

<p>October 2024</p> <p>Program Calendar New Castle County</p>  <p>CANCER SUPPORT COMMUNITY DELAWARE</p>	<p>1 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>2 12n T'ai Chi Chih with Jessica (In-person) 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)</p>	<p>3 10am Chair Yoga with Lisa (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Gentle Yoga with Lisa (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>4 10am Walking Warriors (In-person at Winterthur)</p>  <p>Scan QR code to visit calendar on website</p>
<p>7 10am Participant Support Group (In-person & Zoom) 1:30pm Sound Meditation with Liana (In-person) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>8 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>9 12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga (In-person only) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>10 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>11 10am Walking Warriors (In-person at Winterthur)</p>
<p>14 Offices Closed</p> <p>6:30pm A Gentle Path to Healing (Zoom)</p>	<p>15 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>16 10am Cooking with Chef Dave (Hybrid - Sussex) 12n T'ai Chi Chih with Jessica (In-person) 2pm Chair Yoga w/ Rita (In-person & FB Live) 5pm The New You (Hybrid - Sussex) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>17 10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am KnitWits (In-person) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Living with Loss (In-person)</p>	<p>18 10am Walking Warriors (In-person at Winterthur)</p>
<p>21 10am Participant Support Group (In-person & Zoom) 1pm Embossing in Aluminum (In-person) 6:30pm Prostate Cancer Support Group (In-person & Zoom) 6:30pm A Gentle Path to Healing (Zoom)</p>	<p>22 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>23 12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga (In-person only) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>24 10am Chair Yoga with Lisa (Hybrid - Sussex) 11am Gentle Yoga with Lisa (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom) 6:30pm Living with Loss (In-person)</p>	<p>25 10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)</p>
<p>28 10am Participant Support Group (In-person & Zoom) 4:30pm Nutrition with Elena (Zoom) 6:00pm Blood Cancer Support Group (Zoom) 7:30pm Welcome Meeting (Zoom)</p>	<p>29 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>30 12n T'ai Chi Chih with Jessica (In-person only) 2pm Chair Yoga (In-person only) 6:30pm Participant Support Group (Zoom) 6:30pm Caregiver Support Group (Zoom)</p>	<p>31 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person)</p>	<p>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)</p> <p>302-995-2850</p>