2	3	4	10am Chair Yoga with Reber 5	6
5pm Caregiver Support Group (In-person & Zoom)	1:30pm Poetry of Wellness (Zoom) 6:30pm - Colorectal Cancer Support Group (Zoom)	10:30a Expressive Art (In-person & Zoom) 12p Walking Warriors (Rehoboth) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person & Zoom)	(In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation w/ Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom 6:30pm Lung Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	
9	10	11	40 144 1 00 11 /= 1	13
4:30pm Nutrition with Elena: Let's Talk Fiber (Zoom) 5pm Caregiver Support Group (In-person & Zoom)	1:30pm Poetry of Wellness (Zoom)	12n T'ai Chi Chih with Jessica (FB Live) 12n Walking Warriors (Rehoboth) 5pm Sound Meditation with Mary (In-person at Beebe South Coastal)	10am Chair Yoga with Lisa- (In-person & Zoom) 11am Beginner's Yoga with Lisa (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (In-person at Metta Studio) 7pm Young Adult Survivors Support Group (Zoom)	10am READ Book Club (Hybrid - New Castle)
5pm Caregiver Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle)	1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)	18 12p Cooking with Chef Dave (In-person) 12p Walking Warriors (Rehoboth) 2pm Chair Yoga with Rita (FB Live) 3pm Celiac & Cancer Educational Session (Zoom & FB Live) 5pm The New You (In- person & Zoom)	10am Chair Yoga with Reber (In-person & Zoom) 11am Beginner's Yoga with Reber (In-person & Zoom) 12pm-5pm Holiday Open House 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation w/ Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	1p Sound Meditation with Mary (Zoom & FB Live)
6:00pm Blood Cancer Support Group (Zoom) Offices Closed				27
30	31		Decembe	
5pm Caregiver Support Group (In-person & Zoom)	Offices Closed	CANCER SUPP COMMUNI DELAWAR 302-645-9150	Types of Programs: Zoom /FB Live: Program Hybrid: Program is at a you can join virtually In-Person: Program is h in Sussex County (will s	n is fully virtual nother location but nappening in-person pecify if virtual