

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p> <p><b>January 2025</b></p> <p>Program Calendar Kent County</p>	<p><u>Types of Programs:</u>  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> <p>302-645-9150</p>	<p>1</p> <p><b>Offices Closed</b></p> 	<p>2</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)  11am Beginner's Yoga w/ Reber (Hybrid - Sussex)  6:30pm Breast Cancer Support Group (Zoom)  6:30pm Lung Cancer Support Group (Zoom)</p>	<p>3</p>  <p>Scan QR code to visit calendar on website</p>
<p>6</p> <p>10am Tai Chi with Ran (In-person)  5pm Caregiver Support Group (Zoom)  6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>7</p> <p>11:15am Chair Yoga with Elena (In-person)  12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)  12:30pm Cancer Support Group (In-person &amp; Zoom)  1:30pm Poetry of Wellness (Zoom)  1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p>	<p>8</p> <p>2pm Chair Yoga with Rita (FB Live)  5pm The New You (Hybrid - Sussex)</p>	<p>9</p> <p><b>10am Welcome Meeting (Zoom)</b>  10am Chair Yoga with Reber (Hybrid - Sussex)  11am Beginner's Yoga w/ Reber (Hybrid - Sussex)  5pm Meditation with Clare (Zoom)  6pm Spirituality, Uncertainty and Cancer (Zoom)  7pm Young Adult Survivors Support Group (Zoom)</p>	<p>10</p>
<p>13</p> <p>10am Tai Chi with Ran (In-person)  5pm Caregiver Support Group (Zoom)</p>	<p>14</p> <p>11:15am Chair Yoga with Elena (In-person)  12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)  12:30pm Cancer Support Group (In-person &amp; Zoom)  1:30pm Poetry of Wellness (Zoom)  1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)  6:30pm The Next Step (Hybrid - New Castle)</p>	<p>15</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>16</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)  11am Beginner's Yoga w/ Reber (Hybrid - Sussex)  6:30pm Metastatic Breast Cancer Support Group (Zoom)  6:30pm Breast Cancer Support Group (Zoom)</p>	<p>17</p>
<p><b>Offices Closed</b></p> 	<p>20</p> <p>11:15am Chair Yoga with Elena (In-person)  12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)  12:30pm Cancer Support Group (In-person &amp; Zoom)  1:30pm Poetry of Wellness (Zoom)  1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)  2:30pm GYN Cancer Support Group (Zoom)</p>	<p>21</p> <p>2pm Chair Yoga with Rita (FB Live)  5pm The New You (Hybrid - Sussex)</p>	<p>22</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)  11am Beginner's Yoga with Reber (Hybrid - Sussex)  <b>12pm Lunch &amp; Learn with Dr. Alex: Balanced Beginning for 2025 (Zoom)</b>  4pm Sound Meditation with Mary (Zoom &amp; FB Live)  5pm Meditation with Clare (Zoom)  6pm Spirituality, Uncertainty and Cancer (Zoom)  6:30pm Lung Cancer Support Group (Zoom)</p>	<p>23</p> <p>24</p>
<p>27</p> <p>10am Tai Chi with Ran (In-person)  4:30pm Nutrition with Elena: Using Technology (Zoom)  5pm Caregiver Support Group (Zoom)  6pm Blood Cancer Support Group (Zoom)  6:30pm A Gentle Path to Healing Follow-up Session (Zoom)  <b>7:30pm Welcome Meeting (Zoom)</b></p>	<p>28</p> <p>11:15am Chair Yoga with Elena (In-person)  12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)  12:30pm Cancer Support Group (In-person &amp; Zoom)  1:30pm Poetry of Wellness (Zoom)  1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p>	<p>29</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p>	<p>30</p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)  11am Beginner's Yoga with Reber (Hybrid - Sussex)</p>	<p>31</p> <p>10am READ Book Club (Hybrid - New Castle)</p>