

Monday

Tuesday

Wednesday

Thursday

Friday



**CANCER SUPPORT  
COMMUNITY  
DELAWARE**  
www.cancersupportde.org

# July 2026 Program Calendar

**Kent County**  
302-645-9150  
812 S Bradford St  
Dover DE 19904

**5pm** The New You  
(Zoom)

**10am** Chair Yoga with Reber (Hybrid -  
Sussex)  
**11am** Yoga with Reber (Hybrid - Sussex)  
**1pm** T'ai Chi Chih with Jessica (FB Live)  
**5pm** Meditation with Clare (Zoom)  
**6:30pm** Breast Cancer Support Group  
(Zoom)

Offices Closed  
  
Scan QR code to view  
calendar on website

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

**10am** Chair Yoga with Reber (Hybrid -  
Sussex)  
**10am** *Welcome Meeting* (Zoom)  
**11am** Yoga with Reber (Hybrid - Sussex)  
**6pm** Spirituality, Uncertainty and Cancer  
(Zoom)  
**7pm** Young Adult Cancer Support Group  
(Zoom)

Types of Programs:  
**Zoom:** Join program  
virtually  
**FB Live:** Watch  
program live  
**Hybrid:** Program is  
in-person at  
another location  
and you can join  
virtually via Zoom  
**In-person:** Join in-  
person at the Dover  
office

**10am** Tai Chi  
(In-person)  
**5pm** Caregiver Support  
Group (Zoom)  
**5:30pm** Coaching  
Corner (Zoom)

**11:15am** Chair Yoga with Elena (In-person)  
**12:30pm** Gentle Yoga with Lisa (Middletown)  
**12:30pm** Cancer Support Group (In-person &  
Zoom)  
**1pm** Stage 4 Couch Support Group (Hybrid -  
New Castle)  
**1:30pm** Poetry of Wellness (Zoom)  
**1:45pm** Qi Gong/Tai Chi with Bill (Middletown)

**10am** GYN Cancer  
Support Group  
(Zoom)  
**5pm** The New You  
(Zoom)

**10am** Chair Yoga with Reber (Hybrid - Sussex)  
**10:30am** Creative Writing Workshop (Hybrid-  
Sussex)  
**11am** Yoga with Reber (Hybrid - Sussex)  
**1pm** T'ai Chi Chih with Jessica (FB Live)  
**5pm** Meditation with Clare (Zoom)  
**6:30pm** Breast Cancer Support Group  
(Zoom)  
**6:30pm** Lung Cancer Support Group (Zoom)

**10am** Tai Chi (In-  
person)  
**5pm** Caregiver Support  
Group (Zoom)  
**6:30pm** Prostate  
Cancer Support Group  
(Hybrid - New Castle)

**11:15am** Chair Yoga with Elena (In-person)  
**12:30pm** Gentle Yoga with Lisa  
(Middletown office)  
**1:30pm** Poetry of Wellness (Zoom)  
**1:45pm** Qi Gong/Tai Chi with Bill  
(Middletown office)  
**4pm** *Sleep & Cancer (Zoom & FB Live)*

**12pm** Cooking  
with Chef Dave  
(Hybrid - Sussex)

**10am** Chair Yoga with Reber (Hybrid -  
Sussex)  
**11am** Yoga with Reber (Hybrid - Sussex)  
**1:30pm** Meditation with Nicole (In-  
person)  
**6pm** Spirituality, Uncertainty and  
Cancer (Zoom)

**10am** Tai Chi (In-person)  
**3pm** Nutrition with Elena  
(Zoom & FB Live)  
**5pm** Caregiver Support  
Group (Zoom)  
**6pm** Blood Cancer Support  
Group (Zoom)  
**7pm** *Welcome Meeting*  
(Zoom)

**11:15am** Chair Yoga with Elena (In-person)  
**12:30pm** Gentle Yoga with Lisa (Middletown  
office)  
**12:30pm** Cancer Support Group (In-person)  
**1pm** Stage 4 Couch Support Group (In-person &  
Zoom)  
**1:30pm** Poetry of Wellness (Zoom)  
**1:45pm** Qi Gong/Tai Chi with Bill (Middletown  
office)

**10am** Chair Yoga with Reber (Hybrid -  
Sussex)  
**11am** Yoga with Reber (Hybrid - Sussex)  
**1:30pm** Meditation with Nicole (In-  
person)

**10am** READ  
Book Club  
(Hybrid - New  
Castle)