

Monday	Tuesday	Wednesday	Thursday	Friday	
<div></div> <div>April 2025</div> <div>Program Calendar Sussex County</div>	<div>1</div> <div>1:30pm Poetry of Wellness (Zoom)</div>	<div>2</div> <div>10am Walking Warriors (Rehoboth)</div> <div>10:30a Expressive Art (In-person)</div> <div>2pm Chair Yoga with Rita (FB Live)</div> <div>5pm The New You (In-person &amp; Zoom)</div>	<div>3</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>5:00pm Meditation with Clare (Zoom)</div> <div>6:30pm Breast Cancer Support Group (Zoom)</div>	<div>4</div>	
	<div>7</div> <div>5pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>6:30pm Colorectal Cancer Support Group (Zoom)</div>	<div>8</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>6:30pm - The Next Step (Hybrid - New Castle)</div>	<div>9</div> <div>10a Walking Warriors (Rehoboth)</div> <div>11am Tai Chi with Linda (In-person)</div> <div>12n T'ai Chi Chih with Jessica (FB Live)</div>	<div>10</div> <div>10am Welcome Meeting (Zoom)</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>4pm Sound Meditation with Mary (In-person at Metta Studio)</div> <div>6pm Spirituality, Uncertainty and Cancer (Zoom)</div> <div>7pm Young Adult Survivors Support Group (Zoom)</div>	<div>11</div>
	<div>14</div> <div>5pm Caregiver Support Group (In-person &amp; Zoom)</div>	<div>15</div> <div>1:30pm Poetry of Wellness (Zoom)</div> <div>2:30pm GYN Cancer Support Group (Zoom)</div>	<div>16</div> <div>10am Walking Warriors (Rehoboth)</div> <div>2pm Chair Yoga with Rita (FB Live)</div> <div>5pm The New You (In-person &amp; Zoom)</div>	<div>17</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>5pm Meditation with Clare (Zoom)</div> <div>6:30pm Metastatic Breast Cancer Support Group (Zoom)</div> <div>6:30pm Breast Cancer Support Group (Zoom)</div>	<div>18</div> <div>Offices Closed</div>
	<div>21</div> <div>10am The Next Step (In-person)</div> <div>4:30pm Nutrition with Elena (Zoom)</div> <div>5pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>6:30pm Prostate Cancer Support Group (Hybrid - New Castle)</div>	<div>22</div> <div>1:30pm Poetry of Wellness (Zoom)</div>	<div>23</div> <div>9am Coffee &amp; Conversation: Men's Group (In-person)</div> <div>10a Walking Warriors (Rehoboth)</div> <div>11am Tai Chi with Linda (In-person)</div> <div>12n T'ai Chi Chih with Jessica (FB Live)</div> <div>12n Cooking with Chef Dave: A Taste of the Caribbean (In-person &amp; Zoom)</div>	<div>24</div> <div>10am Chair Yoga with Reber (In-person &amp; Zoom)</div> <div>11am Beginner's Yoga with Reber (In-person &amp; Zoom)</div> <div>1:30pm Participant Support Group (In-person &amp; Zoom)</div> <div>1:30pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>4pm Sound Meditation with Mary (FB Live &amp; Zoom)</div> <div>6pm Spirituality, Uncertainty and Cancer (Zoom)</div> <div>6:30pm Lung Cancer Support Group (Zoom)</div>	<div>25</div> <div>10am READ Book Club (Hybrid - New Castle)</div>
	<div>28</div> <div>5pm Caregiver Support Group (In-person &amp; Zoom)</div> <div>6pm Blood Cancer Support Group (Zoom)</div> <div>7pm Welcome Meeting (Zoom)</div>	<div>29</div> <div>1:30pm Poetry of Wellness (Zoom)</div>	<div>30</div> <div>10a Walking Warriors (Rehoboth)</div>	<div>Types of Programs:</div> <div>Zoom/FB Live: Program is fully virtual</div> <div>Hybrid: Program is at another location but you can join virtually</div> <div>In-Person: Program is happening in-person in Sussex County (will specify if virtual option is also available)</div> <div>302-645-9150</div> <div>18947 John J Williams Hwy Ste 312</div> <div>Rehoboth Beach, DE 19971</div>	