

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4pm Restorative Yoga with Shannon (In-person)</p> <p>6:30pm Colorectal Cancer Support Group (Zoom)</p>	<p><b>3</b></p> <p>11am Gentle Yoga with Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p><b>4</b></p> <p>12n T'ai Chi Chih with Jessica (In-person only)</p> <p>2pm Chair Yoga with Rita (In-person &amp; FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>5</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>10:30am KnitWits (In-person)</p> <p>11am Beginner's Yoga with Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>5pm Meditation with Clare (Zoom)</p> <p><b>6:30pm Nutrition During Treatment (Zoom &amp; FB Live)</b></p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>6</b></p> <p>10am Walking Warriors (In-person at Winterthur)</p>  <p>Scan QR code to visit calendar on website</p>
<p><b>9</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4pm Restorative Yoga with Shannon (In-person)</p>	<p><b>10</b></p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Group (Zoom)</p> <p>6:30pm The Next Step (In-person &amp; Zoom)</p>	<p><b>11</b></p> <p>12n Cooking with Chef Dave (Hybrid - Sussex)</p> <p>12n T'ai Chi Chih with Jessica (In-person &amp; FB Live)</p> <p>2pm Chair Yoga with Rita (In-person only)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>12</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>1:30pm Meditation with Nicole (In-person)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p> <p><b>6:30pm Nutrition During Treatment (Zoom &amp; FB Live)</b></p> <p>7pm Young Adult Survivors Support Group (Zoom)</p>	<p><b>13</b></p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p><b>16</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p><b>1pm Painting Workshop with Monica (In-person)</b></p> <p>4pm Restorative Yoga with Shannon (In-person)</p> <p>6:30pm Prostate Cancer Support Group (In-person &amp; Zoom)</p>	<p><b>17</b></p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p><b>1pm Sound Meditation with Liana (In-person)</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>2:30pm GYN Cancer Support Group (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p><b>18</b></p> <p>12n T'ai Chi Chih with Jessica (In-person)</p> <p>2pm Chair Yoga with Rita (In-person &amp; FB Live)</p> <p>5pm The New You (Hybrid - Sussex)</p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>19</b></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 Lung Cancer Support Group (Zoom)</p> <p>6:30pm Breast Cancer Support Group (Zoom)</p>	<p><b>20</b></p> <p>10am Walking Warriors (In-person at Winterthur)</p>
<p><b>23</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4pm Restorative Yoga with Shannon (In-person)</p> <p><b>4:30pm Nutrition with Elena: Phytochemicals (Zoom)</b></p> <p>6:00pm Blood Cancer Support Group (Zoom)</p>	<p><b>24</b></p> <p>11am Gentle Yoga w/ Shannon (In-person)</p> <p>12:30pm Gentle Yoga w/ Lisa (In-person in <b>Middletown</b>)</p> <p>1:45pm Qi Gong/Tai Chi with Bill (In-person in <b>Middletown</b>)</p> <p><b>1pm Metastatic Breast Cancer Support Group (In-person &amp; Zoom)</b></p> <p><b>1pm Sound Meditation with Liana (In-person)</b></p> <p>1:30pm Poetry of Wellness (Zoom)</p> <p>6:15pm Participant Support Group (Zoom)</p> <p>6:15pm Caregiver Support Group (Zoom)</p>	<p><b>25</b></p> <p>12n T'ai Chi Chih with Jessica (In-person &amp; FB Live)</p> <p>2pm Chair Yoga with Rita (In-person)</p> <p><b>3:30pm Doing Death Differently: A Conversation with a Death Doula (Zoom &amp; FB Live)</b></p> <p>6:30pm Participant Support Group (Zoom)</p>	<p><b>26</b></p> <p>10am Chair Yoga with Reber (Hybrid - Sussex)</p> <p>11am Beginner's Yoga w/ Reber (Hybrid - Sussex)</p> <p>1:30pm Meditation with Nicole (In-person)</p> <p>4pm Sound Meditation with Mary (Zoom &amp; FB Live)</p> <p>6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p><b>27</b></p> <p>10am Walking Warriors (In-person at Winterthur)</p> <p>10am READ Book Club (In-person at Helen Graham Cancer Center)</p>
<p><b>30</b></p> <p>10am Participant Support Group (In-person &amp; Zoom)</p> <p>4pm Restorative Yoga with Shannon (In-person)</p> <p><b>7pm Welcome Meeting (Zoom)</b></p>	<div>  <p><b>CANCER SUPPORT COMMUNITY DELAWARE</b></p> <p>www.cancersupportdelaware.org</p> </div> <div> <h2>June 2025</h2> <p><b>Program Calendar—New Castle County</b></p> <p>302-995-2850</p> <p>4810 Lancaster Pike Wilmington DE 19807</p> <div> <p><u>Types of Programs:</u></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>			