

<p><b>October 2024</b>  <b>Program Calendar</b>  <b>Sussex County</b></p>  <p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p>	<p><b>1</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p><b>2</b></p> <p>10:30a Expressive Art (In-person &amp; Zoom)  12p Walking Warriors (Seaford &amp; Rehoboth Beach groups)  2pm Chair Yoga with Rita (FB Live)  5pm The New You (In-person &amp; Zoom)</p>	<p><b>3</b></p> <p>10am Chair Yoga with Lisa- (In-person &amp; Zoom)  11am Beginner's Yoga with Lisa (In-person &amp; Zoom)  1:30pm Participant Support Group (In-person &amp; Zoom)  1:30pm Caregiver Support Group (In-person &amp; Zoom)  4pm Sound Meditation with Mary (In-person at Metta Studio)  5pm Meditation w/ Clare (Zoom)  6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>4</b></p>  <p>Scan QR code to visit calendar on website</p>
<p><b>7</b></p> <p>5pm Caregiver Support Group (In-person &amp; Zoom)  6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p><b>8</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p><b>9</b></p> <p>12n T'ai Chi Chih with Jessica (FB Live)  12n Walking Warriors (Seaford &amp; Rehoboth Beach groups)</p>	<p><b>10</b></p> <p><b>10am Welcome Meeting (Zoom)</b>  10am Chair Yoga w/ Reber (In-person &amp; Zoom)  11am Beginner's Yoga with Reber (In-person &amp; Zoom)  1:30pm Participant Support Group (In-person &amp; Zoom)  1:30pm Caregiver Support Group (In-person &amp; Zoom)  4pm Sound Meditation (In-person at Metta Studio)  6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p><b>11</b></p>
<p><b>14</b></p> <p><b>Offices Closed</b></p> <p><b>6:30pm A Gentle Path to Healing (Zoom)</b></p>	<p><b>15</b></p> <p>1:30pm Poetry of Wellness (Zoom)  2:30pm GYN Cancer Support Group (Zoom)  <b>5pm Remembrance Ceremony (In-person)</b></p>	<p><b>16</b></p> <p>12p Cooking with Chef Dave (In-person)  12p Walking Warriors (Seaford &amp; Rehoboth Beach groups)  2pm Chair Yoga with Rita (FB Live)  5pm The New You (In-person &amp; Zoom)</p>	<p><b>17</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom)  11am Beginner's Yoga with Reber (In-person &amp; Zoom)  1:30pm Participant Support Group (In-person &amp; Zoom)  1:30pm Caregiver Support Group (In-person &amp; Zoom)  5pm Meditation w/ Clare (Zoom)  6:30pm Metastatic Breast Cancer Support Group (Zoom)  6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>18</b></p>
<p><b>21</b></p> <p><b>10am Living with Loss (In-person)</b>  5pm Caregiver Support Group (In-person &amp; Zoom)  6:30pm Prostate Cancer Support Group (Hybrid - New Castle)  <b>6:30pm A Gentle Path to Healing (Zoom)</b></p>	<p><b>22</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p><b>23</b></p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p>	<p><b>24</b></p> <p>10am Chair Yoga w/ Reber (In-person &amp; Zoom)  11am Beginner's Yoga with Reber (In-person &amp; Zoom)  1:30pm Participant Support Group (In-person &amp; Zoom)  1:30pm Caregiver Support Group (In-person &amp; Zoom)  6pm Spirituality, Uncertainty and Cancer (Zoom)  6:30pm Lung Cancer Support Group (Zoom)</p>	<p><b>25</b></p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p><b>28</b></p> <p><b>10am Living with Loss (In-person)</b>  4:30pm Nutrition with Elena (Zoom)  5pm Caregiver Support Group (In-person &amp; Zoom)  6:00pm Blood Cancer Support Group (Zoom)  <b>7:30pm Welcome Meeting (Zoom)</b></p>	<p><b>29</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p><b>30</b></p>	<p><b>31</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom)  11am Beginner's Yoga with Reber (In-person &amp; Zoom)  1:30pm Participant Support Group (In-person &amp; Zoom)  1:30pm Caregiver Support Group (In-person &amp; Zoom)</p>	<p><b>Types of Programs:</b>  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 Sussex County (will specify if virtual option is also available)</p> <p>302-645-9150</p>