

# 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/](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)

# January 2025



Monday

Tuesday

Wednesday

Thursday

Friday

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

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