

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

		Office Closed for Holiday	<p>1</p>	<p>2</p> <p>Move and Tone 9:00am - 10:00am</p> <p>Caregiver Support Group 12:00pm - 1:30pm</p>	<p>3</p>
<p>6</p> <p>Wellness Workout 6:00pm - 7:00pm</p>	<p>7</p> <p>Peaceful Practices for Life: Medical Qi Gong 11:00am - 12:00pm</p> <p>Men's Cancer Support Group Steeplechase Cancer Center 11:00am - 12:30pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Gather & Share: A Community Potluck Pluckemin Presbyterian Church 5:30pm - 7:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>8</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Reiki Circle Crossroads4Hope, Sharon's Room 4:30pm - 6:00pm</p> <p>Men's Cancer Support Group 6:30pm - 8:00pm</p>	<p>9</p> <p>Move and Tone 9:00am - 10:00am</p> <p>Bereavement Support Group 11:00am - 12:30pm</p> <p>New Year Intention Setting with Mindfulness & Meditation 4:30 PM - 5:30 PM</p> <p>Latino Support Group 7:00pm - 8:30pm</p>	<p>10</p>	
<p>13</p> <p>LaBlast Dance Class Pluckemin Presbyterian Church Trinity Room 10:30am - 11:30am</p> <p>Wellness Workout 6:00pm - 7:00pm</p> <p>Parent Pop-Up Connection: Creating a Year of Intention 7:00 - 8:00 PM</p>	<p>14</p> <p>Balance, Harmony, Flow: Jin Shin Jyutsu 9:30am - 10:30am</p> <p>Peaceful Practices for Life: Meditation 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>15</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Advanced Breast Cancer Support Group 11:30am - 1:00pm</p> <p>Yoga para el Bienestar 6:30pm - 7:30pm</p>	<p>16</p> <p>Move and Tone 9:00am - 10:00am</p> <p>Caregiver Support Group 12:00pm - 1:30pm</p>	<p>17</p>	
<p>20</p> <p>Wellness Workout 6:00pm - 7:00pm</p>	<p>21</p> <p>Peaceful Practices for Life: Spirituality 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>22</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Reiki Circle Crossroads4Hope, Sharon's Room 4:30pm - 6:00pm</p> <p>Men's Cancer Support Group 6:30pm - 8:00pm</p>	<p>23</p> <p>Move and Tone 9:00am - 10:00am</p> <p>Bereavement Support Group 11:00am - 12:30pm</p> <p>Latino Support Group 7:00pm - 8:00pm</p>	<p>24</p>	
<p>27</p> <p>LaBlast Dance Class Pluckemin Presbyterian Church Trinity Room 10:30am - 11:30am</p> <p>Wellness Workout 6:00pm - 7:00pm</p>	<p>28</p> <p>Balance, Harmony, Flow: Jin Shin Jyutsu 9:30am - 10:30am</p> <p>Peaceful Practices for Life: Spirituality 11:00am - 12:00pm</p> <p>T'ai Chi Chih 12:30pm - 1:30pm</p> <p>Yoga 6:30pm - 7:30pm</p>	<p>29</p> <p>Yoga, Breathe & Balance 9:30am - 10:30am</p> <p>Advanced Breast Cancer Support Group 11:30am - 1:00pm</p> <p>Yoga para el Bienestar 6:30pm - 7:30pm</p>	<p>30</p> <p>Move and Tone 9:00am - 10:00am</p>	<p>31</p>	

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In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)