

# September 2024

Monday

Tuesday

Wednesday

Thursday

Friday

**2**

**Peaceful Practices for Life: Medical Qi Gong** **3**  
11:00am - 12:00pm

**Men's Cancer Support Group**  
Steeplechase Cancer Center  
11:00am - 12:30pm

**T'ai Chi Chih**  
12:30pm - 1:30pm

**Yoga** | 6:30pm - 7:30pm

**Yoga, Breathe & Balance** **4**  
9:30am - 10:30am

**Advanced Breast Cancer Support Group**  
11:30am - 1:00pm

**Yoga para el Bienestar**  
6:30pm - 7:30pm

**Move and Tone** **5**  
9:00am - 10:00am

**Caregiver Support Group**  
12:00pm - 1:30pm

**Hablemos Sobre el Cáncer de Mama y el Riesgo de Recurrencia**  
6:30pm - 7:30pm

**6**

**LaBlast Dance Class** **9**  
Pluckemin Presbyterian Church  
Trinity Room  
10:30am - 11:30am

**Wellness Workout**  
6:00pm - 7:00pm

**Balance, Harmony, Flow: Jin Shin Jyutsu** **10**  
9:30am - 10:30am

**Peaceful Practices for Life: Meditation** | 11:00am - 12:00pm

**T'ai Chi Chih** | 12:30pm - 1:30pm

**HCW: Pluckemin Presbyterian Church** | 2pm - 4pm

**Yoga** | 6:30pm - 7:30pm

**Yoga, Breathe & Balance** **11**  
9:30am - 10:30am

**Reiki Circle**  
Bridgewater Library, Room B  
4:30pm - 6:00pm

**Men's Cancer Support Group**  
6:30pm - 8:00pm

**Move and Tone** **12**  
9:00am - 10:00am

**Bereavement Support Group**  
11:00am - 12:30pm

**Latino Support Group**  
7:00pm - 8:30pm

**13**

**Wellness Workout** **16**  
6:00pm - 7:00pm

**Peaceful Practices for Life: Spirituality** **17**  
11:00am - 12:00pm

**T'ai Chi Chih**  
12:30pm - 1:30pm

**Yoga** | 6:30pm - 7:30pm

**Writing Workshop for Children and Youth**  
7:00pm - 8:00pm

**Yoga, Breathe & Balance** **18**  
9:30am - 10:30am

**Advanced Breast Cancer Support Group**  
11:30am - 1:00pm

**Yoga para el Bienestar**  
6:30pm - 7:30pm

**Move and Tone** **19**  
9:00am - 10:00am

**Caregiver Support Group**  
12:00pm - 1:30pm

**Head & Hair Wrapping: History and Techniques for Those Affected by Cancer**  
6:30 - 7:30pm

**Fueling to Fight Fatigue & Boost Energy** **20**  
Pluckemin Presbyterian Church  
Covenant Room  
11:00am - 12:30pm

**LaBlast Dance Class** **23**  
Pluckemin Presbyterian Church  
Trinity Room  
10:30am - 11:30am

**Wellness Workout**  
6:00pm - 7:00pm

**Balance, Harmony, Flow: Jin Shin Jyutsu** **24**  
9:30am - 10:30am

**Peaceful Practices for Life: Spirituality** 11:00am - 12:00pm

**T'ai Chi Chih** 12:30pm - 1:30pm

**Yoga** | 6:30pm - 7:30pm

**Parent Pop-Up for Parents of Children with Pediatric Cancer**  
7:00pm - 8:00pm

**Yoga, Breathe & Balance** **25**  
9:30am - 10:30am

**Reiki Circle**  
Bridgewater Library, Room B  
4:30pm - 6:00pm

**Men's Cancer Support Group**  
6:30pm - 8:00pm

**Move and Tone** **26**  
9:00am - 10:00am

**Bereavement Support Group**  
11:00am - 12:30pm

**Let's Talk About Breast Cancer and Risk of Recurrence**  
4:30pm - 5:30pm

**Latino Support Group**  
7:00pm - 8:30pm

**27**

**Wellness Workout** **30**  
6:00pm - 7:00pm

**Sip & Support: Lemonade for Childhood Cancer Awareness Month**  
7:00pm - 8:00pm

\*For real time updates of our general programs and support group schedules, please visit our website at: [crossroads4hope.org/generalprograms/](https://crossroads4hope.org/generalprograms/) | [crossroads4hope.org/support-groups/](https://crossroads4hope.org/support-groups/) | [crossroads4hope.org/health-champion-program/](https://crossroads4hope.org/health-champion-program/)

## Calendar Legend:

**In Person Programs**

**Mind & Body Programs**

**Support Groups**

**Education & Nutrition**

**Health Champion Workshops (HCW)**

# October 2024

Monday

Tuesday

Wednesday

Thursday

Friday

**7**  
Wellness Workout  
6:00pm - 7:00pm

**14**  
LaBlast Dance Class  
Pluckemin Presbyterian Church  
Trinity Room  
10:30am - 11:30am  
  
Wellness Workout  
6:00pm - 7:00pm

**21**  
Wellness Workout  
6:00pm - 7:00pm

**28**  
LaBlast Dance Class  
Pluckemin Presbyterian Church  
Trinity Room  
10:30am - 11:30am  
  
Wellness Workout  
6:00pm - 7:00pm

**1**  
Peaceful Practices for Life:  
Medical Qi Gong  
11:00am - 12:00pm  
  
Men's Cancer Support Group  
Steeplechase Cancer Center  
11:00am - 12:30pm  
  
T'ai Chi Chih  
12:30pm - 1:30pm  
  
Yoga  
6:30pm - 7:30pm

**8**  
Balance, Harmony, Flow:  
Jin Shin Jyutsu  
9:30am - 10:30am  
  
Peaceful Practices for Life:  
Meditation  
11:00am - 12:00pm  
  
T'ai Chi Chih  
12:30pm - 1:30pm  
  
Yoga | 6:30pm - 7:30pm

**15**  
T'ai Chi Chih  
12:30pm - 1:30pm  
  
Yoga | 6:30pm - 7:30pm

**22**  
Balance, Harmony, Flow:  
Jin Shin Jyutsu  
9:30am - 10:30am  
  
Peaceful Practices for Life:  
Spirituality  
11:00am - 12:00pm  
  
T'ai Chi Chih  
12:30pm - 1:30pm  
  
Yoga | 6:30pm - 7:30pm

**29**  
Day of Peace & Practice:  
Journaling and T'ai Chi Chih  
Bridgewater Library, Room C  
11:00am - 12:00pm (Journaling)  
12:30pm - 1:30pm (T'ai Chi Chih)  
1:30pm: Bring your own lunch  
  
Boogeyman in the Closest  
6:00pm - 7:30pm  
  
Yoga | 6:30pm - 7:30pm

**2**  
Yoga, Breathe & Balance  
9:30am - 10:30am  
  
Advanced Breast Cancer Support  
Group | 11:30am - 1:00pm  
  
Yoga para el Bienestar  
6:30pm - 7:30pm

**9**  
Yoga, Breathe & Balance  
9:30am - 10:30am  
  
Reiki Circle  
Bridgewater Library, Room C  
4:30pm - 6:00pm  
  
Men's Cancer Support Group  
6:30pm - 8:00pm

**16**  
Yoga, Breathe & Balance  
9:30am - 10:30am  
  
Advanced Breast Cancer Support  
Group | 11:30am - 1:00pm  
  
Yoga para el Bienestar  
6:30pm - 7:30pm  
  
Conexión Para Padres: Apoyando a  
Nuestra Comunidad de Habla  
Hispana | 7:00pm - 8:00pm

**23**  
Yoga, Breathe & Balance  
9:30am - 10:30am  
  
Reiki Circle  
Bridgewater Library, Room C  
4:30pm - 6:00pm  
  
Men's Cancer Support Group  
6:30pm - 8:00pm  
  
Not So Scary Cancer: A Kids  
Educational Workshop | 7:00-8:00pm

**30**  
Yoga, Breathe & Balance  
9:30am - 10:30am  
  
Advanced Breast Cancer Support  
Group | 11:30am - 1:00pm  
  
Yoga para el Bienestar  
6:30pm - 7:30pm

**3**  
Move and Tone  
9:00am - 10:00am  
  
Caregiver Support Group  
12:00pm - 1:30pm

**10**  
Move and Tone  
9:00am - 10:00am  
  
HCW: Pluckemin Presbyterian  
Church 10am - 12pm  
  
Bereavement Support Group  
11:00am - 12:30pm  
  
Latino Support Group  
7:00pm - 8:30pm

**17**  
Move and Tone  
9:00am - 10:00am  
  
Caregiver Support Group  
12:00pm - 1:30pm

**24**  
Move and Tone  
9:00am - 10:00am  
  
Bereavement Support Group  
11:00am - 12:30pm  
  
Latino Support Group  
7:00pm - 8:00pm

**31**  
Move and Tone  
9:00am - 10:00am

**4**

**11 / 12**

**SUNDAY, OCT. 13TH**  
Our Cancer Stories  
McCarter Theatre Center  
1:00pm - 3:00pm

**18**

**25**

## Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)

\*For real time updates of our general programs and support group schedules, please visit our website at:  
crossroads4hope.org/generalprograms/ | crossroads4hope.org/support-groups/ | crossroads4hope.org/health-champion-program/