November 2026

Program Calendar

Sussex County

Monday	Tuesday	Wednesday	Thursday	Friday
2 **10:30am** Expressive Art (In-person) **4pm** Caregiver Support Group (In-person & Zoom) **6:30pm** Colorectal Cancer Support Group (Zoom)	3 **1:30pm** Poetry of Wellness (Zoom) **4pm** Restorative Yoga with Lisa (In-person)	4 **8am** Walking Warriors (Rehoboth) **11am** Tai Chi with Linda (In-person) **2pm** Chair Yoga with Rita (FB Live) **5pm** The New You (Zoom)	5 **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) **5pm** Meditation with Clare (Zoom) **6:30pm** Breast Cancer Support Group (Zoom)	6
9 **4pm** Caregiver Support Group (Zoom) **5:30pm** Coaching Corner (Zoom)	10 **10:30am** Living with Loss (In-person) **1pm** Stage 4 Couch Support Group (In-person & Zoom) **1:30pm** Poetry of Wellness (Zoom)	11 **8am** Walking Warriors (Rehoboth) **11am** Tai Chi with Linda (In-person) **12pm** GYN Cancer Support Group (Zoom)	12 **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)	13
16 **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 **10:30am** Living with Loss (In-person) **1:30pm** Poetry of Wellness (Zoom)	18 **8am** Walking Warriors (Rehoboth) **11am** Tai Chi with Linda (In-person) **2pm** Chair Yoga with Rita (FB Live) **5pm** The New You (Zoom)	19 **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 Grp (In-person & Zoom) **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 **4pm** Caregiver Support Group (Zoom) **6pm** Blood Cancer Support Group (Zoom) **6:30pm** Prostate Cancer Support Group (Hybrid - New Castle)	24 **1pm** Stage 4 Couch Support Group (Hybrid - New Castle) **1:30pm** Poetry of Wellness (Zoom) **4pm** Sound Meditation with Mary (In-person & Zoom)	25 **8am** Walking Warriors (Rehoboth) **11am** Tai Chi with Linda (In-person) **12pm** Cooking with Chef Dave (In-person & Zoom)	26 Offices Closed 	27
30 **4pm** Caregiver Support Group (In-person & Zoom) ***7pm** Welcome Meeting (Zoom)* Save the Date: Holiday Open House Thursday 12/10				

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 Sussex office