with Cancer Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	4 10am TRE with Amy (In-person) 11am Gentle Yoga with Amy (In-person) 12:30pm Gentle Yoga with Lisa (Middletown office) 1pm Sound Meditation with Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office) 6:15pm Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	5 11:30am Yoga & Mindfulness with Nicole (In-person) 5pm The New You (Zoom) 6:30pm Living with Cancer Support Group (Zoom)	6 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person & FB Live) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	7 10am Walking Warriors (In-person at Winterthur)
10 10am Living with Cancer Support Group (In-person & Zoom) 4:30pm Strength Training with Renee (In-person)	11 12:30pm Gentle Yoga with Lisa (Middletown office) 1pm 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)	12 11:30am Yoga & Mindfulness with Nicole (In-person) 6:30pm Living with Cancer Support Group (Zoom)	13 10am Chair Yoga with Reber (Hybrid - Sussex) 10am <i>Welcome Meeting</i> (Zoom) 10am Mahjong (In-person) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	14 10am Walking Warriors (In-person at Winterthur) Sat 15 10:30am GIVE with Joy (In-person)
17 10am Living with Cancer Support Group (In-person & Zoom) 1pm Garden Stepping Stone Workshop (In-person) 3pm Nutrition with Elena (Zoom & FB Live) 4:30pm Strength Training with Renee (In-person) 5:30pm Coaching Corner (Zoom) 6:30pm Prostate Cancer Support Group (In-person & Zoom)	18 12:30pm Gentle Yoga with Lisa (Middletown office) 1pm Sound Meditation with Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office) 6:15pm Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	19 10am GYN Cancer Support Group (Zoom) 11:30am Yoga & Mindfulness with Nicole (In-person) 5pm The New You (Zoom) 6:30pm Living with Cancer Support Group (Zoom)	20 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person & FB Live) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	21 10am Walking Warriors (In-person at Winterthur)
24 10am Living with Cancer Support Group (In-person & Zoom) 4:30pm Strength Training with Renee (In-person) 6pm Blood Cancer Support Group (Zoom)	25 12:30pm Gentle Yoga with Lisa (Middletown office) 1pm Stage 4 Couch Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office) 6:15pm Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	26 11:30am Yoga & Mindfulness with Nicole (In-person) 1pm Tie Dye (In-person) 6:30pm Living with Cancer Support Group (Zoom)	27 10am Chair Yoga with Reber (Hybrid - Sussex) 10am Mahjong (In-person) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person) 4pm Sound Meditation with Mary (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom)	28 10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom) Sat 29 1pm Cooking with Nicole (In-person)
31 10am Living with Cancer Support Group (In-person & Zoom) 4:30pm Strength Training with Renee (In-person) 7pm <i>Welcome Meeting</i> (Zoom)	 August 2026 Program Calendar New Castle County 302-995-2850 4810 Lancaster Pike Wilmington DE 19807 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 New Castle office  Scan QR code to view calendar on website

PAWS for People Visits (In-person) 8/4 12-1 PM 8/12 1-2 PM 8/26 12:30-1:30 PM