





Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY DELAWARE January 2025 Program Calendar New Castle 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 New Castle County (will specify if virtual option is also available)</p> <p>302-995-2850</p>	<p>Offices Closed</p> 	<p>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) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>10am Walking Warriors (In-person at Winterthur)</p>  <p>Scan QR code to visit calendar on website</p>
<p>10am Participant Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>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) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>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)</p>	<p>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) 5pm Meditation with Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p>10am Walking Warriors (In-person at Winterthur)</p>
<p>10am Participant Support Group (In-person & Zoom)</p>	<p>11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom) 6:30pm The Next Step (In-person & Zoom)</p>	<p>12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga (In-person only) 6:30pm Participant Support Group (Zoom)</p>	<p>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) 6:30pm Metastatic Breast Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>10am Walking Warriors (In-person at Winterthur)</p>
<p>Offices Closed</p> 	<p>11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 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) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>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)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 12pm Lunch & Learn with Dr. Alex: Balanced Beginning for 2025 (Zoom) 1:30pm Meditation with Nicole (In-person) 4pm Sound Meditation with Mary (Zoom & FB Live) 5pm Meditation with Clare (Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>10am Walking Warriors (In-person at Winterthur)</p>
<p>10am Participant Support Group (In-person & Zoom) 1pm Zentangle (In-person) 4:30pm Nutrition with Elena: Using Technology (Zoom) 6:00pm Blood Cancer Support Group (Zoom) 6:30pm A Gentle Path to Healing Follow-up Session (Zoom) 7:30pm Welcome Meeting (Zoom)</p>	<p>11am Gentle Yoga w/ Shannon (In-person) 12:30pm Gentle Yoga w/ Lisa (In-person in Middletown) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown) 6:15pm Participant Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>12n T'ai Chi Chih with Jessica (In-person & FB Live) 2pm Chair Yoga (In-person only) 6:30pm Participant Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Beginner's Yoga with Reber (Hybrid - Sussex) 1:30pm Meditation with Nicole (In-person)</p>	<p>10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person & Zoom)</p>