



302-645-9150
812 S Bradford St
Dover DE 19904

May 2025

Program Calendar—Kent County

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)

www.cancersupportdelaware.org

1

10am Chair Yoga with Reber (Hybrid - Sussex)
11am Beginner's Yoga with Reber (Hybrid - Sussex)
6:30pm Breast Cancer Support Group (Zoom)

2



Scan QR code to visit calendar on website

5

10am Tai Chi with Ran (In-person)
5pm Caregiver Support Group (Zoom)
6:30pm Colorectal Cancer Support Group (Zoom)

6

11:15am Chair Yoga with Elena (In-person)
12:30pm Gentle Yoga with Lisa (In-person in **Middletown**)
1:30pm Poetry of Wellness (Zoom)
1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**)

7

12p Cooking with Chef Dave (Hybrid - Sussex)
2pm Chair Yoga with Rita (FB Live)
5pm The New You (Hybrid - Sussex)

8

10am Welcome Meeting (Zoom)
10am Chair Yoga with Reber (Hybrid - Sussex)
11am Beginner's Yoga with Reber (Hybrid - Sussex)
5pm Meditation with Clare (Zoom)
6pm Spirituality, Uncertainty and Cancer (Zoom)
7pm Young Adult Survivors Support Group (Zoom)

9

12

10am Tai Chi with Ran (In-person)
5pm Caregiver Support Group (Zoom)

13

11:15am Chair Yoga with Elena (In-person)
12:30pm Gentle Yoga with Lisa (In-person in **Middletown**)
12:30pm Cancer Support Group (In-person & Zoom)
1:30pm Poetry of Wellness (Zoom)
1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**)
6:30pm The Next Step (Hybrid - New Castle)

14

12n T'ai Chi Chih with Jessica (FB Live)

15

10am Chair Yoga with Reber (Hybrid - Sussex)
11am Beginner's Yoga w/ Reber (Hybrid - Sussex)
6:30pm Metastatic Breast Cancer Support Group (Zoom)
6:30pm Breast Cancer Support Group (Zoom)

16

19

10am Tai Chi w/ Ran (In-person)
4:30pm In the Kitchen with Elena: Women's Health & Nutrition (Zoom)
5pm Caregiver Support Group (Zoom)
6:30pm Prostate Cancer Support Group (Hybrid - New Castle)
7pm Welcome Meeting (Zoom)

20

11:15am Chair Yoga with Elena (In-person)
12:30pm Gentle Yoga w/ Lisa (In-person in **Middletown**)
12:30pm Cancer Support Group (In-person & Zoom)
1:30pm Poetry of Wellness (Zoom)
1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**)
2:30pm GYN Cancer Support Group (Zoom)

21

2pm Chair Yoga with Rita (FB Live)
5pm The New You (Hybrid - Sussex)

22

10am Chair Yoga with Reber (Hybrid - Sussex)
11am Beginner's Yoga w/ Reber (Hybrid - Sussex)
4pm Sound Meditation with Mary (Zoom & FB Live)
6pm Spirituality, Uncertainty and Cancer (Zoom)
6:30pm Lung Cancer Support Group (Zoom)

23

26

Offices Closed



27

11:15am Chair Yoga with Elena (In-person)
12:30pm Gentle Yoga with Lisa (In-person in **Middletown**)
12:30pm Cancer Support Group (In-person & Zoom)
1:30pm Poetry of Wellness (Zoom)
1:45pm Qi Gong/Tai Chi with Bill (In-person in **Middletown**)

28

12n T'ai Chi Chih with Jessica (FB Live)

29

10am Chair Yoga with Reber (Hybrid - Sussex)
11am Beginner's Yoga with Reber (Hybrid - Sussex)
5pm Sun, Skin and Safety (Zoom & FB Live)

30

10am READ Book Club (Hybrid - New Castle)

Sat 5/31 & Sun 6/1

Crush Out Cancer Weekend