


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>1:30pm Sound Meditation with Liana (In-person)</p>	<p>3</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>4</p> <p>12n T'ai Chi Chih with Barbara (In-person)</p> <p>2pm Chair Yoga with Rita (In-person & FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>5</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>5pm Meditation w/ Clare (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>6</p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p>9</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>1pm Winter Wreath Workshop (In-person)</p> <p>4:30pm - Nutrition with Elena: Let's Talk Fiber (Zoom)</p>	<p>10</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>11</p> <p>12n T'ai Chi Chih with Jessica (In-person & FB Live)</p> <p>2pm Chair Yoga with Rita (In-person only)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>12</p> <p>10am Welcome Meeting (Zoom)</p> <p>10am Chair Yoga with Lisa (Hybrid - Sussex)</p> <p>11am Gentle Yoga with Lisa (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p>13</p> <p>10am Walking Warriors (In-person at Winterthur)</p> <p>10am READ Book Club (In-person & Zoom)</p>
<p>16</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>4pm-6pm Holiday Open House</p> <p>6:30pm Prostate Cancer Support Group (In-person & Zoom)</p>	<p>17</p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p>18</p> <p>12pm Cooking with Chef Dave (Hybrid - Sussex)</p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga w/ Rita (In-person & FB Live)</p> <p>3pm Celiac & Cancer Educational Session (Zoom & FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p> <p>6:30pm Caregiver Support Group (Zoom)</p>	<p>19</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Metastatic Breast Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>20</p> <p>10am Walking Warriors (In-person at Winterthur)</p> <p>11:30am Centerpieces with Elle (in-person)</p> <p>1p Sound Meditation with Mary (Zoom & FB Live)</p>
<p>23</p> <p>10am Participant Support Group (In-person & Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>Offices Closed</p>				
<p>30</p>	<p>31</p> <p>Offices Closed</p>	 <p>CANCER SUPPORT DELAWARE</p> <p>302-995-2850 4810 Lancaster Pike Wilmington DE 19807</p>		
<p>December 2024 Program Calendar—New Castle County</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>www.cancersupportdelaware.org</p>				