

# March 2025



## Monday

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

**Survivorship Support Group**  
7:00pm - 8:30pm

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

**Living with Cancer Support Group**  
12:00pm - 1:30pm

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

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

**Planning for Peace of Mind:  
The Big 4 Legal Documents  
Everyone Should Have**  
5:00pm - 6:00pm

**Survivorship Support Group**  
7:00pm - 8:30pm

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

**Living with Cancer Support Group**  
12:00pm - 1:30pm

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

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

## Tuesday

**Balance, Harmony, Flow:** 4  
**Jin Shin Jyutsu** | 9:30am - 10:30am

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

**Peaceful Practices for Life:  
Meditation** | 11:00am - 12:00pm 11

**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:** 25  
**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

## 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

**Planificación para la Tranquilidad:  
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/ | 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)

# April 2025



## 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

**Table for One** 4  
11:00am - 12:30pm

**Ask CCLS: Supporting Siblings** 7  
12:00pm - 1:00pm

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

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

**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**  
**Crossroads4Hope**  
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

**Planning for Peace of Mind: Estate Planning**  
6:00pm - 7:00pm

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

**Mandala Painting Workshop** 11  
10:00am - 12:00pm

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

**Living with Cancer Support Group**  
12:00pm - 1:30pm

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

**Peaceful Practices for Life: Spirituality** 15  
11:00am - 12:00pm

**T'ai Chi Chih**  
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

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

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

**Don't Feed the Worry Bug** 18  
11:00am - 12:00pm

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

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

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

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

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

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

**Planning for Peace of Mind: Making Decisions & Talking to Loved Ones**  
6:00pm - 7:00pm

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

**Health Champion Connection at Crossroads4Hope** 25  
2:00am - 3:00pm

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

**Living with Cancer Support Group**  
12:00pm - 1:30pm

**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

**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

## Calendar Legend:

In Person Programs

Mind & Body Programs

Support Groups

Education & Nutrition

Health Champion Workshops (HCW)