

Monday

Tuesday

Wednesday

Thursday

Friday



www.cancersupportde.org

# July 2026

## Program Calendar


New Castle County

302-995-2850

4810 Lancaster Pike

Wilmington DE 19807

<p>10am Living with Cancer Support Group (In-person &amp; Zoom) 4:30pm Strength Training with Renee (In-person)</p>	<p>12:30pm Gentle Yoga with Lisa (Middletown office) 1pm Sound Meditation w/ Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office) 6:15pm Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>11:30am Yoga &amp; Mindfulness with Nicole (In-person) 5pm The New You (Zoom) 6:30pm Living with Cancer Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person &amp; FB Live) 1:30pm Meditation w/ Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)</p>	<p>Offices Closed</p> <div style="border: 1px solid black; padding: 5px;"> <p><u>Types of Programs:</u>  <b>Zoom:</b> Join program virtually  <b>FB Live:</b> Watch program live  <b>Hybrid:</b> Program is in-person at another location and you can join virtually via Zoom  <b>In-person:</b> Join in-person at the New Castle office</p> </div>
<p>10am Living with Cancer Support Group (In-person &amp; Zoom) 4:30pm Strength Training with Renee (In-person) 5:30pm Coaching Corner (Zoom)</p>	<p>12:30pm Gentle Yoga with Lisa (Middletown) 1pm Stage 4 Couch Support Group (In-person &amp; Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown) 6:15pm Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom) 6:30pm The Next Step (In-person)</p>	<p>10am GYN Cancer Support Group (Zoom) 11:30am Yoga &amp; Mindfulness with Nicole (In-person) 5pm The New You (Zoom) 6:30pm Living with Cancer Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am Creative Writing Workshop (In-person &amp; Zoom) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person &amp; FB Live) 1:30pm Meditation with Nicole (In-person) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom) 6:30pm Lung Cancer Support Group (Zoom)</p>	<p>10am Walking Warriors (In-person at Winterthur)</p>  <p>Scan QR code to view calendar on website</p>
<p>10am Living with Cancer Support Group (In-person &amp; Zoom) 1pm Collage Landscape Workshop (In-person) 4:30pm Strength Training with Renee (In-person) 6:30pm Prostate Cancer Support Group (In-person &amp; Zoom)</p>	<p>12:30pm Gentle Yoga with Lisa (Middletown office) 1pm Sound Meditation with Liana (In-person) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office) 4pm Sleep &amp; Cancer (Zoom &amp; FB Live) 6:15pm Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>11:30am Yoga &amp; Mindfulness with Nicole (In-person) 12pm Cooking with Chef Dave (Hybrid - Sussex) 6:30pm Living with Cancer Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 10:30am Mahjong (In-person) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person) 1:30pm Meditation with Nicole (In-person) 6pm Spirituality, Uncertainty and Cancer (Zoom)</p>	<p>10am Walking Warriors (In-person at Winterthur)</p>
<p>10am Living with Cancer Support Group (In-person &amp; Zoom) 3pm Nutrition with Elena (Zoom &amp; FB Live) 4:30pm Strength Training with Renee (In-person) 6pm Blood Cancer Support Group (Zoom) 7pm Welcome Meeting (Zoom)</p>	<p>12:30pm Gentle Yoga with Lisa (Middletown office) 1pm Stage 4 Couch Support Group (In-person &amp; Zoom) 1:30pm Poetry of Wellness (Zoom) 1:45pm Qi Gong/Tai Chi with Bill (Middletown office) 6:15pm Living with Cancer Support Group (Zoom) 6:15pm Caregiver Support Group (Zoom)</p>	<p>11:30am Yoga &amp; Mindfulness with Nicole (In-person) 6:30pm Living with Cancer Support Group (Zoom)</p>	<p>10am Chair Yoga with Reber (Hybrid - Sussex) 11am Yoga with Reber (Hybrid - Sussex) 1pm T'ai Chi Chih with Jessica (In-person) 1:30pm Meditation with Nicole (In-person)</p>	<p>10am Walking Warriors (In-person at Winterthur) 10am READ Book Club (In-person &amp; Zoom)</p>

 PAWS for People Visits (In-person) 7/15 1-2 PM 7/21 12-1 PM 7/30 12:30-1:30 PM 