

Monday

Tuesday

Wednesday

Thursday

Friday



October 2026

Program Calendar

Sussex County

302-645-9150

18947 John J Williams Hwy Suite 312

Rehoboth Beach DE 19971

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 Sussex office

1

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)
6:30pm Breast Cancer Support Group (Zoom)

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Scan QR code to view calendar on website

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4pm Caregiver Support Group (In-person & Zoom)
6:30pm Colorectal Cancer Support Group (Zoom)

6

10:30am Living with Loss (In-person)
1:30pm Poetry of Wellness (Zoom)
4pm Restorative Yoga with Lisa (In-person)

7

8am Walking Warriors (Rehoboth)
11am Tai Chi with Linda (In-person)
2pm Chair Yoga with Rita (FB Live)
5pm The New You (Zoom)

8

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)

9

12

Offices Closed

13

10:30am Living with Loss (In-person)
1pm Stage 4 Couch Support Group (In-person & Zoom)
1:30pm Poetry of Wellness (Zoom)
4pm Restorative Yoga with Lisa (In-person)

14

8am Walking Warriors (Rehoboth)
11am Tai Chi with Linda (In-person)
12pm GYN Cancer Support Group (Zoom)

15

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)
6pm *Pancreatic Cancer Support Group (Zoom)*
6:30pm Breast Cancer Support Group (Zoom)
6:30pm Lung Cancer Support Group (Zoom)

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19

4pm Caregiver Support Group (Zoom)
5:30pm Coaching Corner (Zoom)
6:30pm Prostate Cancer Support Group (Hybrid - New Castle)

20

10:30am Living with Loss (In-person)
1:30pm Poetry of Wellness (Zoom)
4pm Restorative Yoga with Lisa (In-person)

21

8am Walking Warriors (Rehoboth)
11am Tai Chi with Linda (In-person)
2pm Chair Yoga with Rita (FB Live)
5pm The New You (Zoom)

22

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)

23

26

3pm Nutrition with Elena: Cook Smart & Spend Less (Zoom & FB Live)
4pm Caregiver Support Group (In-person & Zoom)
6pm Blood Cancer Support Group (Zoom)
7pm *Welcome Meeting (Zoom)*

27

10:30am Living with Loss (In-person)
1pm Stage 4 Couch Support Group (Hybrid - New Castle)
1:30pm Poetry of Wellness (Zoom)
4pm Restorative Yoga with Lisa (In-person)

28

8am Walking Warriors (Rehoboth)
9am Coffee & Conversation: Men's Group (In-person)
11am Tai Chi with Linda (In-person)
12pm Cooking with Chef Dave (In-person & Zoom)

29

10am Chair Yoga with Reber (In-person & Zoom)
11am Yoga with Reber (In-person & Zoom)
1:30pm Caregiver Support Group (In-person & Zoom)
1pm T'ai Chi Chih with Jessica (FB Live)
1:30pm Living with Cancer Support Group (In-person & Zoom)
3:30pm *Cancer and Menopause (Zoom)*

30

10am READ Book Club (Hybrid - New Castle)