

Monday

Tuesday

Wednesday

Thursday

Friday



October 2026

Program Calendar

Kent County

302-645-9150

812 S Bradford St

Dover DE 19904

www.cancersupportdelaware.org

Types of Programs:

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 Dover office

Scan QR code
to view
calendar on
website

5 10am Tai Chi with Laurie (In-person) 4pm Caregiver Support Group (Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	6 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (Middletown office) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellneess (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office)	7 10am Walking Warriors (In-person John Dickinson plantation) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Zoom)	8 1pm T'ai Chi Chih with Jessica (FB Live) 6:30pm Breast Cancer Support Group (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 10am <i>Welcome Meeting (Zoom)</i> 11am Yoga with Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	9
12 Offices Closed	13 11:15am Chair Yoga with Elena (In-person) 12:30pm Cancer Support Group (In-person & Zoom) 12:30pm Gentle Yoga with Lisa (Middletown office) 1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office)	14 12pm GYN Cancer Support Group (Zoom)	15 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (FB Live) 6pm <i>Pancreatic Cancer Support Group (Zoom)</i> 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	16
19 10am Tai Chi with Laurie (In-person) 1:30am Art Class: Pumpkin Painting (In-person) 4pm Caregiver Support Group (Zoom) 5:30pm Coaching Corner (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)	20 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (Middletown office) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office)	21 10am Walking Warriors (In-person at John Dickinson Plantation) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Zoom)	22 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 4pm Sound Meditation with Mary (Zoom & FB Live) 5pm Meditation with Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)	23
26 10am Tai Chi with Laurie (In-person) 3pm Nutrition with Elena: Cook Smart & Spend Less (Zoom & FB Live) 4pm Caregiver Support Group (Zoom) 6pm Blood Cancer Support Group (Zoom) 7pm <i>Welcome Meeting (Zoom)</i>	27 11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:00pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown)	28 12pm Cooking with Chef Dave (Hybrid - Sussex)	29 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (FB Live) 3:30pm <i>Cancer and Menopause (Zoom)</i>	30 10am READ Book Club (Hybrid - New Castle)