

 <p>Scan QR code to visit program calendar on website</p>	<p><b>1</b></p> <p>1pm Poetry of Wellness (Zoom)</p>	<p><b>2</b></p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle)</p> <p>5pm The New You (In-person &amp; Zoom)</p>	<p><b>3</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</p> <p>12:30pm Stiff Men's Yoga with Reber (In-person &amp; Zoom)</p> <p>1:30pm Participant Support Group (In-person &amp; Zoom)</p> <p>1:30pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>5pm Meditation (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>4</b></p>
<p><b>7</b></p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p><b>8</b></p> <p>1pm Poetry of Wellness (Zoom)</p> <p>4pm Sound Meditation (Zoom &amp; FB Live)</p>	<p><b>9</b></p> <p>12n Tai Chi (Hybrid - New Castle)</p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle)</p>	<p><b>10</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</p> <p>12:30pm Stiff Men's Yoga with Reber (In-person &amp; Zoom)</p> <p>1:30pm Participant Support Group (In-person &amp; Zoom)</p> <p>1:30pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Young Adult Survivors Support Group (Zoom)</p>	<p><b>11</b></p>
<p><b>14</b></p> <p>4:30pm In the Kitchen with Chef Jen (Zoom &amp; FB Live)</p> <p>6:30pm The Next Step (Hybrid - New Castle)</p>	<p><b>15</b></p> <p>1pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p>	<p><b>16</b></p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle)</p> <p>3:15p Reiki Group Session (Zoom)</p> <p>5pm The New You (In-person &amp; Zoom)</p>	<p><b>17</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</p> <p>12:30pm Stiff Men's Yoga with Reber (In-person &amp; Zoom)</p> <p>1:30pm Participant Support Group (In-person &amp; Zoom)</p> <p>1:30pm Caregiver Support Group (In-person &amp; Zoom)</p> <p>3pm The Next Step (Hybrid - New Castle)</p> <p>5pm Meditation (Zoom)</p> <p>6pm Metastatic Breast Cancer Support Group (Zoom)</p> <p>6:30p Frankly Speaking about Cancer: Colorectal Cancer (Zoom &amp; FB Live)</p>	<p><b>18</b></p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p><b>21</b></p> <p>4pm Looking &amp; Reflecting w/ DE Art Museum (Zoom)</p> <p>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</p>	<p><b>22</b></p> <p>1pm Poetry of Wellness (Zoom)</p> <p>4pm Sound Meditation (Zoom &amp; FB Live)</p>	<p><b>23</b></p> <p>10am Expressive Art Journaling (In-person &amp; Zoom)</p> <p>12n Tai Chi (Hybrid - New Castle)</p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle)</p>	<p><b>24</b></p> <p>Closed for holiday</p>	<p><b>25</b></p> <p>Closed for holiday</p>
<p><b>28</b></p> <p>6pm Blood Cancer Support Group (Zoom)</p> <p>7pm Welcome Meeting (Zoom)</p>	<p><b>29</b></p> <p>1pm Poetry of Wellness (Zoom)</p> <p>6pm MAD Art Workshop (Zoom)</p>	<p><b>30</b></p> <p>2pm Chair Yoga with Rita (Hybrid - New Castle)</p> <p>6:30pm Conversation Café (Zoom)</p>	<div>  <p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p> <p><b>November 2022</b></p> <p><b>Program Calendar—Sussex County</b></p> <p>302-645-9150</p> <p>18947 John J Williams Hwy, Suite 312 Rehoboth Beach, DE 19971</p> <div> <p><u>Types of Programs:</u></p> <p>Zoom or FB Live: Program is fully virtual</p> <p>Hybrid: Program is at another location but you can join virtually</p> <p>In-Person: Program is happening in-person in Sussex County (will specify if virtual option is also available)</p> </div> <p><a href="http://www.cancersupportdelaware.org">www.cancersupportdelaware.org</a></p> </div>	