

Monday

Tuesday

Wednesday

Thursday

Friday



October 2026

Program Calendar

New Castle County

302-995-2850

4810 Lancaster Pike

Wilmington DE 19807

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 New Castle office

10am Majhong (In-person)

1pm T'ai Chi Chih with Jessica (In-person & FB Live)

6:30pm Breast Cancer Support Group (Zoom)

10am Walking Warriors (In-person at Winterthur)



Scan QR code to view calendar on website

10am Living with Cancer Support Group (In-person & Zoom)
4:30pm Strength Training with Renee (In-person)
6:30pm Colorectal Cancer Support Group (Zoom)

11am Gentle Yoga with Shannon (In-person)
12:30pm Gentle Yoga with Lisa (Middletown)
1pm Sound Meditation with Liana (In-person)
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)

11:30am Yoga & Mindfulness with Nicole (In-person)
2pm Chair Yoga with Rita (In-person)
5pm The New You (Zoom)
6:30pm Living with Cancer Support Group (Zoom)

10am Chair Yoga with Reber (Hybrid - Sussex)
10am *Welcome Meeting (Zoom)*
10am Mahjong (In-person)
11am Yoga with Reber (Hybrid - Sussex)
1pm T'ai Chi Chih with Jessica (In-person)
5pm Meditation with Clare (Zoom)
6pm Spirituality, Uncertainty and Cancer (Zoom)
7pm Young Adult Cancer Support Group (Zoom)

10am Walking Warriors (In-person at Winterthur)

Offices Closed

11am Gentle Yoga with Shannon (In-person)
12:30pm Gentle Yoga with Lisa (Middletown)
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)

11:30am Yoga & Mindfulness with Nicole (In-person)
12pm GYN Cancer Support Group (Zoom)
2pm Chair Yoga with Rita (In-person)
6:30pm Living with Cancer Support Group (Zoom)

10am Chair Yoga with Reber (Hybrid - Sussex)
10am Mahjong (In-person)
11am Yoga with Reber (Hybrid - Sussex)
1pm T'ai Chi Chih w/ Jessica (In-person & FB Live)
6pm *Pancreatic Cancer Support Group (Zoom)*
6:30pm Breast Cancer Support Group (Zoom)
6:30pm Lung Cancer Support Group (Zoom)

10am Walking Warriors (In-person at Winterthur)

10am Living with Cancer Support Group (In-person & Zoom)
1:00pm A Fistful of Flowers with Rebecca (In-person)
4:30pm Strength Training with Renee (In-person)
5:30pm Coaching Corner (Zoom)
6:30pm Prostate Cancer Support Group (In-person & Zoom)
6:30pm Living with Loss (In-person)

11am Gentle Yoga with Shannon (In-person)
12:30pm Gentle Yoga with Lisa (Middletown)
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)

11:30am Yoga & Mindfulness with Nicole (In-person)
2pm Chair Yoga with Rita (In-person)
5pm The New You (Zoom)
6:30pm Living with Cancer Support Group (Zoom)

10am Chair Yoga with Reber (Hybrid - Sussex)
10am Mahjong (In-person)
11am Yoga with Reber (Hybrid - Sussex)
4pm Sound Meditation with Mary (Hybrid - Sussex)
5pm Meditation with Clare (Zoom)
6pm Spirituality, Uncertainty and Cancer (Zoom)

10am Walking Warriors (In-person at Winterthur)

10am Living with Cancer Support Group (In-person & Zoom)
3pm Nutrition with Elena: Cook Smart & Spend Less (Zoom & FB Live)
4:30pm Strength Training with Renee (In-person)
6pm Blood Cancer Support Group (Zoom)
6:30pm Living with Loss (In-person)
7pm *Welcome Meeting (Zoom)*

11am Gentle Yoga with Shannon (In-person)
12:30pm Gentle Yoga with Lisa (Middletown)
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)

11:30am Yoga & Mindfulness with Nicole (In-person)
12pm Cooking with Chef Dave (Hybrid - Sussex)
2pm Chair Yoga with Rita (In-person)
6:30pm Living with Cancer Support Group (Zoom)

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 & FB Live)
3:30pm *Cancer and Menopause (Zoom)*
6pm Remembrance Gathering (In-person)

10am Walking Warriors (In-person at Winterthur)
10am READ Book Club (Zoom)



PAWS for People Visits (In-person) 10/8 12-1p 10/15 12-1p 10/22 12-1p

