

# 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**  
**Covenant Room**  
11:00am - 12:30pm

**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**  
**Crossroads4Hope Office**  
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

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**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

**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**  
**Crossroads4Hope Office**  
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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\*For real time updates of our general programs and support group schedules, please visit our website at: [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)**

# March 2025



## Monday

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

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

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

**Wellness Workout** **17**  
6:00pm - 7:00pm

**The Big 4 Legal Documents Everyone Should Have**  
5:00pm - 6:00pm

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

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

**Wellness Workout** **31**  
6:00pm - 7:00pm

## Tuesday

**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

**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

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

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

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

**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

## Wednesday

**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

**Yoga, Breathe & Balance** **12**  
9:30am - 10:30am

**Reiki Circle**  
**Crossroads4Hope**  
4:30pm - 6:00pm

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

**Ask the RD**  
7:00pm - 8:00pm

**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

**Yoga, Breathe & Balance** **26**  
9:30am - 10:30am

**Reiki Circle**  
**Crossroads4Hope**  
4:30pm - 6:00pm

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

## Thursday

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

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

**Los 4 Documentos Legales que Todos Deberían Tener**  
6:00pm - 7:30pm

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

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

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

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

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

**Acupresión para Calmar el Sistema Nervioso**  
7:00pm - 8:00pm

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

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

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

## Friday

**Handbuilding Pottery Workshop** **7**  
**Center for Contemporary Arts**  
10am - 12pm

**14**

**21**

**What is Intuitive Eating?** **28**  
**Pluckemin Presbyterian Church Covenant Room**  
11:00am-12:30pm

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

## Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)