November 2026

Program Calendar

Kent County

Monday	Tuesday	Wednesday	Thursday	Friday
2 **4pm** Caregiver Support Group (Zoom) **6:30pm** Colorectal Cancer Support Group (Zoom)	3 **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)	4 **10am** Walking Warriors (In-person John Dickinson plantation) **2pm** Chair Yoga with Rita (FB Live) **5pm** The New You (Zoom)	5 **10am** Chair Yoga with Reber (Hybrid - Sussex) **11am** Yoga with Reber (Hybrid - Sussex) **1pm** T'ai Chi Chih with Jessica (FB Live) **5pm** Meditation with Clare (Zoom) **6:30pm** Breast Cancer Support Group (Zoom)	6
9 **10am** Tai Chi with Laurie (In-person) **11:30am** Art Class: Tote Bags (In-person) **4pm** Caregiver Support Group (Zoom) **5:30pm** Coaching Corner (Zoom)	10 **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)	11 **12pm** GYN Cancer Support Group (Zoom)	12 **10am** Chair Yoga with Reber (Hybrid - Sussex) **10am** *Welcome Meeting (Zoom)* **11am** Yoga with Reber (Hybrid - Sussex) **6pm** Spirituality, Uncertainty and Cancer (Zoom)	13
16 **10am** Tai Chi with Laurie (In-person) **3pm** Nutrition with Elena: Navigating the Holiday Table (Zoom & FB Live) **4pm** Caregiver Support Group (Zoom) **6:30pm** Prostate Cancer Support Group (Hybrid - New Castle)	17 **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)	18 **10am** Walking Warriors (In-person at John Dicksinson Plantation) **2pm** Chair Yoga with Rita (FB Live) **5pm** The New You (Zoom)	19 **10am** Chair Yoga with Reber (Hybrid - Sussex) **11am** Yoga with Reber (Hybrid - Sussex) **1pm** T'ai Chi Chih with Jessica (FB Live) **4pm** *Holding Hope Through the Holidays (Zoom & FB Live)* **5pm** Meditation with Clare (Zoom) **6pm** Pancreatic Cancer Support Group (Zoom) **6:30pm** Breast Cancer Support Group (Zoom) **6:30pm** Lung Cancer Support Group (Zoom)	20 **10am** READ Book Club (Hybrid - New Castle)
23 **10am** Tai Chi with Laurie (In-person) **4pm** Caregiver Support Group (Zoom) **6pm** Blood Cancer Support Group (Zoom)	24 **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)	25 **12pm** Cooking with Chef Dave (Hybrid - Sussex)	26 **Offices Closed** 	27
30 **10am** Tai Chi with Laurie (In-person) **4pm** Caregiver Support Group (Zoom) ***7pm*** *Welcome Meeting (Zoom)* Save the Date: Holiday Open House Tuesday 12/8				

CANCER SUPPORT COMMUNITY DELAWARE

www.cancersupportdelaware.org

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Scan QR code to view calendar on website

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