



CANCER SUPPORT COMMUNITY DELAWARE

www.cancersupportdelaware.org

November 2024 Program Calendar—New Castle County

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)

1

10am Walking Warriors (In-person at Winterthur)

8

10am Walking Warriors (In-person at Winterthur)

15

10am Walking Warriors (In-person at Winterthur)

22

10am Walking Warriors (In-person at Winterthur)
10am READ Book Club (In-person & Zoom)

Sat 23

1pm Seasonal Cooking Demo (In-person)

29

Offices Closed



Scan QR code to visit calendar on website

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| <p>10am Participant Support Group (In-person & Zoom)</p> | <p>4 11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1pm - Sound Meditation with Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)</p> | <p>5 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>6 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 Breast Cancer Support Group (Zoom) 6:30pm Living with Loss (In-person)</p> | <p>7 10am Walking Warriors (In-person at Winterthur)</p> |
| <p>10am Participant Support Group (In-person & Zoom) 6:30pm The Next Step (In-person & Zoom)</p> | <p>11 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) 4pm Lung Cancer Treatment Side Effects Education (Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p> | <p>12 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>13 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) 6:30pm Living with Loss (In-person) 7pm Young Adult Survivors Support Group (Zoom)</p> | <p>14 10am Walking Warriors (In-person at Winterthur)</p> |
| <p>10am Participant Support Group (In-person & Zoom) 1pm Embossing in Aluminum (In-person) 4:30pm Nutrition with Elena: Understanding Food Labels and Ingredient Lists (Zoom) 6:30pm Prostate Cancer Support Group (In-person & Zoom)</p> | <p>18 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>19 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>20 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>21 10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)</p> |
| <p>10am Participant Support Group (In-person & Zoom) 3:30pm Centerpieces with Elle (In-person) 6:00pm Blood Cancer Support Group (Zoom) 7:30pm Welcome Meeting (Zoom)</p> | <p>25 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) 4pm Sound Meditation with Mary (FB Live & Zoom) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p> | <p>26 12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga (In-person only)</p> | <p>27 Offices Closed</p>  | <p>28 Offices Closed</p> |