

Monday

Tuesday

Wednesday

Thursday

Friday



# CANCER SUPPORT COMMUNITY DELAWARE

www.cancersupportdelaware.org

## February 2025

### Program Calendar—Kent County

302-645-9150

812 S Bradford St Dover DE 19904



Scan QR code to visit  
calendar on website

**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 Kent County (will specify if virtual option is also available)

<p><b>3</b></p> <p>10am Tai Chi with Ran (In-person)</p> <p>5pm Caregiver Support Group (Zoom)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p><b>4</b></p> <p>11:15am Chair Yoga with Elena (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)</p> <p>12:30pm Cancer Support Group (In-person &amp; Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p>	<p><b>5</b></p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p>	<p><b>6</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>7</b></p>
<p><b>10</b></p> <p>10am Tai Chi with Ran (In-person)</p> <p>5pm Caregiver Support Group (Zoom)</p>	<p><b>11</b></p> <p>11:15am Chair Yoga with Elena (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)</p> <p>12:30pm Cancer Support Group (In-person &amp; Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>6:30pm The Next Step (Hybrid - New Castle)</p>	<p><b>12</b></p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p> <p>12n Cooking with Chef Dave: A Taste of Egypt (Hybrid - Sussex)</p>	<p><b>13</b></p> <p><b>10am Welcome Meeting (Zoom)</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p><b>4pm Bloodwork Basics (Zoom &amp; FB Live)</b></p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p><b>14</b></p>
<p><b>Offices Closed</b> <b>17</b></p>  <p>6:30pm Prostate Cancer Support Group (Zoom)</p>	<p><b>18</b></p> <p>11:15am Chair Yoga with Elena (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)</p> <p>12:30pm Cancer Support Group (In-person &amp; Zoom)</p> <p><b>1pm Healing After Breast Cancer: Post-Surgical Tips (Zoom &amp; FB Live)</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p>	<p><b>19</b></p> <p>2pm Chair Yoga with Rita (FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p>	<p><b>20</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>5pm Meditation with Clare (Zoom)</p> <p>6:30pm Metastatic Breast Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>21</b></p>
<p>10am Tai Chi with Ran (In-person)</p> <p>4:30pm Nutrition with Elena: Boosting Energy Through Nutrition (Zoom)</p> <p>5pm Caregiver Support Group (Zoom)</p> <p>6:00pm Blood Cancer Support Group (Zoom)</p> <p><b>7:30pm Welcome Meeting (Zoom)</b></p>	<p><b>25</b></p> <p>11:15am Chair Yoga with Elena (In-person)</p> <p>12:30pm Gentle Yoga with Lisa (In-person in <b>Middletown</b>)</p> <p>12:30pm Cancer Support Group (In-person &amp; Zoom)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p>	<p><b>26</b></p> <p>12n T'ai Chi Chih with Jessica (FB Live)</p>	<p><b>27</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga with Reber (Hybrid - Sussex)</p> <p>4pm Sound Meditation with Mary (Zoom &amp; FB Live)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p>6:30pm Lung Cancer Support Group (Zoom)</p>	<p><b>28</b></p> <p>10am READ Book Club (Hybrid - New Castle)</p>