Monday	Tuesday	Wednesday	Thursday	Friday	
	Types of Programs: Zoom/FB Live: Program is	1	10am Chair Yoga with Reber 2 (In-person & Zoom)	3	
CANCER SUPPORT	fully virtual Hybrid: Program is at another location but you	Offices Closed	11am Beginner's Yoga with Reber (In-person & Zoom)		
COMMUNITY DELAWARE	can join virtually In-Person: Program is	Ilannu sie	1:30pm Participant Support Group (In-person & Zoom)	199 P. 12	
	happening in-person in Sussex County (will	*#UPPY	1:30pm Caregiver Support		
January	specify if virtual option is also available)	VICUP HEGR	Group (In-person & Zoom)		
2025	also available)	-2025-	6:30pm Lung Cancer Support Group (Zoom)	Scan QR code to visit calendar on	
Program Calendar Sussex County	302-645-9150	<u>—2020</u>	6:30pm Breast Cancer Support Group (Zoom)	website	
5pm Caregiver Support	7	10:30a Expressive Art 8	10am Welcome Meeting (Zoom) 10am Chair Yoga w Reber (In-person	9 10 n & Zoom)	
		(In-person) 12p Walking Warriors	11am Beginner's Yoga with Reber (I & Zoom) 1:30pm Participant Support Group	n-person	
Group (In-person & Zoom)	1:30pm Poetry of	(Rehoboth) 2pm Chair Yoga with	person & Zoom)		
6:30pm Colorectal Cancer Support Group	Wellness (Zoom)	Rita (FB Live)	1:30pm Caregiver Support Group (Ir & Zoom) 4pm Sound Meditation with Mary (I		
(Zoom)		5pm The New You (In- person & Zoom)	at Metta Studio) 5pm Meditation with Clare (Zoom)		
		5pm Introduction to Tai	6pm Spirituality, Uncertainty and Ca (Zoom)	ancer	
		Chi (in-person at South Coastal)	7pm Young Adult Survivors Support (Zoom)	Group	
13	14	15	10am Chair Yoga with Reber 16 (In-person & Zoom)	17	
5pm Caregiver Support	_	12n T'ai Chi Chih with	11am Beginner's Yoga with		
Group (In-person &	1:30pm Poetry of	Jessica (FB Live)	Reber (In-person & Zoom) 1:30pm Participant Support		
Zoom)	Wellness (Zoom)	12n Walking Warriors	Group (In-person & Zoom)		
	6:30pm - The Next Step (Hybrid - New Castle)	(Rehoboth)	1:30pm Caregiver Support Group (In-person & Zoom)		
	(,2.1.2		6:30pm Metastatic Breast Cancer Support Group (Zoom)		
			6:30pm Breast Cancer Support		
			Group (Zoom)		
Offices Closed 20	21	22	10am Chair Yoga with Reber (In-perso Zoom)	25 24	
	1.20a as Da atau af	10am Coffee & Conversation: Men's	11am Beginner's Yoga with Reber (In- Zoom)		
	1:30pm Poetry of Wellness (Zoom)	Group (In-person)	12p Lunch & Learn with Dr. Alex: Bal Beginning for 2025 (Zoom)	anced	
	2:30pm GYN Cancer	12p Walking Warriors	1:30pm Participant Support Group (Ir Zoom)	n-person &	
portin	Support Group (Zoom)	(Rehoboth)	1:30pm Caregiver Support Group (In-Zoom)	person &	
Lither King		2pm Chair Yoga with Rita (FB Live)	4pm Sound Meditation with Mary (FE Zoom)	3 Live &	
		5pm The New You (In-	5pm Meditation w/ Clare (Zoom)		
יאטי		person & Zoom)	6pm Spirituality, Uncertainty and Can (Zoom)		
10am The Next Step 27	28	29	6:30pm Lung Cancer Support Group (30	31	
(In-person) 4:30pm Nutrition with			10am Chair Yoga with Reber (In		
Elena: Using Technology (Zoom)	1:30pm Poetry of	12n T'ai Chi Chih with	-person & Zoom)	10am READ	
5pm Caregiver Support	Wellness (Zoom)	Jessica (FB Live)	11am Beginner's Yoga with Reber (In-person & Zoom)	Book Club	
Group (In-person & Zoom) 6:00pm Blood Cancer		12n Walking Warriors (Rehoboth)	1:30pm Participant Support	(Hybrid - New	
Support Group (Zoom) 6:30pm A Gentle Path to		(Group (In-person & Zoom)	Castle)	
Healing Follow-up Session			1:30pm Caregiver Support Group (In-person & Zoom)		
(Zoom) 7:30pm Welcome					
Meeting (Zoom)	wtdalau awa awa				