

Monday	Tuesday	Wednesday	Thursday	Friday
<div></div> <div>Scan QR code to visit program calendar on website</div>	<div>10:30am KnitWits (In-person) 1</div> <div>12:30pm Gentle Yoga with Lisa (In-Person at Middletown Office)</div> <div>1pm Poetry of Wellness (Zoom)</div> <div>1:45pm Tai Chi with Ran (In-Person at Middletown Office)</div> <div>6:15pm Participant Support Group (In-person & Zoom)</div> <div>6:15pm Caregiver Support Group (In-person & Zoom)</div>	<div>2pm Chair Yoga with Rita (In-person & FB Live) 2</div> <div>3:15p Reiki (In-person)</div> <div>5pm The New You (Hybrid - Sussex)</div> <div>6:30pm Participant Support Group (Zoom)</div> <div>6:30pm Caregiver Support Group (Zoom)</div>	<div>10am Chair Yoga with Reber (Hybrid - Sussex) 3</div> <div>11am Beginner's Yoga with Reber (Hybrid - Sussex)</div> <div>12:30pm Stiff Men's Yoga with Reber (Hybrid - Sussex)</div> <div>5pm Meditation (via Zoom)</div> <div>6:30pm Breast Cancer Support Group (Zoom)</div>	<div>10am Walking Warriors (In-Person at Winterthur) 4</div>
<div>10am Participant Support Group (In-person & Zoom) 7</div> <div>6:30pm Colorectal Cancer Support Group (Zoom)</div>	<div>12:30pm Gentle Yoga w/ Lisa (In-Person at Middletown Office) 8</div> <div>1pm Poetry of Wellness (Zoom)</div> <div>1:45pm Tai Chi with Ran (In-Person at Middletown Office)</div> <div>4pm Sound Meditation (Zoom & FB Live)</div> <div>6:15pm Participant Support Group (Zoom)</div> <div>6:15pm Caregiver Support Group (Zoom)</div>	<div>12n Tai Chi (In-person & FB Live) 9</div> <div>2pm Chair Yoga with Rita (In-Person and FB Live)</div> <div>6:30pm Participant Support Group (Zoom)</div> <div>6:30pm Caregiver Support Group (Zoom)</div>	<div>10am Chair Yoga with Reber (Hybrid - Sussex) 10</div> <div>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</div> <div>12:30pm Stiff Men's Yoga with Reber (Hybrid - SX)</div> <div>6pm Spirituality, Uncertainty and Cancer (Zoom)</div> <div>6:30pm Young Adult Survivors Support Group (Zoom)</div>	<div>10am Walking Warriors (In-Person at Winterthur) 11</div>
<div>10am Participant Support Group (In-person & Zoom) 14</div> <div>4:30pm In the Kitchen with Chef Jen (Zoom & FB Live)</div> <div>6:30pm The Next Step (In-person & Zoom)</div>	<div>10:30am KnitWits (In-person) 15</div> <div>12:30pm Gentle Yoga w/ Lisa (In-Person at Middletown Office)</div> <div>1pm Poetry of Wellness (Zoom)</div> <div>1:45pm Tai Chi with Ran (In-Person at Middletown Office)</div> <div>2:30pm GYN Cancer Support Group (Zoom)</div> <div>6:15pm Participant Support Group (Zoom)</div> <div>6:15pm Caregiver Support Group (Zoom)</div>	<div>2pm Chair Yoga with Rita (In-person & FB Live) 16</div> <div>3:15p Reiki Group Session (Zoom)</div> <div>5pm The New You (Hybrid - Sussex)</div> <div>6:30pm Participant Support Group (Zoom)</div> <div>6:30pm Caregiver Support Group (Zoom)</div>	<div>10am Chair Yoga w/ Reber (Hybrid - Sussex) 17</div> <div>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</div> <div>12:30pm Stiff Men's Yoga with Reber (Hybrid - SX)</div> <div>3pm The Next Step (In-person & Zoom)</div> <div>5pm Meditation (Zoom)</div> <div>6pm Metastatic Breast Cancer Support Group (Zoom)</div> <div>6:30p Frankly Speaking about Cancer: Colorectal Cancer (Zoom & FB Live)</div>	<div>10am Walking Warriors (In-Person at Winterthur) 18</div> <div>10am READ Book Club (In-person & Zoom)</div>
<div>Sun 20</div> <div>2pm Looking & Reflecting (In-person at The Delaware Art Museum)</div>	<div>12:30pm Gentle Yoga w/ Lisa (In-Person at Middletown Office) 22</div> <div>1pm Poetry of Wellness (Zoom)</div> <div>1:45pm Tai Chi with Ran (In-Person at Middletown Office)</div> <div>4p Sound Meditation (Zoom & FB Live)</div> <div>4:30p Centerpieces with Elle (In-person)</div> <div>6:15pm Participant Support Group (Zoom)</div> <div>6:15pm Caregiver Support Group (Zoom)</div>	<div>10am Expressive Art Journaling (Hybrid - Sussex) 23</div> <div>12n Tai Chi (In-person & FB Live)</div> <div>2pm Chair Yoga with Rita (In-Person & FB Live)</div>	<div>Closed for holiday 24</div>	<div>Closed for holiday 25</div>
<div>10am Participant Support Group (In-person & Zoom) 21</div> <div>4pm Looking & Reflecting w/ DE Art Museum (Zoom)</div> <div>6:30pm Prostate Cancer Support Group (In-person & Zoom)</div>	<div>10am Participant Support Group (In-person & Zoom) 28</div> <div>6pm Blood Cancer Support Group (Zoom)</div> <div>7pm Welcome Meeting (Zoom)</div>	<div>2pm Chair Yoga with Rita (In-Person & FB Live) 30</div> <div>6:30pm Participant Support Group (Zoom)</div> <div>6:30pm Caregiver Support Group (Zoom)</div> <div>6:30pm Conversation Café (Zoom)</div>	<div><div></div><div>CANCER SUPPORT COMMUNITY DELAWARE</div><div>November 2022</div><div>Program Calendar—New Castle County</div><div>302-995-2850 4810 Lancaster Pike Wilmington DE 19807</div><div>Types of Programs: Zoom or FB Live: Program is fully virtual Hybrid: Program is at another location but you can join virtually In-Person: Program is happening in-person in New Castle County (will specify if virtual option is also available)</div><div>www.cancersupportdelaware.org</div></div>	