

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>March 2023</h1> <p>New Castle County 302-995-2850</p> <p><u>Types of Programs:</u> Zoom /FB Live: Program is fully virtual Hybrid: Program is at another location but you can join virtually In-Person: Program is in-person in New Castle County (will specify if virtual option is available)</p> <p>www.cancersupportdelaware.org</p>		1 2pm Chair Yoga with Rita (In-person & FB Live) 3:15p Reiki (In-person) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)	2 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 5pm Meditation (via Zoom) 6:30pm Breast Cancer Support Group (Zoom)	3 10am Walking Warriors (In-Person at Winterthur)  Scan QR code to visit program calendar on website
6 10am Participant Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	7 10:30am KnitWits (In-person) 12:30pm Gentle Yoga with Lisa (In-Person in Middletown) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-Person in Middletown) 6:15pm Participant Support Group (In-person & Zoom) 6:15pm Caregiver Support Group (In-person & Zoom)	8 12n Tai Chi (In-person & FB Live) 2pm Chair Yoga with Rita (In-person & FB Live) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)	9 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)	10 10am Walking Warriors (In-Person at Winterthur)
13 10am Participant Support Group (In-person & Zoom) 6:30pm The Next Step (In-person & Zoom)	14 12:30pm Gentle Yoga with Lisa (In-Person Middletown) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-Person in Middletown) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	15 2pm Chair Yoga with Rita (In-person & FB Live) 3:15p Reiki Group Session (In-person) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)	16 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 5pm Meditation (Zoom)	17 10am Walking Warriors (In-Person at Winterthur)
20 10am Participant Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (In-person & Zoom)	21 10:30am KnitWits (In-person) 12:30pm Gentle Yoga w/ Lisa (In-Person in Middletown) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-Person in Middletown) 2:30pm GYN Cancer Support Group (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	22 10am Expressive Art Journaling (Hybrid - Sussex) 10am Cooking with Chef Dave (Hybrid - Sussex) 12n Tai Chi (In-person & FB Live) 2pm Chair Yoga with Rita (In-Person & FB Live) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom) 6:30pm Conversation Café (Zoom)	23 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 3pm The Next Step (In-person & Zoom) 4pm Sound Meditation (FB Live and Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom)	24 10am Walking Warriors (In-Person at Winterthur)
27 10am Participant Support Group (In-person & Zoom) 12:30pm Zentangle (In-person & Zoom) 4:30pm Nutrition with Elena (Zoom) 6pm Blood Cancer Support Group (Zoom) 7pm Welcome Meeting (Zoom)	28 12:30pm Gentle Yoga with Lisa (In-person Middletown) 1pm Poetry of Wellness (Zoom) 1:45pm Tai Chi with Ran (In-person Middletown) 6pm The John Lennon Real Love Project (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	29 2pm Chair Yoga with Rita (In-person & FB Live) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)	30 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex)	31 10am Walking Warriors (In-Person at Winterthur) 10am READ Book Club (In-person & Zoom)