

October 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Peaceful Practices for Life: Medical Qi Gong 1
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 2
9:30am - 10:30am

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

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

Move and Tone 3
9:00am - 10:00am

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

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

Balance, Harmony, Flow: Jin Shin Jyutsu 8
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

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

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

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

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

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

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

11 / 12

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

LaBlast Dance Class 14
Pluckemin Presbyterian Church Trinity Room
10:30am - 11:30am

Wellness Workout
6:00pm - 7:00pm

T'ai Chi Chih 15
12:30pm - 1:30pm

Yoga | 6:30pm - 7:30pm

Yoga, Breathe & Balance 16
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

Move and Tone 17
9:00am - 10:00am

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

18

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

Balance, Harmony, Flow: Jin Shin Jyutsu 22
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

Yoga, Breathe & Balance 23
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

Move and Tone 24
9:00am - 10:00am

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

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

25

LaBlast Dance Class 28
Pluckemin Presbyterian Church Trinity Room
10:30am - 11:30am

Wellness Workout
6:00pm - 7:00pm

Day of Peace & Practice: Journaling and T'ai Chi Chih 29
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

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

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

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

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

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/

November 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Breathe to Thrive: Empowering Caregivers and Cancer Survivors' Wellbeing through Breathwork **4**
 Crossroads4Hope
 11:30 AM - 12:30 PM
Wellness Workout
 6:00pm - 7:00pm

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

Wellness Workout **18**
 6:00pm - 7:00pm

LaBlast Dance Class **25**
 Pluckemin Presbyterian Church
 Trinity Room | 10:30am - 11:30am
Wellness Workout
 6:00pm - 7:00pm

Peaceful Practices for Life: Medical Qi Gong **5**
 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

Balance, Harmony, Flow: Jin Shin Jyutsu **12**
 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

Peaceful Practices for Life: Spirituality **19**
 11:00am - 12:00pm
T'ai Chi Chih
 12:30pm - 1:30pm
Yoga | 6:30pm - 7:30pm

Balance, Harmony, Flow: Jin Shin Jyutsu **26**
 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

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

Yoga, Breathe & Balance **13**
 9:30am - 10:30am
Reiki Circle
 Crossroads4Hope, Sharon's Room
 4:30pm - 6:00pm
Parent Pop-Up Connection: Coping with the Holidays
 7:00 - 8:00pm
Men's Cancer Support Group
 6:30pm - 8:00pm

Yoga, Breathe & Balance **20**
 9:30am - 10:30am
Advanced Breast Cancer Support Group 11:30am - 1:00pm
Yoga para el Bienestar
 6:30pm - 7:30pm

Yoga, Breathe & Balance **27**
 9:30am - 10:30am
Reiki Circle
 Bridgewater Library, Room C
 4:30pm - 6:00pm
Men's Cancer Support Group
 6:30pm - 8:00pm

Move and Tone **7**
 9:00am - 10:00am
Caregiver Support Group
 12:00pm - 1:30pm
Estrategias para Vivir Bien Durante y Después del Tratamiento del Cáncer de Mama
 6:30PM - 7:30PM

Move and Tone **14**
 9:00am - 10:00am
Bereavement Support Group
 11:00am - 12:30pm
Strategies for Living Well During Breast Cancer Treatment and Beyond | 4:30 PM-5:30PM
Latino Support Group
 7:00pm - 8:30pm

Move and Tone **21**
 9:00am - 10:00am
Caregiver Support Group
 12:00pm - 1:30pm

28
THANKSGIVING

1

8

15

22
 Culinary Crossroads
 Pluckemin Presbyterian Church Covenant Room
 11:00am - 12:30pm

29

*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/

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