



**CANCER SUPPORT
COMMUNITY
DELAWARE**

www.cancersupportdelaware.org

November 2024

Program Calendar—Kent County

302-645-9150

812 S Bradford St Dover DE 19904

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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 Kent County (will specify if virtual option is also available)

<p>4</p> <p>10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom)</p>	<p>5</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>6</p> <p>2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p>7</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>8</p>
<p>11</p> <p>10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:30pm The Next Step (Hybrid - New Castle)</p>	<p>12</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 4pm Lung Cancer Treatment Side Effects Education (Zoom)</p>	<p>13</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>14</p> <p>10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p>15</p>
<p>18</p> <p>10am Tai Chi with Ran (In-person) 4:30pm Nutrition with Elena: Understanding Food Labels and Ingredient Lists (Zoom) 5pm Caregiver Support Group (Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</p>	<p>19</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 2:30pm GYN Cancer Support Group (Zoom)</p>	<p>20</p> <p>12n Cooking with Chef Dave (Hybrid - Sussex) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (Hybrid - Sussex)</p>	<p>21</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga w/ Reber (Hybrid - Sussex) 5pm Meditation with Clare (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>22</p> <p>10am READ Book Club (Hybrid - New Castle)</p>
<p>25</p> <p>10am Tai Chi with Ran (In-person) 5pm Caregiver Support Group (Zoom) 6:00pm Blood Cancer Support Group (Zoom) 7:30pm Welcome Meeting (Zoom)</p>	<p>26</p> <p>11:15am Chair Yoga with Elena (In-person) 12:30pm Gentle Yoga with Lisa (In-person in Middletown) 12:30pm Cancer Support Group (In-person & Zoom) 1:30pm Poetry of Wellness (Zoom) 4pm Sound Meditation with Mary (Zoom & FB Live) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p>	<p>27</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>28</p> <p>Offices Closed</p> 	<p>29</p> <p>Offices Closed</p>  <p>Scan QR code to visit calendar on website</p>