

December 2024



Monday

Wellness Workout 2
6:00pm - 7:00pm

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

Wellness Workout
6:00pm - 7:00pm

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

23

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

Tuesday

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

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

Yoga | 6:30pm - 7:30pm

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

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

Yoga
6:30pm - 7:30pm

24

31

Wednesday

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

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

Harness Health through Energy Healing | 5:30 - 6:30pm

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

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

Reiki Circle
Crossroads4Hope, Sharon's Room
4:30pm - 6:00pm

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

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

Advanced Breast Cancer Support Group
Crossroad4hope
11:30am - 1:00pm

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

25

Office Closed for Holiday

Thursday

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

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

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

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

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

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

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

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

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

Friday

6

13

20

27

**** Please note the changes to the calendar based on holiday weeks ****
The Crossroads4Hope Team wishes you Happy Holidays!

*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/

Calendar Legend:

- In Person Programs
- Mind & Body Programs
- Support Groups
- Education & Nutrition
- Health Champion Workshops (HCW)

January 2025



Monday

Tuesday

Wednesday

Thursday

Friday

		1 Office Closed for Holiday	2 Move and Tone 9:00am - 10:00am Caregiver Support Group 12:00pm - 1:30pm	3
6 Wellness Workout 6:00pm - 7:00pm	7 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 Gather & Share: A Community Potluck Pluckemin Presbyterian Church 5:30pm - 7:30pm Yoga 6:30pm - 7:30pm	8 Yoga, Breathe & Balance 9:30am - 10:30am Advanced Breast Cancer Support Group 11:30am - 1:00pm Reiki Circle Crossroads4Hope, Sharon's Room 4:30pm - 6:00pm Men's Cancer Support Group 6:30pm - 8:00pm	9 Move and Tone 9:00am - 10:00am Bereavement Support Group 11:00am - 12:30pm New Year Intention Setting with Mindfulness & Meditation 4:30 PM - 5:30 PM Latino Support Group 7:00pm - 8:30pm	10
13 LaBlast Dance Class Pluckemin Presbyterian Church Trinity Room 10:30am - 11:30am Wellness Workout 6:00pm - 7:00pm Parent Pop-Up Connection: Creating a Year of Intention 7:00 - 8:00 PM	14 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 Yoga, Breathe & Balance 9:30am - 10:30am Advanced Breast Cancer Support Group 11:30am - 1:00pm Yoga para el Bienestar 6:30pm - 7:30pm	16 Move and Tone 9:00am - 10:00am Caregiver Support Group 12:00pm - 1:30pm	17
20 Wellness Workout 6:00pm - 7:00pm	21 Peaceful Practices for Life: Spirituality 11:00am - 12:00pm T'ai Chi Chih 12:30pm - 1:30pm Yoga 6:30pm - 7:30pm	22 Yoga, Breathe & Balance 9:30am - 10:30am Reiki Circle Crossroads4Hope, Sharon's Room 4:30pm - 6:00pm Men's Cancer Support Group 6:30pm - 8:00pm	23 Move and Tone 9:00am - 10:00am Bereavement Support Group 11:00am - 12:30pm Latino Support Group 7:00pm - 8:00pm	24
27 LaBlast Dance Class Pluckemin Presbyterian Church Trinity Room 10:30am - 11:30am Wellness Workout 6:00pm - 7:00pm	28 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 Yoga, Breathe & Balance 9:30am - 10:30am Advanced Breast Cancer Support Group 11:30am - 1:00pm Yoga para el Bienestar 6:30pm - 7:30pm	30 Move and Tone 9:00am - 10:00am	31

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Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)

February 2025



Monday

Tuesday

Wednesday

Thursday

Friday

Wellness Workout **3**
6:00pm - 7:00pm

Peaceful Practices for Life: Medical Qi Gong **4**
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 **5**
9:30am - 10:30am

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

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

Move and Tone **6**
9:00am - 10:00am

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

Conoce tus Derechos: Navegando las Leyes de Inquilinos y Propietarios en Nueva Jersey
6:00pm - 7:00pm

Transitioning to a Plant-Forward Diet **7**
Pluckemin Presbyterian Church
10:00am - 12:00pm

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

Wellness Workout
6:00pm - 7:00pm

Pop - Up Connections: Building Stronger Bonds
7:00pm - 8:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu **11**
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 **12**
9:30am - 10:30am

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

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

Move and Tone **13**
9:00am - 10:00am

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

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

14

Warming the Winter Blues **17**
12:30pm - 1:30pm

Wellness Workout
6:00pm - 7:00pm

Peaceful Practices for Life: Spirituality **18**
11:00am - 12:00pm

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

Yoga
6:30pm - 7:30pm

Yoga, Breathe & Balance **19**
9:30am - 10:30am

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

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

Move and Tone **20**
9:00am - 10:00am

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

Snowy Shakeup: Virtual Snow Globe Building Workshop
7:00pm - 8:00pm

Neurographic Arts Stress Relief Drawing Workshop **21**
Center for Contemporary Arts
10:00am - 12:00pm

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

LaBlast Dance Class **24**
Pluckemin Presbyterian Church
Trinity Room | 10:30am - 11:30am

Wellness Workout
6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu **25**
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 **26**
9:30am - 10:30am

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

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

Move and Tone **27**
9:00am - 10:00am

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

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

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