November 2026

Program Calendar

New Castle County

Monday	Tuesday	Wednesday	Thursday	Friday
2 **10am** Living with Cancer Support Group (In-person & Zoom) **4:30pm** Strength Training with Renee (In-person) **6:30pm** Colorectal Cancer Support Group (Zoom)	3 **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** Caregiver Support Group (Zoom)	4 **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)	5 **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) **5pm** Meditation with Clare (Zoom) **6:30pm** Breast Cancer Support Group (Zoom)	6 **10am** Walking Warriors (In-person at Winterthur)
9 **10am** Living with Cancer Support Group (In-person & Zoom) **4:30pm** Strength Training with Renee (In-person) **5:30pm** Coaching Corner (Zoom) **6:30pm** Living with Loss (In-person)	10 **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 **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)	12 **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) **6pm** Spirituality, Uncertainty and Cancer (Zoom)	13 **10am** Walking Warriors (In-person at Winterthur) Sat 14 **10:30am** GIVE with Joy (In-person)
16 **10am** Living with Cancer Support Group (In-person & Zoom) **1:00pm** Cut, Paste and Bloom with Rebecca (In-person) **3pm** Nutrition with Elena: Navigating the Holiday Table (Zoom & FB Live) **4:30pm** Strength Training with Renee (In-person) **6:30pm** Living with Loss (In-person) **6:30pm** Prostate Cancer Support Group (In-person & Zoom)	17 **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) **2:30pm** Centerpieces with Elle (In-person) **6:15pm** Living with Cancer Support Group (Zoom) **6:15pm** Caregiver Support Group (Zoom)	18 **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)	19 **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) **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** Walking Warriors (In-person at Winterthur) **10am** READ Book Club (Zoom)
23 **10am** Living with Cancer Support Group (In-person & Zoom) **1:00pm** Healing Harmonies Drum Circle with Walle (In-person) **4:30pm** Strength Training with Renee (In-person) **6pm** Blood Cancer Support Group (Zoom) **6:30pm** Living with Loss (In-person) **6:30pm** Prostate Cancer Support Group (In-person & Zoom)	24 **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) **4pm** Sound Meditation with Mary (Hybrid - Sussex) **6:15pm** Living with Cancer Support Group (Zoom) **6:15pm** Caregiver Support Group (Zoom)	25 **11:30am** Yoga & Mindfulness with Nicole (In-person) **12pm** Cooking with Chef Dave (Hybrid - Sussex)	26 Offices Closed 	27
30 **10am** Living with Cancer Support Group (In-person & Zoom) **4:30pm** Strength Training with Renee (In-person) **6:30pm** Living with Loss (In-person) **7pm** *Welcome Meeting (Zoom)* Save The Date: Holiday Brunch Friday 12/4	CANCER SUPPORT COMMUNITY DELAWARE www.cancersupportdelaware.org			

Scan QR code to view calendar on website

302-995-2850
4810 Lancaster Pike
Wilmington DE 19807

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

PAWS for People Visits (In-person) 11/3 12-1p 11/5 12-1p 11/16 12-1p