

Monday

Tuesday

Wednesday

Thursday

Friday



**CANCER SUPPORT  
COMMUNITY  
DELAWARE**

www.cancersupportdelaware.org

# February 2025

## Program Calendar—Sussex County

302-645-9150

18947 John J Williams Hwy Ste 312  
Rehoboth Beach DE 19971



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 Sussex County (will specify if virtual option is also available)

<p style="text-align: right;"><b>3</b></p> <p>5pm Caregiver Support Group (In-person &amp; Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p style="text-align: right;"><b>4</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p style="text-align: right;"><b>5</b></p> <p>10am Walking Warriors (Rehoboth) 10:30a Expressive Art (In-person) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person &amp; Zoom)</p>	<p style="text-align: right;"><b>6</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom) 11am Beginner's Yoga with Reber (In-person &amp; Zoom) 1:30pm Participant Support Group (In-person &amp; Zoom) 1:30pm Caregiver Support Group (In-person &amp; Zoom) 5:00pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p style="text-align: right;"><b>7</b></p>
<p style="text-align: right;"><b>10</b></p> <p>5pm Caregiver Support Group (In-person &amp; Zoom)</p>	<p style="text-align: right;"><b>11</b></p> <p>1:30pm Poetry of Wellness (Zoom) 6:30pm - The Next Step (Hybrid - New Castle)</p>	<p style="text-align: right;"><b>12</b></p> <p>10a Walking Warriors (Rehoboth) <b>11am Tai Chi with Linda (In-person)</b> 12n T'ai Chi Chih with Jessica (FB Live) 12n Cooking with Chef Dave: A Taste of Egypt (In-person &amp; Zoom) 5pm Introduction to Tai Chi (In-person at South Coastal)</p>	<p style="text-align: right;"><b>13</b></p> <p><b>10am Welcome Meeting (Zoom)</b> 10am Chair Yoga with Reber (In-person &amp; Zoom) 11am Beginner's Yoga with Reber (In-person &amp; Zoom) 1:30pm Participant Support Group (In-person &amp; Zoom) 1:30pm Caregiver Support Group (In-person &amp; Zoom) 4pm Sound Meditation with Mary (In-person at Metta Studio) <b>4pm Bloodwork Basics (Zoom &amp; FB Live)</b> 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Survivors Support Group (Zoom)</p>	<p style="text-align: right;"><b>14</b></p>
<p style="text-align: right;"><b>17</b></p> <p><b>Offices Closed</b></p>  <p>6:30pm Prostate Cancer Support Group (Zoom)</p>	<p style="text-align: right;"><b>18</b></p> <p><b>1pm Healing After Breast Cancer: Post-Surgical Tips (Zoom &amp; FB Live)</b> 1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Cancer Support Group (Zoom)</p>	<p style="text-align: right;"><b>19</b></p> <p>10am Walking Warriors (Rehoboth) 2pm Chair Yoga with Rita (FB Live) 5pm The New You (In-person &amp; Zoom)</p>	<p style="text-align: right;"><b>20</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom) 11am Beginner's Yoga with Reber (In-person &amp; Zoom) 1:30pm Participant Support Group (In-person &amp; Zoom) 1:30pm Caregiver Support Group (In-person &amp; Zoom) 5pm Meditation with Clare (Zoom) 6:30pm Metastatic Breast Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p style="text-align: right;"><b>21</b></p>
<p style="text-align: right;"><b>24</b></p> <p>10am The Next Step (In-person) 4:30pm Nutrition with Elena: Boosting Energy Through Nutrition (Zoom) 5pm Caregiver Support Group (In-person &amp; Zoom) 6:00pm Blood Cancer Support Group (Zoom) <b>7:30pm Welcome Meeting (Zoom)</b></p>	<p style="text-align: right;"><b>25</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p>	<p style="text-align: right;"><b>26</b></p> <p>9am Coffee &amp; Conversation: Men's Group (In-person) 10a Walking Warriors (Rehoboth) <b>11am Tai Chi with Linda (In-person)</b> 12n T'ai Chi Chih with Jessica (FB Live)</p>	<p style="text-align: right;"><b>27</b></p> <p>10am Chair Yoga with Reber (In-person &amp; Zoom) 11am Beginner's Yoga with Reber (In-person &amp; Zoom) 1:30pm Participant Support Group (In-person &amp; Zoom) 1:30pm Caregiver Support Group (In-person &amp; Zoom) 4pm Sound Meditation with Mary (FB Live &amp; Zoom) 6pm Spirituality, Uncertainty and Cancer (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p style="text-align: right;"><b>28</b></p> <p>10am READ Book Club (Hybrid - New Castle)</p>