March 2024

Program Calendar—New Castle County

CANCER SUPPORT COMMUNITY DELAWARE

302-995-2850
4810 Lancaster Pike
Wilmington DE 19807

Types of Programs:
Zoom /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)

www.cancersupportdelaware.org

					1 10am Walking Warriors (In-person at Winterthur)
4 10am Participant Support Group (In-person & Zoom) **2pm Sound Meditation (In-person)** 6:30pm Colorectal Cancer Support Group (Zoom)	**5** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**) 1:45pm Tai Chi w/ Jessica (In-person in **Middletown**) 1pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	**6** 2pm Chair Yoga with Rita (In-person & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)	**7** 10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 1:30pm Foundations of Meditation (In-person) **4pm Biomarkers: Precision Medicine in Cancer Care (Zoom & FB Live)** 5pm Meditation (via Zoom) 6:30pm Breast Cancer Support Group (Zoom)	**8** 10am Walking Warriors (In-person at Winterthur)	
11 10am Participant Support Group (In-person & Zoom) 1pm Zentangle (In-person & Zoom) 6:30pm The Next Step (In-person & Zoom)	**12** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**) 1:45pm Tai Chi w/ Jessica (In-person in **Middletown**) 1pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	**13** 12n Tai Chi with Jessica (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)	**14** 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Foundations of Meditation (In-person) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)	**15** 10am Walking Warriors (In-person at Winterthur) 10am Welcome Meeting (Zoom)	
18 10am Participant Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (In-person & Zoom)	**19** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**) 1:45pm Tai Chi w/ Jessica (In-person in **Middletown**) 1pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	**20** 2pm Chair Yoga with Rita (In-person & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)	**21** 10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 5pm Meditation (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom)	**22** 10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)	
25 10am Participant Support Group (In-person & Zoom) 4:30pm Nutrition with Elena: Making Breakfast a Priority (Zoom) 6:00pm Blood Cancer Support Group (Zoom) 7pm Welcome Meeting (Zoom)	**26** 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**) 1:45pm Tai Chi w/ Jessica (In-person in **Middletown**) 1pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)	**27** 12n Tai Chi with Jessica (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)	**28** 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Foundations of Meditation (In-person) 4pm Sound Meditation (Zoom & FB Live) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)	**29** Offices Closed Scan QR code to visit program calendar on website	