


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CANCER SUPPORT COMMUNITY DELAWARE</p> <p>January 2025</p> <p>Program Calendar Sussex 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 Sussex County (will specify if virtual option is also available)</p> <p>302-645-9150</p>	<p>Offices Closed</p> 	<p>1 10am Chair Yoga with Reber (In-person & Zoom) 2</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>3</p>  <p>Scan QR code to visit calendar on website</p>
<p>6</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p>7</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>8 10:30a Expressive Art (In-person)</p> <p>12p Walking Warriors (Rehoboth)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (In-person & Zoom)</p> <p>5pm Introduction to Tai Chi (in-person at South Coastal)</p>	<p>9 10am Welcome Meeting (Zoom)</p> <p>10am Chair Yoga w Reber (In-person & Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>4pm Sound Meditation with Mary (In-person at Metta Studio)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p>10</p>
<p>13</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p>	<p>14</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>6:30pm - The Next Step (Hybrid - New Castle)</p>	<p>15</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p> <p>12n Walking Warriors (Rehoboth)</p>	<p>16 10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>6:30pm Metastatic Breast Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p>17</p>
<p>Offices Closed</p> 	<p>20</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p>	<p>21</p> <p>10am Coffee & Conversation: Men's Group (In-person)</p> <p>12p Walking Warriors (Rehoboth)</p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (In-person & Zoom)</p>	<p>22 10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>12p Lunch & Learn with Dr. Alex: Balanced Beginning for 2025 (Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p> <p>4pm Sound Meditation with Mary (FB Live & Zoom)</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>23</p> <p>24</p>
<p>27 10am The Next Step (In-person)</p> <p>4:30pm Nutrition with Elena: Using Technology (Zoom)</p> <p>5pm Caregiver Support Group (In-person & Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p> <p>6:30pm A Gentle Path to Healing Follow-up Session (Zoom)</p> <p>7:30pm Welcome Meeting (Zoom)</p>	<p>28</p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p>29</p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p> <p>12n Walking Warriors (Rehoboth)</p>	<p>30</p> <p>10am Chair Yoga with Reber (In-person & Zoom)</p> <p>11am Beginner's Yoga with Reber (In-person & Zoom)</p> <p>1:30pm Participant Support Group (In-person & Zoom)</p> <p>1:30pm Caregiver Support Group (In-person & Zoom)</p>	<p>31</p> <p>10am READ Book Club (Hybrid - New Castle)</p>