

Monday	Tuesday	Wednesday	Thursday	Friday
<div><p>CANCER SUPPORT COMMUNITY DELAWARE</p><p>April 2025</p><p>Program Calendar New Castle County</p></div>	<div><p>11am Gentle Yoga w/ Shannon (In-person) 1</p><p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p><p>1pm Sound Meditation with Liana (In-person)</p><p>1:30pm Poetry of Wellness (Zoom)</p><p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p><p>6:15pm Participant Support Group (Zoom)</p><p>6:15pm Caregiver Support Group (Zoom)</p></div>	<div><p>2</p><p>12n T'ai Chi Chih with Jessica (In-person)</p><p>2pm Chair Yoga with Rita (In-person & FB Live)</p><p>5pm The New You (Hybrid - Sussex)</p><p>6:30pm Participant Support Group (Zoom)</p></div>	<div><p>3</p><p>10am Chair Yoga with Reber (Hybrid - Sussex)</p><p>10:30am KnitWits (In-person)</p><p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p><p>1:30pm Meditation with Nicole (In-person)</p><p>5pm Meditation with Clare (Zoom)</p><p>6:30pm Breast Cancer Support Group (Zoom)</p></div>	<div><p>4</p><p>10am Walking Warriors (In-person at Winterthur)</p></div>
<div><p>7</p><p>10am Participant Support Group (In-person & Zoom)</p><p>6:30pm Colorectal Cancer Support Group (Zoom)</p></div>	<div><p>8</p><p>11am Gentle Yoga w/ Shannon (In-person)</p><p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p><p>1:30pm Poetry of Wellness (Zoom)</p><p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p><p>6:15pm Participant Support Group (Zoom)</p><p>6:15pm Caregiver Support Group (Zoom)</p><p>6:30pm The Next Step (In-person & Zoom)</p></div>	<div><p>9</p><p>12n T'ai Chi Chih with Jessica (In-person & FB Live)</p><p>2pm Chair Yoga (In-person only)</p><p>6:30pm Participant Support Group (Zoom)</p></div>	<div><p>10</p><p>10am Welcome Meeting (Zoom)</p><p>10am Chair Yoga with Reber (Hybrid - Sussex)</p><p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p><p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p><p>7pm Young Adult Survivors Support Group (Zoom)</p></div>	<div><p>11</p><p>10am Walking Warriors (In-person at Winterthur)</p></div>
<div><p>14</p><p>10am Participant Support Group (In-person & Zoom)</p><p>1pm Pottery at the Delaware Art Museum (In-person)</p></div>	<div><p>15</p><p>11am Gentle Yoga w/ Shannon (In-person)</p><p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p><p>1:30pm Poetry of Wellness (Zoom)</p><p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p><p>2:30pm GYN Cancer Support Group (Zoom)</p><p>6:15pm Participant Support Group</p><p>6:15pm Caregiver Support Group</p></div>	<div><p>16</p><p>12n T'ai Chi Chih with Jessica (In-person)</p><p>2pm Chair Yoga with Rita (In-person & FB Live)</p><p>5pm The New You (Hybrid - Sussex)</p><p>6:30pm Participant Support Group (Zoom)</p></div>	<div><p>17</p><p>10am Chair Yoga with Reber (Hybrid - Sussex)</p><p>10:30am KnitWits (In-person)</p><p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p><p>1:30pm Meditation with Nicole (In-person)</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></div>	<div><p>18</p><p>Offices Closed</p><p>10am Walking Warriors (In-person at Winterthur)</p></div>
<div><p>21</p><p>10am Participant Support Group (In-person & Zoom)</p><p>4:30pm Nutrition with Elena (Zoom)</p><p>6:30pm Prostate Cancer Support Group (In-person & Zoom)</p></div>	<div><p>22</p><p>11am Gentle Yoga w/ Shannon (In-person)</p><p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p><p>1:30pm Poetry of Wellness (Zoom)</p><p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p><p>6:15pm Participant Support Group (Zoom)</p><p>6:15pm Caregiver Support Group (Zoom)</p></div>	<div><p>23</p><p>12n T'ai Chi Chih with Jessica (In-person & FB Live)</p><p>12n Cooking with Chef Dave (Hybrid - Sussex)</p><p>2pm Chair Yoga (In-person only)</p><p>6:30pm Participant Support Group (Zoom)</p></div>	<div><p>24</p><p>10am Chair Yoga with Reber (Hybrid - Sussex)</p><p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p><p>11am Life Roadmap Class (In-person)</p><p>1:30pm Meditation with Nicole (In-person)</p><p>4pm Sound Meditation w/ Mary (Zoom & FB Live)</p><p>6pm Spirituality, Uncertainty Cancer (Zoom)</p><p>6:30pm Lung Cancer Support Group (Zoom)</p></div>	<div><p>25</p><p>10am Walking Warriors (In-person at Winterthur)</p><p>10am READ Book Club (In-person & Zoom)</p></div> <div><p>Sat 26</p><p>10am Life Roadmap Class (Zoom)</p></div>
<div><p>28</p><p>10am Participant Support Group (In-person & Zoom)</p><p>1pm Zentangle (In-person)</p><p>6:00pm Blood Cancer Support Group (Zoom)</p><p>7:00pm Welcome Meeting (Zoom)</p></div>	<div><p>29</p><p>11am Gentle Yoga w/ Shannon (In-person)</p><p>12:30pm Gentle Yoga w/ Lisa (In-person in Middletown)</p><p>1:30pm Poetry of Wellness (Zoom)</p><p>1:45pm Qi Gong/Tai Chi with Bill (In-person in Middletown)</p><p>6:15pm Participant Support Group (Zoom)</p><p>6:15pm Caregiver Support Group (Zoom)</p></div>	<div><p>30</p><p>12n T'ai Chi Chih with Jessica (In-person)</p><p>2pm Chair Yoga with Rita (In-person)</p><p>6:30pm Participant Support Group (Zoom)</p></div>	<div><p>Types of Programs:</p><p>Zoom/FB Live: Program is fully virtual</p><p>Hybrid: Program is at another location but you can join virtually</p><p>In-Person: Program is happening in-person in New Castle County (will specify if virtual option is also available)</p></div> <div><p>302-995-2850</p><p>4810 Lancaster Pike Wilmington DE 19807</p></div>	